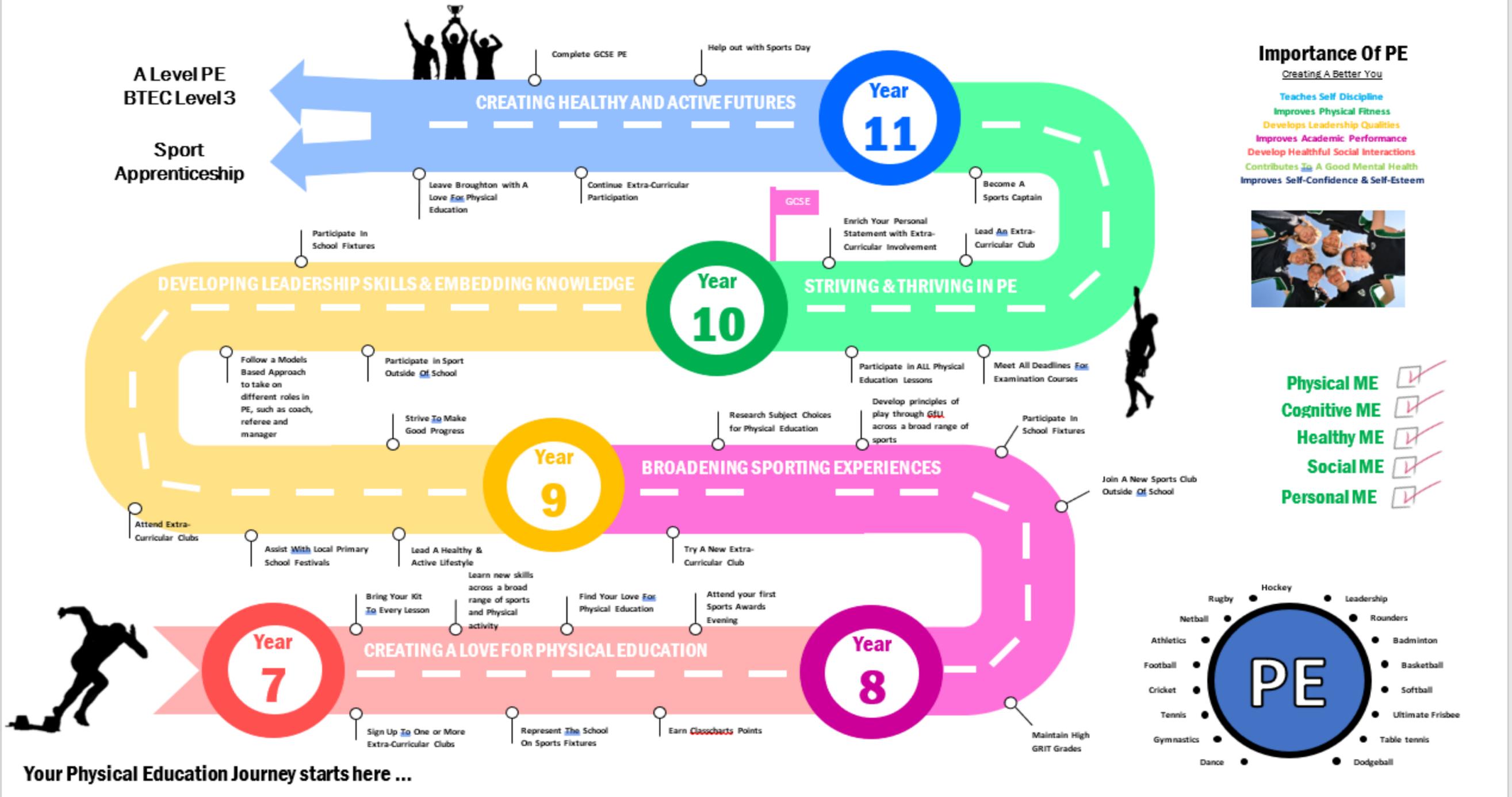


Broughton High School Physical Education Journey

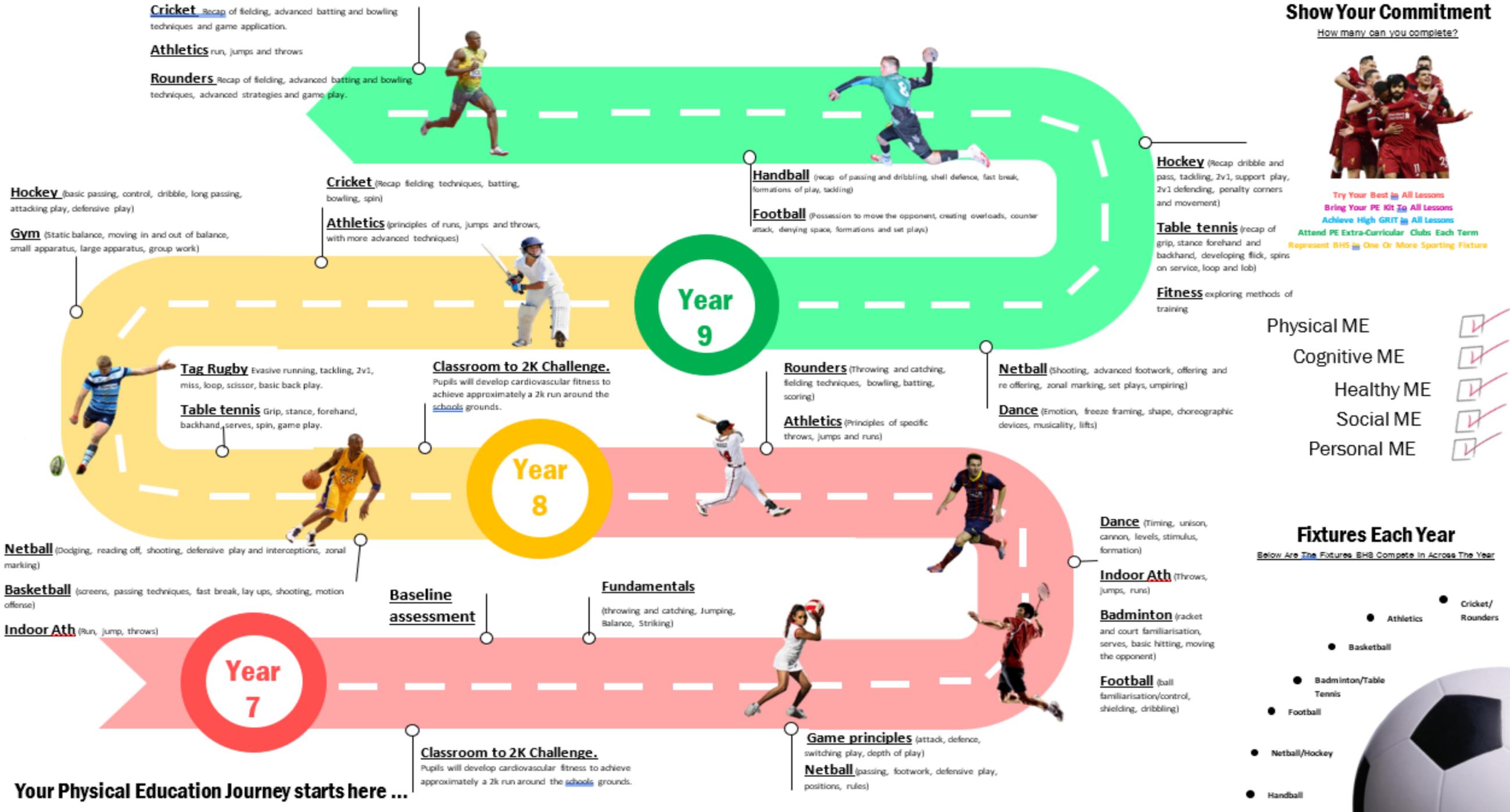
Striving For A Healthy, Active And Successful Future



Your Physical Education Journey starts here ...

