

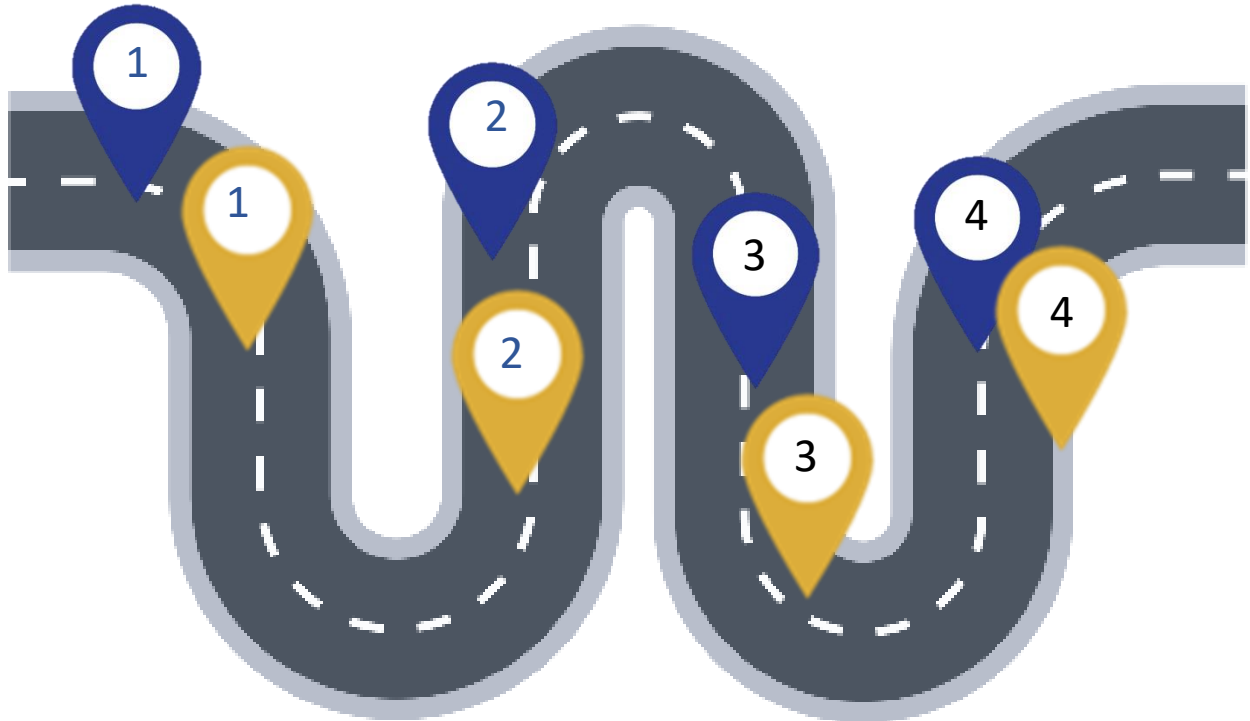


Practical

Theory



Prior Learning -
Pupils should have a basic ability in the fundamental skills in Dance at KS3



Future Learning –
Pupils will begin studying Section C of the Theory Paper – The Professional Works

2

Safe practice, Physical skills, Technical Skills and Choreographic skills

Posture, alignment, balance, co-ordination, control, flexibility, mobility, strength, stamina, extension, isolation Actions, dynamics, space, relationships, Motif Development and Structure

1

Safe Practice and physical Skills

Hazards, Warm ups and Cool downs.
Posture
Coordination
Mobility
Extension
Alignment
Control
Strength
Isolation
Balance
Flexibility
Stamina

1

Set Phrases

Recap the set phrase choreography choosing to focus on the 2 chosen for assessment
Mock filmed assessment

3

Technical, expressive and mental Skills

Action content
Dynamic content
Spatial content
Relationship content for duet/trio performance only
Timing content
Rhythmic content
Movement in a stylistically accurate way

2

Duet and Trio

Learn the choreography Y11's to teach Y10's in a workshop day off timetable
Pupils then to practise and rehearse during lesson time
Final assessment includes filmed performance

2

Anthology

Study of the professional works:
Infra
A Linha Curva
Develop section C exam technique

