



Physical Education

Curriculum Overarching Intent

The Core PE curriculum at St. Wilfrid's aims to allow pupils to be physically active in order to develop the performance of key skills and attributes in a range of sports, to promote lifelong participation and inspire individuals to perform, succeed and excel in a competitive environment.

Prior Learning

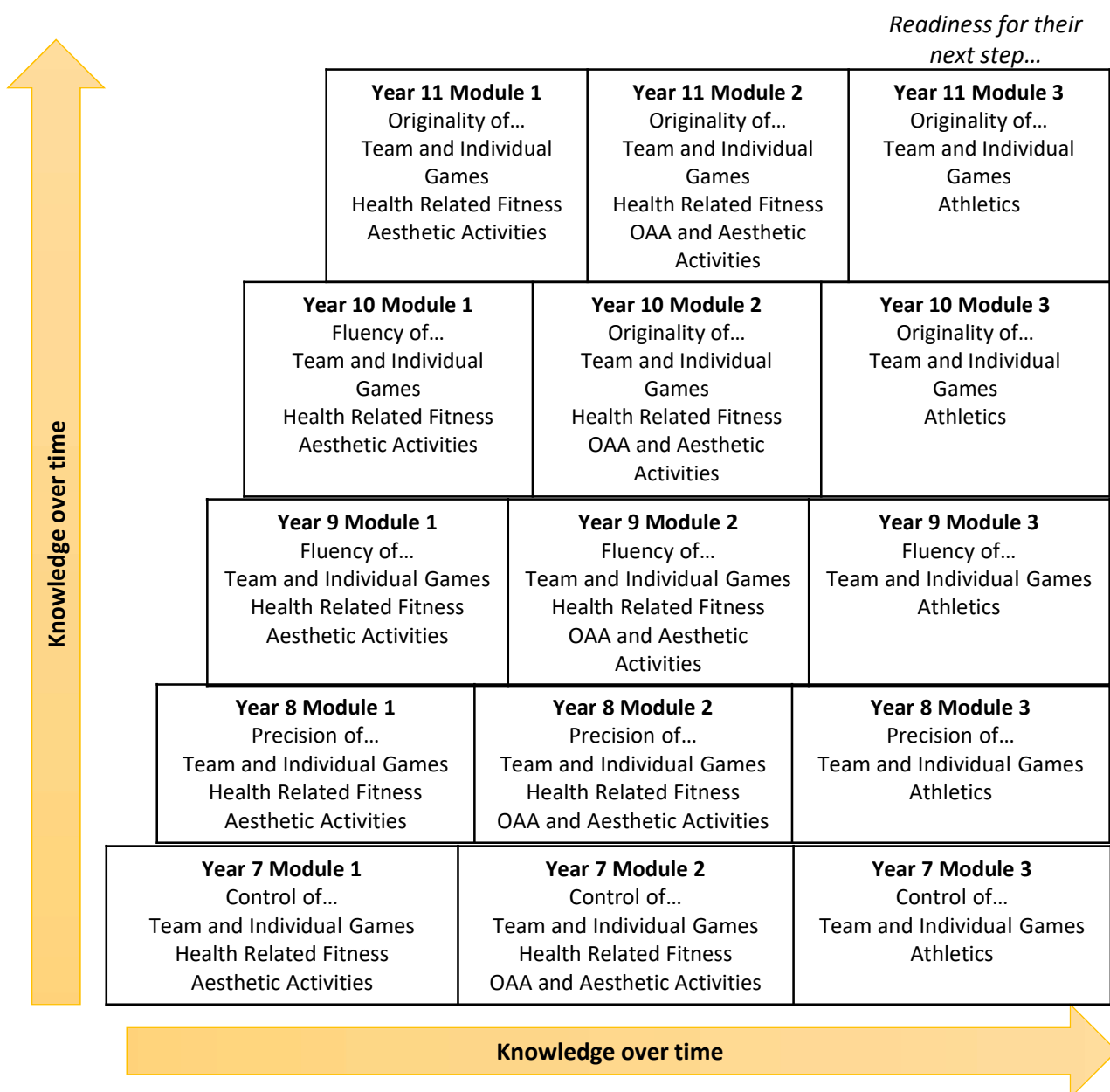
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

