**Cardinal Newman Catholic School Core PE Curriculum Overview**

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|  | **Year 7** | **Year 8** | **Year 9** | **Year 10** | **Year 11** |
| **Overview** | In year 7, students in PE will create a love for PE and further develop basic skills learnt in KS2, and embed them into regular performances.  | In year 8, students will broaden their PE experiences, building on skills learnt and applying them consistently into various sporting contexts, whilst developing tactical/strategic thinking.  | In year 9, students will develop more advanced skills and knowledge in a variety of sports and physical activities, applying higher order thinking and tactical knowledge.  | In year 10, students will be encouraged to partake in independent healthy active lifestyles, whilst developing key life skills and broadening their PE experiencesStudents will also develop leadership skills through sports leaders course | Year 11 students will be provided with further opportunities to understand the benefits of life long participation in sport and physical activity, focusing on the benefits to physical, social and mental well-being to prepare them for life after school.  |
| **Games based activities** | *Develop and implement basic skills and rules in conditioned games in the following activities.***Basketball****Netball****Football****Hockey****Gaelic****Rugby** | *Developing and Implementing tactics and advanced skills in the following activities.***Basketball****Netball****Football****Hockey****Gaelic****Rugby****Handball** | *Building upon skills and tactics developed, to perform advanced skills efficiently in the following activities.***Basketball****Netball****Football****Hockey****Handball****Gaelic****Rugby****Handball** | *Students will be given the opportunity to develop a stronger interest in activities, developing their decision making and applying rules of the games in the following activities.***Basketball****Netball****Football****Hockey****Handball****Gaelic****Rugby****Tchoukball****Lacrosse** | Students will be given the opportunity to develop a stronger interest in activities. Fostering a strong interest in their chosen sport, whilst further developing skills and understanding of an effective performance. **Basketball****Netball****Football****Hockey****Handball****Gaelic****Rugby****Tchoukball****Lacrosse** |
| **Net/Wall acitivites** | *Develop and implement basic skills and knowledge of rules of the game in the following activities.***Badminton****Tennis****Table Tennis** | *Develop advanced skills, and techniques whilst implementing tactical and strategic play in the following activities.***Badminton****Tennis****Table Tennis** | *Building upon advanced skills, techniques and strategic play to gain an advantage over an opponent in the following activities.***Badminton****Tennis****Table Tennis****Volleyball** | *Students will be given the opportunity to develop a stronger interest in activities, developing their decision making and applying rules in the following activities.***Badminton****Tennis****Table Tennis****Volleyball** | Students will be given the opportunity to develop a stronger interest in activities. Fostering a strong interest in their chosen sport, whilst further developing skills and understanding of an effective performance. **Badminton****Tennis****Table Tennis****Volleyball** |
| **Striking and fielding**  | *Develop and implement basic skills and knowledge of rules of the the following activities.***Cricket****Rounders** | *Develop advanced skills, and techniques whilst implementing tactical and strategic play in the following activities.***Cricket****Rounders****Softball** | *Building upon advanced skills, techniques and tactics in the following activities.***Cricket****Rounders****Softball** | *Students will be given the opportunity to develop a stronger interest in activities, developing their decision making and applying rules of the games in the following activities.***Cricket****Rounders****Softball** | Students will be given the opportunity to develop a stronger interest in activities. Fostering a strong interest in their chosen sport, whilst further developing skills and understanding of an effective performance. **Cricket****Rounders****Softball** |
| **Sports Leadership Level 1** |  |  |  | *Students will develop their leadership skills using sport, whilst gaining an accredited qualification in year 10, planning, leading and organising sessions for younger students and local primary schools.* |  |
| **Athletics** | *Students gain experience and basic techniques in the following events.* **Sprints****Middle Distance Running****Long Distance Running****Relay****Javelin** **Shotput****Discus****Long Jump** | *Students refine techniques and record times and distances in the following events.***Sprints****Middle Distance Running****Long Distance Running****Relay****Javelin** **Shotput****Discus****Long Jump****Hurdles** | *Students improve accuracy and techniques in the following events.***Sprints****Middle Distance Running****Long Distance Running****Relay****Javelin** **Shotput****Discus****Long Jump****Triple Jump****Hurdles** | *Students improve accuracy and techniques in the following events, whilst developing knowledge of training methods to improve performance.***Sprints****Middle Distance Running****Long Distance Running****Relay****Javelin** **Shotput****Discus****Long Jump****Triple Jump****Hurdles** | *Students improve accuracy and techniques in the following events, whilst developing knowledge of training methods to improve performance***Sprints****Middle Distance Running****Long Distance Running****Relay****Javelin** **Shotput****Discus****Long Jump****Triple Jump****Hurdles** |
| **Gymnastics** | *Students will develop their technique and safe execution in the following.* **Balances****Shapes****Travel****Trampolining** | *Students will develop technique, execution and aesthetic performance in the following.***Balances****Shapes****Travel****Flight****Trampolining** | *Students will develop technique, execution and aesthetic performance in the following.***Floor Gymnastics****Vaulting****Trampolining** | *Students will develop technique, execution, aesthetic performance and judging of performance in the following.***Trampolining** | *Students will develop technique, execution, aesthetic performance and judging of performance in the following.***Trampolining** |
| **Health Related Fitness** | *Students will understand the importance of living a healthy and active lifestyle, whilst identifying key components of fitness and their importance.*  | *Students will develop their knowledge of how to live a healthy and active lifestyle, whilst developing knowledge of different training methods.*  | *Students will develop their knowledge of how to live a healthy and active lifestyle, whilst developing knowledge of different training methods and applying them to their chosen sport.* | *Students will develop their knowledge of how to live a healthy and active lifestyle, whilst developing knowledge of different training methods and barriers to participation in sport.* | *Students will develop their knowledge of how to live a healthy and active lifestyle, whilst developing knowledge of different training methods, barriers to participation in sport and consequences of sedentary lifestyles.* |
| **OAA** | *Students will develop their understanding of problem solving in groups and developing communication and teamwork skills* | *Student will develop their understanding of what makes effective communication and teamwork skills in order to problem solve, they will gain knowledge of how to read a map and identify key areas.*  | *Students will implement their map reading skills in practical scenarios, utilising their communication skills in order to overcome challenges when planning a route. They will develop their teamwork skills in OAA competitions.*  |  |  |