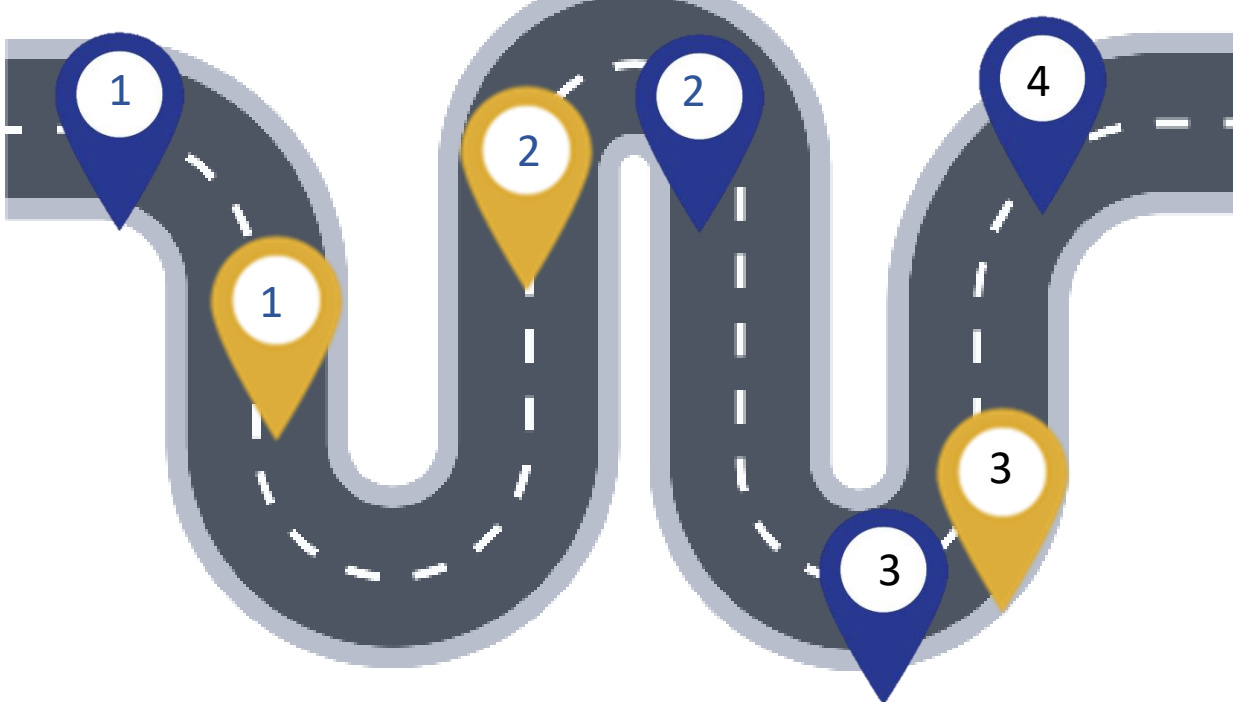
3

Choreography mock assessment

5 stimulus to create choreography from Work through theory booklet
Create own performance, to be filmed and assessed



Prior Learning -
Pupils should have a basic ability in the fundamental skills in Dance at KS3



Future Learning –
Pupils will begin studying Section C of the Theory Paper – The Professional Works

1

Set Phrases

Recap the 2 set phrases chosen.
Film final performance to metronome for assessment

1

Anthology

Study of the professional works:
Within Her Eyes
Shadows
Artificial Things
Emancipation of Expressionism

2

Duet and Trio

Recap, practise and rehearse choreography learnt in year 10 during lesson time
Final assessment includes filmed performance
Focus on expressive skills and relationship devices

2

Section A

Recap and revise section A
Safe practise
Physical skills
Technical skills
Expressive and Mental skills
Practise exam questions

3

Choreography

5 stimuluses to create choreography from
Work through theory booklet
Create own performance, to be filmed and assessed