Broughton High School Physical Education Journey

Year 7 – Creating A Love For Physical Education
 Year 8 – Broadening Sporting Experiences
 Year 9 – Developing Leadership Skills and Embedding Knowledge



Show Your Commitment

How many can you complete?



- Try Your Best in All Lessons
- Bring Your PE Kit to All Lessons
- Achieve High GRIT in All Lessons
- Attend PE Extra-Curricular Clubs Each Term
- Represent BHS in One Or More Sporting Fixture

- Physical ME
- Cognitive ME
- Healthy ME
- Social ME
- Personal ME

Fixtures Each Year

Below are the fixtures BHS compete in across the year

- Athletics
- Cricket/Rounders
- Basketball
- Badminton/Table Tennis
- Football
- Netball/Hockey
- Handball

Your Physical Education Journey starts here ...

Year 7 Physical Education Curriculum

Mission Statement/Rationale:

Pupils arrive at Broughton with a varied experience of Physical Education and School Sport. Therefore it is important that we equip all pupils with the necessary skills and movement vocabulary to experience success through sport at a variety of levels. Year 7 is also an opportunity to further enhance more able pupil's knowledge and understanding and not to simply recap what has already been learnt.

In **Year 7** there is a **big focus on creating a Love for Physical Education** as this will provide a solid foundation for the rest of the Key Stage. This is achieved through pupils following a rich diet of different sporting activities listed below, encouraging further attendance at a wide range of extra-curricular sports clubs and providing access to competition beyond the school day.

We also focus on pupils becoming **Comfortable in Possession to Outwit Opponents** in any sports that we cover. The Year 7 curriculum aims to equip pupils with the confidence and skills needed across a range of sports to retain possession as an individual. As well as introducing pupils to small sided variations of sports and the rules of competition.

	Cross country	Baseline	Fundamentals	Game Principles	Netball	Dance	Indoor Athletics	Badminton	Football	Rounders	Athletics
Stage 1	Students are introduced to the concept of pacing	Pupils complete a core task to assess their invasion game skills.	Pupils are taught the fundamentals of underarm/overarm throwing and catching.	Possession play, to keep the ball as a team.	Footwork and basic passing	Timing/Rhythm/Beats/Bars (Haka)	Students compete in an intra-school competition for a 1 lap and 6 lap race.	Racket and court familiarisation and short service	Ball Familiarisation: Improving basic control of the ball at your feet.	Ball familiarisation Underarm throwing and catching	Shot put standing throw
Stage 2	Students are challenged to complete a 2k run.	Pupils complete a core task to assess their racket skills	Jumping using a range of different mechanics and movement patterns.	The basic defending principles of pressure and cover	Pivoting and self and peer assessment of footwork	Unison/Direction/Canon (Haka)	Students compete in an intra-school competition for shot, vertical jump and broad jump	Long service and half court games making and applying decisions with serve	Shielding the ball (When to shield and when to beat the man)	Overarm throwing and catching Fielding as a team; 'beat the ball rounders' or 'Runders'	Discus standing throw
Stage 3		Pupils complete a core task to assess their athletics skills	The basics of balance and its importance to sport	The basic attacking principle of moving towards the goal and playing with depth	Man to man marking	Recap and levels (Cheerleading)	Students compete in an intra-school competition for a 2 lap and 4 lap race.	Moving the opponent backwards half court games decision making	Dribbling, stopping & turning with the ball.	Developing accuracy in fielding skills; Short barrier Long barrier	Javelin standing throw
Stage 4		Pupils complete a core task to again assess their gymnastic skills	Striking skills for improved hand eye co-ordination	The effects of switching play in attack.	Understand positions	Formation and pathways (Cheerleading)	Students compete in an intra-school competition for standing triple jump and speed bounce.	Moving the opponent forwards making and apply decisions game play half court	Running with the ball (including outcome eg pass/shoot)	Batting technique, connecting with the ball Coordination	Long jump 3, 5 and 7 strides run up
Stage 5					Defending	Understanding a stimulus (Jazz/cont)		Moving the opponent side wards using the forehand	Beating an opponent with the ball (eg change of pace, accelerate away)	Getting a batter 'out'; Stumping a base, catching player out	Standing triple jump
Stage 6					Roles and responsibility of all positions	Developing a stimulus (Jazz/cont)		Moving the opponent side wards using the backhand	Controlling the ball using different body parts (including directional control)	Basic rules of the game: No ball (high, low, wide) One handed batting Batting square Bowling square Ins and outs	Sprinting and short distance
Stage 7					Rules and regulations	Assessment lesson intro (Samba/carnival)		Singles play correct decision making	Small sided Games: building up (in numbers) to encourage dribbling and ability to outwit opponents.	Bowling technique	Middle distance and pace setting
Stage 8					Assessment in small sided and full court games	Assessment lesson (Samba/carnival)		Doubles play correct decision making	Assessment in small sided games	How to play a game of Rounders; batting order, fielding formation and roles	Relay