| | Vision | Key Concepts and Key Skills |
|--------------|--|---|
| Year 7 | CONTROL: Understand the components of skills and be able to perform the techniques effectively. | <ul style="list-style-type: none"> • Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] • Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] • Perform dances using advanced dance techniques within a range of dance styles and forms • Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group • Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best • Take part in competitive sports and activities outside school through community links or sports clubs. |
| Year 8 | PRECISION: Perform the components of skills and refine the techniques for accuracy. | |
| Year 9 | FLUENCY: Linking skills and movements together to gain a competitive advantage within a sporting situation. | |
| Year 10 & 11 | ORIGINALITY: Demonstrating creativity to apply techniques and tactics in game situations to overcome opponents. | |

Physical Education



Our Curriculum Progression Model is:



Physical Education



Key texts and websites that you can access to support their knowledge development in this subject include:

| | Year 10 | Year 11 |
|---|--|---------|
| Exam board website: BTEC Firsts Sport (2018) Pearson qualifications | | |
| Websites | www.brianmac.co.uk/trainprog www.livestrong.com/fitness www.sport-fitness-advisor.com www.thinqfitness.com/video.asp BTEC Sport Level 1 / 2 (office.com) Performance Evaluation Tests - more than 101 available (brianmac.co.uk) www.sportsleaders.org Mr B - YouTube | |
| Key texts and books | <ul style="list-style-type: none"> Bounce, by M. Syed You are the Greatest, by M. Syed The Complete Guide to Endurance Training, by J. Ackland The Complete Guide to Strength Training, by A. Bean The Complete Guide to Circuit Training, R. Hope and D. Lawrence The Complete Guide to Core Stability, M Laurence The Complete Guide to Stretching, by C Norris The Complete Guide to Sports Training, by J. Shepherd | |

| | Year 7 | Year 8 | Year 9 |
|---------------------|--|--|---|
| Websites | BBC Bitesize: 1st level Physical Education - Scotland - BBC Bitesize | BBC Bitesize: 2nd level Physical Education - Scotland - BBC Bitesize | BBC Bitesize: National 4 Physical Education - Scotland - BBC Bitesize National 5 Physical Education - Scotland - BBC Bitesize |
| Key texts and books | <ul style="list-style-type: none"> You are a Champion by Marcus Rashford You are awesome by Matthew Syed Armistice Runner by Tom Palmer Felix Tales from the Pitch by Harry Coninx | <ul style="list-style-type: none"> Women in Sports by Rachel Ignatofsky Sports Legends by Rick Broadbent The Story of the Olympic Games by the International Olympic Committee The History of the Olympic Games by the International Olympic Committee | <ul style="list-style-type: none"> Crossover by Kwame Alexander Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race by Christopher McDougall Dina Asher-Smith: Going for Gold by Charlotte Browne Tom Daley: Going for Gold by Melanie Hamm |

| Team and Individual Games | Health related fitness | Aesthetic activities | OAA | Athletics |
|--|---|---|--|---|
| www.badmintonengland.co.uk www.englandbasketball.co.uk www.britishvolleyball.org www.thefa.com www.lta.org.uk www.rfu.com | BrianMac Sports Coach Commons , R., Rizzo, G. and Swales, M. (2010) <i>Level 2 BTEC Firsts in Sport Student's Book</i> , OUP Oxford, (ISBN 978 1 85008 515 7) | http://www.british-gymnastics.org EADA England NGB | www.sportsleaders.org www.sportsofficialsuk.com British Orienteering | http://www.teamgb.com/ www.ukathletics.net www.uksport.gov.uk |