



Cardinal
Newman
CATHOLIC SCHOOL

Physical Education

Curriculum Area: Physical Education

*I have fought the good fight, I have finished the race, I have kept the faith.
2 Timothy 4:7*

Curriculum Intent

Physical Education at Cardinal Newman Catholic School aims to provide students with the necessary skills, knowledge and desire to lead healthy, active lifestyles. Students will develop their physical literacy, as well as mental and social well-being through participation in Physical Education. Developing invaluable life skills, including; leadership, confidence, communication, problem solving and resilience, throughout the curriculum.

Students are provided with further opportunity to develop skills and knowledge within Physical Education through a broad enrichment offer, enabling them to showcase their God given talents in striving to achieve their best.

Curriculum Overview: Core PE

| | 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 | In year 8, students will broaden their PE experiences, building on skills learnt and applying them consistently into various | In year 9, students will develop more advanced skills and knowledge in a variety of sports and physical activities, applying | In year 10, students will be encouraged to partake in independent healthy active lifestyles, whilst developing | Year 11 students will be provided with further opportunities to understand the benefits of life long |

| | | | | | |
|--|---|--|---|--|--|
| | them into regular performances. | sporting contexts, whilst developing tactical/strategic thinking. | higher order thinking and tactical knowledge. | key life skills and broadening their PE experiences Students will also develop leadership skills through sports leaders' course | participation in sport and physical activity, focusing on the benefits to physical, social and mental well-being to prepare them for life after school. |
| Invasion Games based activities | <i>Develop and implement basic skills and rules in conditioned games in the following activities.</i> Basketball Netball Football Hockey Gaelic Rugby | <i>Developing and Implementing tactics and advanced skills in the following activities.</i> Basketball Netball Football Hockey Gaelic Rugby Handball | <i>Building upon skills and tactics developed, to perform advanced skills efficiently in the following activities.</i> Basketball Netball Football Hockey Handball Gaelic Rugby | <i>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.</i> 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 activities | <i>Develop and implement basic skills and knowledge of rules of the game in the following activities.</i> Badminton Tennis Table Tennis | <i>Develop advanced skills, and techniques whilst implementing tactical and strategic play in the following activities.</i> Badminton Tennis Table Tennis | <i>Building upon advanced skills, techniques and strategic play to gain an advantage over an opponent in the following activities.</i> Badminton Tennis Table Tennis | <i>Students will be given the opportunity to develop a stronger interest in activities, developing their decision making and applying rules in the following activities.</i> Badminton | 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. |

| | | | Volleyball | Tennis Table Tennis Volleyball | Badminton Tennis Table Tennis Volleyball |
|----------------------------------|---|---|--|---|--|
| Striking and fielding | <i>Develop and implement basic skills and knowledge of rules of the the following activities.</i> Cricket Rounders | <i>Develop advanced skills, and techniques whilst implementing tactical and strategic play in the following activities.</i> Cricket Rounders Softball | <i>Building upon advanced skills, techniques and tactics in the following activities.</i> Cricket Rounders Softball | <i>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.</i> Cricket Rounders Softball | <i>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.</i> Cricket Rounders Softball |
| Sports Leadership Level 1 | | | | <i>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.</i> | |
| Athletics | <i>Students gain experience and basic techniques in the following events.</i> Sprints Middle Distance Running Long Distance Running Relay Javelin Shotput | <i>Students refine techniques and record times and distances in the following events.</i> Sprints Middle Distance Running Long Distance Running Relay Javelin Shotput | <i>Students improve accuracy and techniques in the following events.</i> Sprints Middle Distance Running Long Distance Running Relay Javelin | <i>Students improve accuracy and techniques in the following events, whilst developing knowledge of training methods to improve performance.</i> Sprints Middle Distance Running Long Distance Running | <i>Students improve accuracy and techniques in the following events, whilst developing knowledge of training methods to improve performance</i> Sprints Middle Distance Running Long Distance Running |