Year 8 Physical Education Curriculum

Mission Statement/Rationale:

During **Year 8** pupils are provided with the opportunities to further extend their skills and knowledge within Physical Education at times re addressing any misconceptions that may have built up during prior learning. Pupils continue to explore a range of sports and how they can use their tactical knowledge and more physically literate body to achieve success as a team or individual.

In **Year 8** there is a **big focus on Broadening Sporting Experiences through Physical Education and School Sport** as this will provide further motivation and learning opportunities for all pupils to become or remain Physically Active. This is achieved through pupils continuing to follow a rich diet of different sporting activities listed below, encouraging further attendance at a wide range of extra-curricular sports clubs and providing access to competition beyond the school day. As well as attempting to sign post pupils to clubs accessible in the wider local community.

We also focus on pupils becoming more adept in **Moving the Ball to Outwit Opponents**. The Year 8 curriculum aims to equip pupils with the confidence and skills needed across a range of sports to retain possession as a team. As well as introducing students to a greater variety of small sided and larger variations of sports, deeper understanding of the rules of competition and experience leadership roles in a basic form.

	Cross country	Netball	Basketball	Indoor Athletics	Tag Rugby	Table Tennis	Gymnastics	Hockey	Football	Cricket	Athletics
Stage 1	Students introduced to cardio vascular fitness.	Dodging	Recap on Athletic Stance & Dribbling- understanding when to dribble and when & where to pass	Students compete in an intra-school competition for a 1 lap and 6 lap race.	Basic handling skills. Catching hand position.	Grip, stance and footwork. Introducing the game and basic rules of play.	Recap of partner work (static balance)	Recap of basic pass, control and dribble	Recap on Dribbling- understanding when to dribble and when & where to pass.	Fielding: looking at the Long barrier, Short retrieve attacking the ball	Shot put revision and shift
Stage 2	Students are challenged to complete a 2k run.	Reading off	Passing types & techniques – chest, bounce, shoulder and when to use them.	Students compete in an intra-school competition for shot, vertical jump and broad jump	Introducing tags and the basic principles and rules of the game.	Basic forehand technique building to the drive.	Partner work extended (moving into and out of balance) with evaluation and improvement	Short passing control	Short passing types & techniques	Fielding: Slip (low) catching, High catching 1 (orthodox style) and crow hop leading into the over-arm throw	Discus gaining momentum and rules
Stage 3		Re-offering	Passing on the move leading to the fast break and a three man weave. intro on lay up	Students compete in an intra-school competition for a 2 lap and 4 lap race.	Evasive running, side step, dummy, stop start.	Basic backhand technique building to the drive	Work in groups of three (static balance with conditions)	Long passing and control	Long passing types & techniques (switching play, diagonal, low driven, crossing etc)	Bowling: Holding the ball and progressing into the Coil position (from standing)	Javelin approach and cross over technique