3

Section C - Anthology

Revise the professional works.
Practise exam questions

4

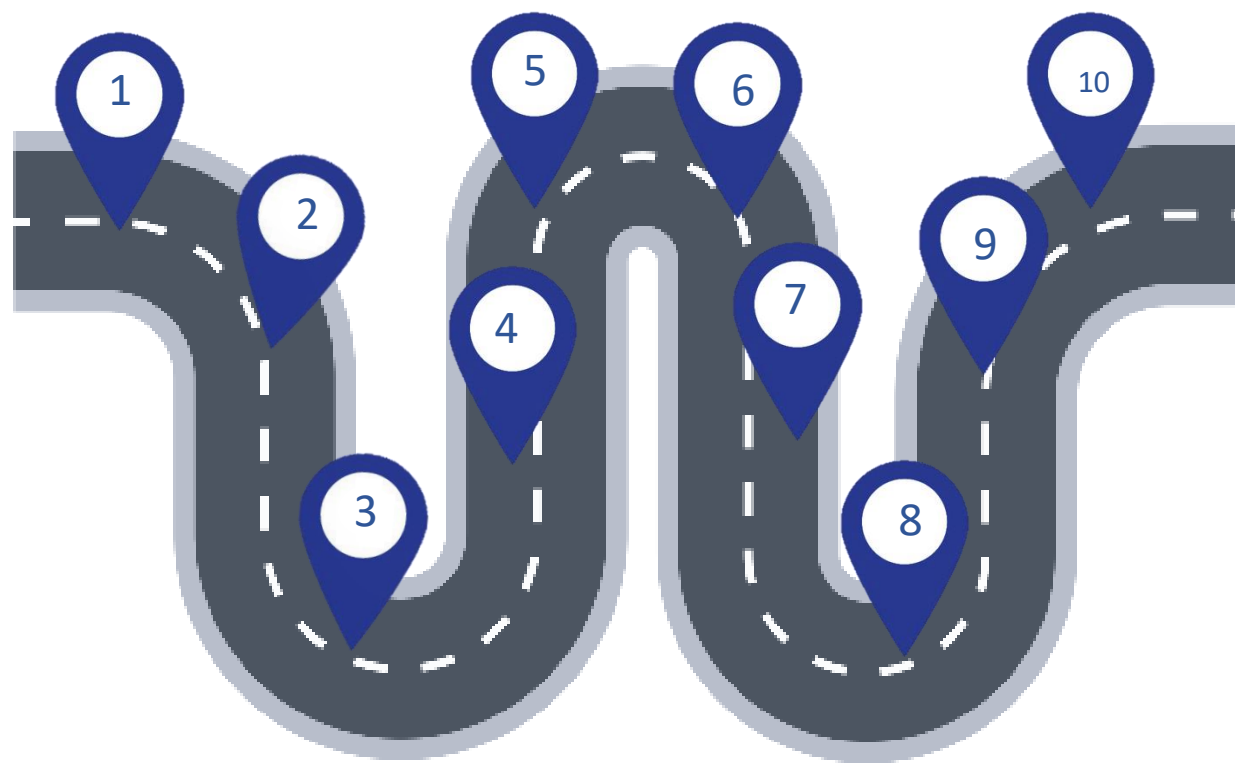
Section B

Learn how to scaffold section B answers
Practise exam questions



Prior Learning

Pupils will have developed the 10 fundamental skills balancing, running, jumping, catching, hopping, throwing, galloping, skipping, leaping, and kicking.



Future Learning

Build on skills learnt and implement them into match play and performances.

1

Multiskills

Pupils will play a variety of modified game to develop pupils fundamentals: running, jumping, throwing, catching Pupils will be assessed into ability groups

2

Gymnastics

You will be introduced to numerous Gymnastics skills that will lay the foundation for progressing your future performances. Including travel, balance and rolls

3

Dance

The Dance induction will teach you how to link different concepts together to produce a complete performance.

4

Rugby

Your Rugby introduction will equip you with the fundamental skills to play competitive tag matches.

5

Basketball

You will be taught the big three core skills of dribbling/passing /shooting in order to competitively compete in matches.

6

Sport Science

SS will introduce you to the importance of fitness to not only sport but general well-being.

7

Athletics

You will complete numerous track and field events, being introduced to the fundamental techniques required to improve your performance.

8

Tennis

The Tennis introduction will cover the basic strokes that enable you to play both mini and full tennis matches.

9

Cricket

Your lessons will introduce you to the core skills of bowling/batting and fielding, through numerous games.