| | Discus Long Jump | Discus Long Jump Hurdles | Shotput Discus Long Jump Triple Jump Hurdles | Relay Javelin Shotput Discus Long Jump Triple Jump Hurdles | Relay Javelin Shotput Discus Long Jump Triple Jump Hurdles |
|-----------------------------------|--|---|---|--|--|
| Gymnastics | <p><i>Students will develop their technique and safe execution in the following.</i></p> <p>Balances Shapes Travel Trampolining</p> | <p><i>Students will develop technique, execution and aesthetic performance in the following.</i></p> <p>Balances Shapes Travel Flight Trampolining</p> | <p><i>Students will develop technique, execution and aesthetic performance in the following.</i></p> <p>Floor Gymnastics Vaulting Trampolining</p> | <p><i>Students will develop technique, execution, aesthetic performance and judging of performance in the following.</i></p> <p>Trampolining</p> | <p><i>Students will develop technique, execution, aesthetic performance and judging of performance in the following.</i></p> <p>Trampolining</p> |
| Health Related Fitness | <p><i>Students will understand the importance of living a healthy and active lifestyle, whilst identifying key components of fitness and their importance.</i></p> | <p><i>Students will develop their knowledge of how to live a healthy and active lifestyle, whilst developing knowledge of different training methods.</i></p> | <p><i>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.</i></p> | <p><i>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.</i></p> | <p><i>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.</i></p> |



Year 7 Physical Education Programme – 2022 / 23

| | T | B |
|--------|---|---|
| Week 1 | | |
| Week 2 | | |

| | | | 7 Weeks | 6 Weeks | 6 Weeks | 6 Weeks | 7 Weeks |
|-----|--|---------------------------|--------------------------|------------------------------------|------------------------------------|-------------------------------|---------------------|
| | | | | | | | |
| 7T1 | | BASELINE ASSESS- MENTS | Netball Courts | Gymnastics/ Trampolining Gym | Football Field | Athletics Field | Tennis Courts |
| 7T2 | | BASELINE ASSESS- MENTS | Hockey AWP | Badminton Sports Hall | Rugby Field | Athletics Field | Rounders Field |
| 7T3 | | BASELINE ASSESS- MENTS | Badminton Sports Hall | HRF Hall | Hockey AWP | Rounders Field | Athletics Field |
| 7T4 | | BASELINE ASSESS- MENTS | Rugby Field | Football Field | Basketball Sports Hall | Athletics Field | Cricket Field |
| 7T5 | | BASELINE ASSESS- MENTS | Football Field | Rugby Field | Gymnastics/ Trampolining Gym | Volleyball Field | Athletics Field |
| 7T6 | | BASELINE ASSESS- MENTS | Table Tennis Gym | Football Field | HRF Hall | Tennis Courts | Volleyball Field |
| 7T7 | | BASELINE ASSESS- MENTS | HRF Hall | Hockey AWP | Table Tennis Gym | Cricket/Rounders Field/AWP | Tennis Courts |



Year 7 Physical Education Programme – 2022 / 23

| | T | B |
|--------|---|---|
| Week 1 | | |
| Week 2 | | |

| | | | 7 Weeks | 6 Weeks | 6 Weeks | 6 Weeks | 7 Weeks |
|-----|--|---------------------------------|--------------------------|--------------------------|---------------------------|--------------------|--------------------|
| | | First Half (until 24th SEPT) | | | | | |
| 7B1 | | BASELINE ASSESS- MENTS | Netball Courts | Trampolining Gym | Football Field | Athletics Field | Tennis Courts |
| 7B2 | | BASELINE ASSESS- MENTS | Hockey AWP | Badminton Sports Hall | Rugby Field | Athletics Field | Rounders Field |
| 7B3 | | BASELINE ASSESS- MENTS | Badminton Sports Hall | Health & Fitness Hall | Hockey AWP | Rounders Field | Athletics Field |
| 7B4 | | BASELINE ASSESS- MENTS | Rugby Field | Football Field | Basketball Sports Hall | Athletics Field | Cricket Field |
| 7B5 | | BASELINE ASSESS- MENTS | Table Tennis Gym | Hockey AWP | Rugby Field | Tennis Courts | Athletics Field |