Stage 4		Shooting	Lay-ups- re-cap euro-step. Movement to receive a pass v cut, L cut	Students compete in an intra-school competition for standing triple jump and speed bounce.	Basic passing of the ball Flat pass, spin pass Uses for distances between players.	Service, stance, technique and rules.	Three's extended using small apparatus and more advanced linking movements	Wall pass to promote attacking play	Understand what pass to choose and when	Bowling: bound (run up) progressing to Bound and coil	Long jump 13 stride approach hang technique zone take off
Stage 5		Recap of defending and intro to interception	Motion offence 3 v 0 building to 5 v 0 ball retention around the key.		Passing moves, miss, loop and scissors.	Forehand topspin	Groups of five whole group and part group balance using task cards for stimulus	Defending and positions	Width play tactics using a variety of passes	Bowling: Line and length	Triple jump break down of phases and momentum (boys run up approach)
Stage 6		Zone marking	Shooting- techniques set shot, jump shot, rebounding		Principles of defence. Flat line	Backhand topspin	Groups of five extended using large apparatus Correct procedures with large apparatus	Tactics in using the width moving the ball wide	Shooting- techniques & creating opportunities	Fielding principles of backing up in the field and behind the stumps	Sprints – starts, maximum sprint finish
Stage 7		Switching from attacking to defensive play	Defending principles- 'Help' 'Tandem' 'Show'. 1v1 building to 3v2 & 5v5.		Principles of attack Coming onto the ball from deep.	Basic spin and use in service.	Groups of 10 using no more than 5 in a balance: Routine creativity:	Long corners and free hits around the attacking circle	Attacking & Defending principles	Small sided games of pairs cricket key principles e.g backing up, bowling etc	Middle distance – pacing and 800m or 1500m
Stage 8		Assessment in full court games using self and peer assessment	Assessment in small sided games (3v3 building to 5v5)		Assessment through continued Game play in small sided games	Assessment through games, looking at exploiting opponent's weakness.	Assessment lesson	Assessment in mini hockey games (7v7)	Assessment in small sided games (7v7)	Assessment: Small sided games	Relay change-over up / down sweep tactics for team positions

Year 9 Physical Education Curriculum

Mission Statement/Rationale:

During Year 9 pupils are provided with the opportunities to further extend their skills and knowledge within Physical Education as performance now becomes more consistent. Pupils continue to explore a range of sports and how they can use their expanding tactical knowledge and achieve success as a team or individual. However, at Year 9 pupils begin to follow a more gender specific pathway in sport. Further to this students are now given more opportunities to take on Leadership roles as umpires, referees, warm up coaches and equipment monitors to provide further experiences and pathways within the sporting world.

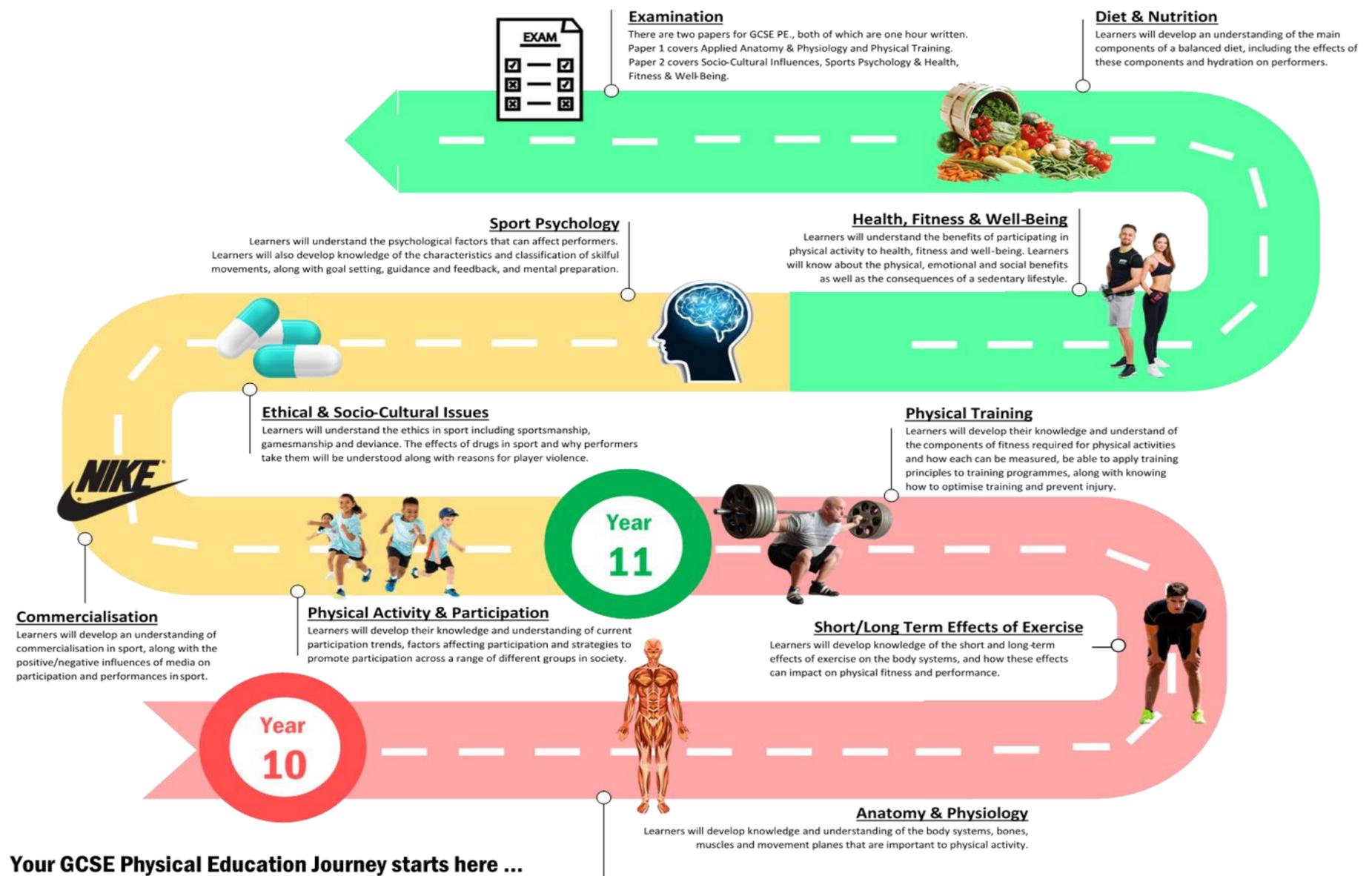
In Year 9 there is a **big focus on Developing Leadership Skills and Embedding Knowledge in Physical Education** as this will provide further motivation and learning opportunities for all pupils to become or remain Physically Active in their chosen pathway in sport. This is achieved through pupils continuing to follow a rich diet of different sporting activities listed below, encouraging further attendance at a wide range of extra-curricular sports clubs and providing access to competition beyond the school day. Further to this pupils are also provided with a number of opportunities in school and the wider community to use their Leadership Skills at Primary School Sports events, acting as Umpires, Young Leaders and Ambassador's for the School.

We also focus on pupils becoming more adept in **Moving without the Ball to Outwit Opponents**. The Year 9 curriculum aims to equip pupils with the confidence and skills needed across a range of sports to out think the opposition and create opportunities for overloads within games. As well as pupils having the opportunities to display tactical formations in full versions of the game.