Year 8 Physical Education Programme – 2022 / 23

| | T | B |
|--------|---|---|
| Week 1 | | |
| Week 2 | | |

| | | | 7 Weeks | 6 Weeks | 6 Weeks | 6 Weeks | 7 Weeks |
|-----|--|----------------------------|----------------------------|------------------------|----------------------------|-----------------|-----------------|
| | | | | | | | |
| 8T1 | | Basketball Sports Hall | Hockey AWP | Netball Courts | Gymnastics/ Trampoline Gym | Athletics Field | Tennis Courts |
| 8T2 | | Hockey AWP | Gymnastics/ Trampoline Gym | Football Field | Netball Courts | Tennis Courts | Athletics Field |
| 8T3 | | Netball Courts | Badminton Sports Hall | HRF Hall | Football Field | Rounders Field | Athletics Field |
| 8T4 | | Gymnastics/ Trampoline Gym | Rugby Field | Football Field | Gaelic Field | Athletics Field | Softball Field |
| 8T5 | | Football Field | Gaelic Field | Rugby Field | HRF Hall | Cricket Field | Athletics Field |
| 8T6 | | HRF Hall | Football Field | Basketball Sports Hall | Rugby Field | Tennis AWP | Athletics Field |
| 8T7 | | Rugby Field | HRF Hall | Table Tennis Gym | Football Field | Athletics Field | Tennis AWP |



Year 8 Physical Education Programme – 2021 / 22

| | T | B |
|--------|---|---|
| Week 1 | | |
| Week 2 | | |

| | | | 7 Weeks | 6 Weeks | 6 Weeks | 6 Weeks | 7 Weeks |
|-----|--|------------------------------|------------------------------|-----------------------|------------------------------|-----------------|-----------------|
| | | | | | | | |
| 8B1 | | Netball Courts | Hockey AWP | Badminton Sports Hall | Gymnastics/ Trampolining Gym | Athletics Field | Tennis AWP |
| 8B2 | | Hockey AWP | Gymnastics/ Trampolining Gym | Netball Courts | Football Field | Tennis AWP | Athletics Field |
| 8B3 | | Trampolining/ Gymnastics Gym | Badminton Sports Hall | HRF Hall | Rugby Field | Rounders Field | Athletics Field |
| 8B4 | | Basketball Sports Hall | Rugby Field | Football Field | Badminton Sports Hall | Athletics Field | Tennis Courts |
| 8B5 | | Football Field | HRF Hall | Hockey AWP | HRF Hall | Tennis Courts | Athletics Field |



Year 9 Physical Education Programme – 2021 / 22

| | T | B |
|--------|---|---|
| Week 1 | | |
| Week 2 | | |

| | | AUTUMN TERM – FIRST HALF TERM | 7 Weeks AUTUMN TERM – SECOND HALF TERM | 6 Weeks LENT TERM – FIRST HALF TERM | 6 Weeks LENT TERM – SECOND HALF TERM | 6 Weeks CHANGE DATE TO GO HERE | 7 Weeks CHANGE DATE TO GO HERE |
|-----|--|------------------------------------|--|---|--|--------------------------------------|--------------------------------------|
| 9T1 | | Trampolining/ Gymnastics Gym | Netball Courts | Badminton Sports Hall | Football Field | Athletics Field | Rounders Field |
| 9T2 | | Handball AWP | HRF Hall | Netball Courts | Rugby Field | Athletics Field | Tennis Courts |
| 9T3 | | Netball Courts | Trampolining/ Gymnastics Gym | HRF Hall | Hockey AWP | Tennis Courts | Athletics Field |
| 9T4 | | Basketball Sports Hall | Football Field | Rugby Field | Table Tennis Gym | Athletics Field | Cricket Field |
| 9T5 | | Gaelic Field | Handball AWP | Table Tennis Gym | Football Field | Athletics Field | Softball Field |
| 9T6 | | HRF Hall | Rugby Field | Football Field | Badminton Sports Hall | Cricket Field | Athletics Field |
| 9T7 | | Football Field | Badminton Sports Hall | Hockey AWP | HRF Hall | Softball Field | Tennis AWP |