	Handball	Netball	Football	Fitness	Badminton	Table Tennis	Dance	Hockey	Rounders	Cricket	Athletics
Stage 1	Footwork, basic passing and pivoting with the ball.	Shooting and preferred positions	Possession play: moving the opposition out of position/breaking down the defence	Example of a circuit training session (specificity, heart rate, training zones and FITT principle)	Singles – Recap of basic tactics forwards, backwards, side to side	Recap of stance, grip basic forehand and backhand technique.	Dance emotion/ freeze framing/shape	Recap of dribble and pass	Underarm and overarm throwing and catching fielding between back stop and bases	Fielding: re-cap on long barrier, short retrieve and long retrieve, over arm throw and orthodox catch.	Shot put in small groups: a performer, recorder, official and coach
Stage 2	Travelling with the ball and the introduction of the three steps rule and dribbling.	Advanced footwork	Counter attack :breaking down the defence	Example of a interval training session (specificity, heart rates, training zones and FITT principle)	Singles – development of tactics hitting the shuttle to corners	Recap of forehand and backhand topspin	Choreographic devices	Tackling	Backing up bases Playing 'off' the base	Batting: intro of the straight drive leading to the off/on drive and introduce the forward/back foot defence	Discus – peer teaching organised by staff, inter form or awards
Stage 3	Types of passing, overarm, underarm, side pass	Offering and re-offering	Width play including overlaps to create overload	Continuous training (warm up and cool down, specificity and reversibility)	Singles - Hitting across and moving the opponent on the long diagonal	Advanced service techniques using a variety of spin and how to counter.	Choreographic devices	2v1 support play	Directional batting; utilising the space between fielders to place the hit, opening up the body to hit past 1st base	Tip and run (focusing on the front foot and back foot defensive shots)	Javelin with full run up
Stage 4	Shooting from standing, jumping and falling	Recap zone marking	Denying space (when to jockey, when to tackle, delaying the attack, back in numbers, marking the strong foot)	Farlek training (warm up and cool down, specificity and reversibility)	Competition for singles	Forehand and backhand push, developing backspin.	Performance expression	2v1 defending	Analysing strengths and weaknesses within a team and selecting roles and formations accordingly	Batting: introducing the backfoot shots of the Pull.	Long jump in groups of four: a performer, recorder, official and coach
Stage 5	Defending principles, the zone and defensive shell positions.	Marking the ball	Marking- man to man & zonal		Doubles, Side by side defensive formation	Changing the depth and angle of the shot, Game tactics.	Accented movement and cheer skills	7v7 (encourage lead runs & passing into space)	Advanced rules of the game: How the game 'ends' when a team is down to the last batter but still have bowls left over	Bowling: introduction.	Triple jump: a performer, recorder, official and coach
Stage 6	Attacking principles, driving into gaps, fast movement of the ball, spreading the play, fast break.	Set plays (c passes, backline passes etc.)	Set plays- free kicks & corners		Front and back attacking formation	Introducing the lob and the smash.	Musicality and rhythmical expression	Penalty corners and movement	Tactical awareness; varying bowling and batting technique to outwit opponent	Bowling: introducing the spin.	Sprint technique 100m/ 200m, bend running a performer, recorder, official and coach
Stage 7	Formations of play through game play.	Umpiring and leadership	Formations- according to the S + W		Transition between formations	Attacking a player's weakness, recognition and strategies.	Lifts (levels/stillness/te mpo)	Full games focusing on roles of positions support play etc	Advanced bowling techniques (fast, spin, donkey drop) during game play Variation of batting position in batting square	Small sided games of pairs cricket.	Pacing and middle distance 800m or 1500m
Stage 8	Assessment through 7 v 7 games where possible.	Assessment	Assessment & Analysis of roles in football		Competition and assessment	Assessment through game play/tournament.	Assessment	Assessment	Game play and officiating Scoring	Assessment: Small sided matches,	Relay – tactics competition to apply tactics accordingly

The Broughton High School Physical Education

GCSE PE Curriculum Map



Your GCSE Physical Education Journey starts here ...

Year 10	Applied Anatomy and Physiology	1.1a The structures and functions of the skeletal system Location of Major Bones Functions of the skeleton Structures of a synovial joint Articulating bones at a hinge and ball and socket joint. Movement at synovial joints focus on hinge joint Movement at a ball and socket joint	1.1b The structures and functions of the muscular system Location of major muscles Muscle group movement in the upper body Muscle group movement in the lower body Roles of muscles in movement	1.1c Movement Analysis Components and types of lever systems Planes of movement Axes of rotation	1.1d The cardiovascular and respiratory system The double circulatory system Blood vessels The pathway of blood through the heart Blood cells Red and white HR, SV, Q The pathway of air Gaseous exchange Roles of respiratory muscles Breathing rate (f), TV, VE Aerobic v Anaerobic	1.1e Short term effects of exercise on the muscles Short term effects of exercise on the CV system. Short term effects of exercise on the respiratory. Long term effects of exercise on the musculoskeletal. Long term effects of exercise on the CV system. Long term effects of exercise on the respiratory.	Physical Training	1.2a Components of Fitness Components Of Fitness names and definitions COF testing	1.2b Applying the principles of training Principles of Training and optimising (FITT) Types of training (cont, Fartlek, Interval) Types of training (interval) Warm up and cool down	1.2c Preventing injury in physical activity and training Minimising risk Potential Hazards
		Year 11	Socio-cultural Influences	2.1a Engagement patterns of different groups Current participation guidelines and trends Factors affecting participation Agencies and National campaigns.	2.1b Commercialisation of PA and Sport Commercialisation and the golden triangle Media and commercialisation Sponsorship and commercialisation	2.1c Ethical and socio-cultural issues in PA and sport Sportsmanship, gamesmanship, deviance and violence Drugs in sport		2.2 Sports psychology Skillful movement Skill classification Goal setting and SMART Mental preparation techniques Types of guidance Types of feedback	2.3 Health, fitness and wellbeing Health fitness and wellbeing definitions and a balanced lifestyle Physical, emotional and social benefits Physical, emotional and social consequences Diet and Nutrition	Revision Techniques

In Year 10 and 11 students can opt to study the OCR GCSE Physical Education. During this course they will study the academic content below (60%) as well as completing a piece of Coursework focusing on improving practical performance (10%). The final (30%) of the course comes from a student's practical ability to participate in 3 chosen sports.

KS4 Core Physical Education Curriculum

Mission Statement/Rationale:

During Year 10 and 11 pupils are provided with the opportunities to further extend their skills and knowledge within Physical Education but in fuller versions of Sport. Pupils continue to explore a different range of sports and how they can use their expanding tactical knowledge and achieve success as a team or individual within their selected pathway. Again pupils are encouraged to consider how they can adopt different roles within sport, to lead peers through warm ups and umpire games.

In **Year 10** there is a **big focus on Striving and Thriving in Physical Education** as this will provide further motivation and learning opportunities for all pupils to become or remain Physically Active in their chosen pathway in sport. This is achieved through pupils continuing to follow a rich diet of different sporting activities listed below, encouraging further attendance at a wide range of extra-curricular sports clubs and providing access to competition beyond the school day. Further to this, pupils are also provided with a number of opportunities in school and the wider community to use their Leadership Skills at Primary School Sports events, acting as Umpires, Young Leaders and Ambassador's for the School. As well as becoming sports captains to provide pupil voice feedback and run intra school competitions.

In **Year 11** there is a **big focus on Creating Healthy and Active Futures** this is to ensure that pupils remain active throughout their final examination year. The focus is on helping individuals recognise the link between Physical Activity and Well Being through what can be a stressful period of a pupils school career.

The main aim across KS4 Core PE is to further engage all pupils to remain involved in Sport and Physical Activity for life long health and well being.

Year 10	Pathway 1	Cross Country	Racket Sports	Invasion Games	Free choice	Fitness	Football/ Netball	Tchoukball	Boxing/ Movement to Music	Striking and Fielding Games	Athletics
	Pathway 2	HRF	Game Principles	Tchoukball	Free choice	Target Games	Team Building	Fitness	Handball	Tag Games	Striking and Fielding games and Athletics
Year 11	Pathway 1	Cross Country	Racket Sports	Football/ Netball	Free choice	Tchoukball	Free choice	Fitness	Striking and fielding games		
	Pathway 2	HRF	Bench Ball	Tchoukball	Game makers	Racket sports	Free choice	Movement to music	Striking and fielding games		