Year 9 Physical Education Programme – 2021 / 22

| | T | B |
|--------|---|---|
| Week 1 | | |
| Week 2 | | |

| | | AUTUMN TERM – FIRST HALF TERM | 7 Weeks AUTUMN TERM – SECOND HALF TERM | 6 Weeks LENT TERM— FIRST HALF TERM | 6 Weeks LENT TERM— SECOND HALF TERM | 6 Weeks CHANGE DATE TO GO HERE | 7 Weeks CHANGE DATE TO GO HERE |
|-----|--|-------------------------------------|---|---|--|--------------------------------------|--------------------------------------|
| 9B1 | | Trampolining/ Gymnastics Gym | Netball Courts | Badminton Sports Hall | Football Field | Athletics Field | Rounders Field |
| 9B2 | | Handball AWP | HRF Hall | Netball Courts | Rugby Field | Athletics Field | Tennis Courts |
| 9B3 | | Netball Courts | Trampolining/ Gymnastics Gym | HRF Hall | Hockey AWP | Tennis Courts | Athletics Field |
| 9B4 | | Basketball Sports Hall | Football Field | Rugby Field | Table Tennis Gym | Athletics Field | Cricket Field |
| 9B5 | | HRF Hall | Badminton Sports Hall | Football Field | Basketball Sports Hall | Cricket Field | Athletics Field |



Year 10 Physical Education Programme – 2021 / 22

| | T | B |
|--------|---|---|
| Week 1 | | |
| Week 2 | | |

| | | | 7 Weeks | 6 Weeks | 6 Weeks | 6 Weeks | 7 Weeks |
|----------------------|--|----------------------------------|--------------------------------------|--------------------------------|------------------------------------|---------------------------|---------------------------|
| | | AUTUMN TERM – FIRST HALF TERM | AUTUMN TERM – SECOND HALF TERM | LENT TERM – FIRST HALF TERM | LENT TERM – SECOND HALF TERM | CHANGE DATE TO GO HERE | CHANGE DATE TO GO HERE |
| 10T1 (Games) | | Sports Leaders | Courts | Gym | Field | Sports Hall | AWP |
| 10T2 (Individual) | | Courts | Field | Sports Hall | Gym | Hall | Courts |
| 10T3 (Mixed) | | Field | Sports Hall | Field | Courts | AWP | Field |
| 10T4 (Games) | | Sports Leaders | Field | AWP | Sports Hall | Field | Field |
| 10T5 (Individual) | | Sports Hall | AWP | Hall | AWP | Courts | Gym |
| 10T6 (Mixed) | | AWP | Gym | Courts | Field | Gym | Field |



Year 10 Physical Education Programme – 2021 / 22

| | T | B |
|--------|---|---|
| Week 1 | | |
| Week 2 | | |

| | | | 7 Weeks | 6 Weeks | 6 Weeks | 6 Weeks | 7 Weeks |
|----------------------|--|----------------------------------|--------------------------------------|--------------------------------|------------------------------------|---------------------------|---------------------------|
| | | AUTUMN TERM – FIRST HALF TERM | AUTUMN TERM – SECOND HALF TERM | LENT TERM – FIRST HALF TERM | LENT TERM – SECOND HALF TERM | CHANGE DATE TO GO HERE | CHANGE DATE TO GO HERE |
| 10T1 (Games) | | Sports Leaders | Courts | Gym | Field | Sports Hall | AWP |
| 10T2 (Individual) | | Courts | Field | Sports Hall | Gym | Hall | Courts |
| 10T3 (Mixed) | | Field | Sports Hall | Field | Courts | AWP | Field |
| 10T4 (Games) | | Sports Leaders | Field | AWP | Sports Hall | Field | Field |
| 10T5 (Individual) | | Sports Hall | AWP | Hall | AWP | Courts | Gym |
| 10T6 (Mixed) | | AWP | Gym | Courts | Field | Gym | Field |



Year 11 Physical Education Programme – 2021 / 22

| | T | B |
|--------|---|---|
| Week 1 | | |
| Week 2 | | |

| | | | 7 Weeks | 6 Weeks | 6 Weeks | 6 Weeks | 7 Weeks |
|------|--|----------------------------------|--------------------------------------|-------------------------------|-----------------------------------|---------------------------|---------------------------|
| | | AUTUMN TERM – FIRST HALF TERM | AUTUMN TERM – SECOND HALF TERM | LENT TERM— FIRST HALF TERM | LENT TERM— SECOND HALF TERM | CHANGE DATE TO GO HERE | CHANGE DATE TO GO HERE |
| 11T1 | | Courts | AWP | Sports Hall | Field | Courts | Field |
| 11T2 | | Field | Gym | AWP | Field | Sports Hall | Field |
| 11T3 | | Sports Hall | Field | Courts | Gym | AWP | Sports Hall |
| 11T4 | | Field | Sports Hall | Field | Sports Hall | Field | Field |
| 11T5 | | Field | Courts | Field | AWP | Field | Courts |
| 11T6 | | AWP | Field | Gym | Field | Gym | AWP |



Year 11 Physical Education Programme – 2021 / 22

| | T | B |
|--------|---|---|
| Week 1 | | |
| Week 2 | | |

| | | AUTUMN TERM – FIRST HALF TERM | 7 Weeks AUTUMN TERM – SECOND HALF TERM | 6 Weeks LENT TERM— FIRST HALF TERM | 6 Weeks LENT TERM— SECOND HALF TERM | 6 Weeks CHANGE DATE TO GO HERE | 7 Weeks CHANGE DATE TO GO HERE |
|------|--|----------------------------------|---|--|--|--------------------------------------|--------------------------------------|
| 11B1 | | Courts | AWP | Sports Hall | Field | Courts | Field |
| 11B2 | | Field | Gym | AWP | Field | Sports Hall | Field |
| 11B3 | | Sports Hall | Field | Courts | Gym | AWP | Sports Hall |
| 11B4 | | Field | Sports Hall | Field | Sports Hall | Field | Field |
| 11B5 | | Field | Courts | Field | AWP | Field | Courts |
| 11B6 | | AWP | Field | Gym | Field | Gym | AWP |

Curriculum Overview: Option PE

| | Year 9 Option PE | Year 10 GCSE PE | Year 10 OCR Cambridge National (New Spec) | Year 11 GCSE PE | Year 11 OCR Cambridge National | Year 12 Cambridge Technical | Year 13 Cambridge Technical |
|-----|--|--|---|---|--------------------------------|---|--|
| HT1 | Benefits of a Healthy Active Lifestyle Practical Topic – Table Tennis/Badminton | Engagement Patterns in Physical Activity Practical Topic – Table Tennis | Sport & the media | Muscular System Practical Topic – Table Tennis | Sport & the Media | Body Systems & the Effects of Physical Activity | Sport Organisation and Development |
| HT2 | Consequences of a Sedentary Lifestyle Practical Topic – Table Tennis/Badminton | Commercialisation of Physical Activity & Sport Practical Topic – Table Tennis | Sport & the media | Effects of Exercise on the Body Systems Practical Topic – Table Tennis | Sport & the Media | Body Systems & the Effects of Physical Activity | Performance Analysis in Sport & Exercise |
| HT3 | Components of Fitness Practical Topic - Handball | Preventing Injury in Sport & Physical Activity Practical Topic – Badminton | Sports Performance | Cardio-Respiratory System Practical Topic – Badminton | Sports Leadership | Sports Coaching & Activity Leadership | Performance Analysis in Sport & Exercise |
| HT4 | Principles of Training Practical Topic - Handball | Sports Psychology Practical Topic – Badminton | Sports Performance | Movement Analysis Practical Topic – Badminton | Sports Leadership | Sports Coaching & Activity Leadership | Organisation of Sports Events |
| HT5 | Methods of Training Practical Topic – Athletics | Skeletal System Practical Topic – Athletics | Sports Leadership | Ethical Issues in Sport Practical Topic - Athletics | Sports Leadership | Sports Organisation and Development | Organisation of Sports Events |
| HT6 | Aerobic & Anaerobic Respiration Practical Topic - Athletics | Analysis of Performance (Coursework) Practical Topic - Athletics | Sports Leadership | Revision Practical Topic - Athletics | | Sports Organisation and Development | Coursework catch up |

Subject Specific Information

Insert documents on website from departmental area