10

Rounders

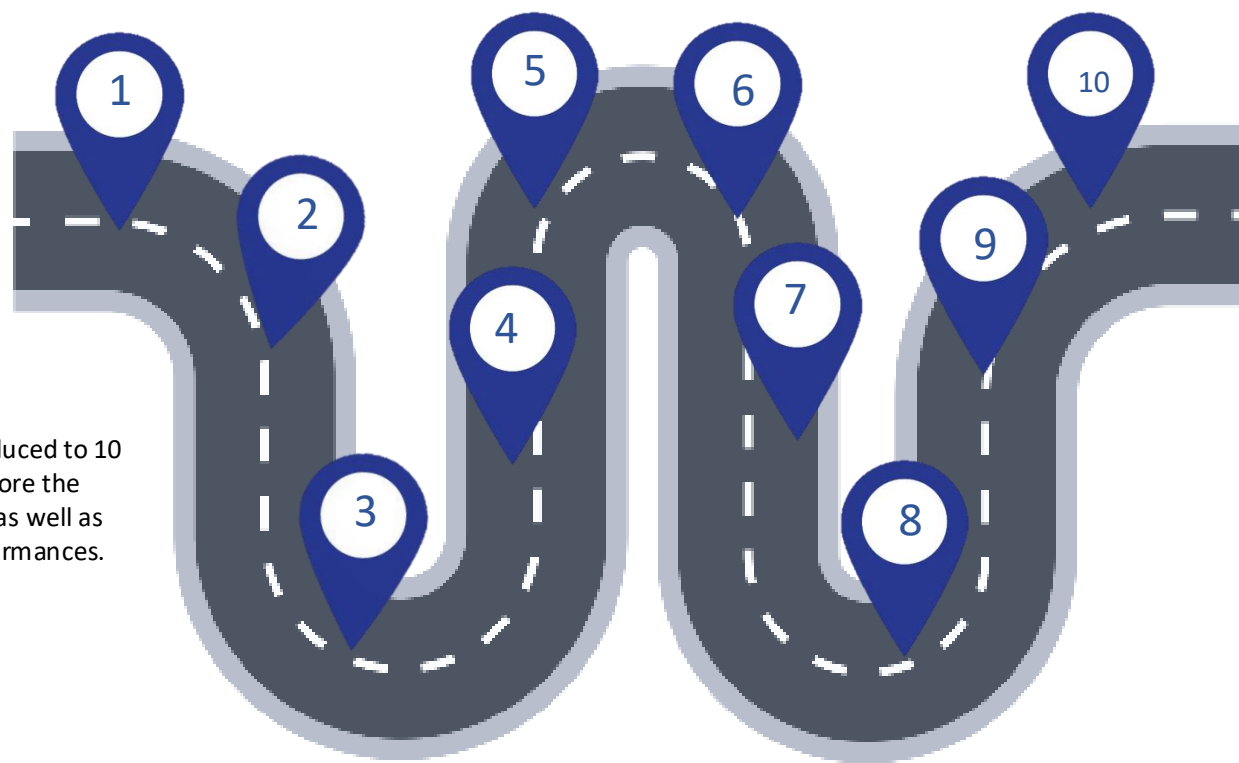
You will be introduced to the core skills of bowling/batting and fielding, through numerous games.



Prior Learning

Future Learning

In Year 7, students are introduced to 10 different sports and explore the fundamental skills of each as well as rules, match play and performances.



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Basketball

Gymnastics

Dance

Rugby

Handball

Sport Science

Athletics

Tennis

Cricket

Rounders

You will begin to develop knowledge and understanding through coaching others. Implementing match tactics of defence and attack.

The gymnastics unit covers partner travelling, partner balances, floor routines, equipment safety and rolls. Students peer and self-assess through performance.

The Dance unit covers stimulus, actions & dynamics, spatial content, elevation, choreography, prop work and performance. Students will peer and self-assess through performance

Your Rugby development steps into the more complex skills and an introduction of tactics that allow for more cohesive contact matches

This unit follows the Sport Education model through Handball. Skills include understanding the rules, passing, shooting, attacking, defending, teamwork, match reports and tournaments



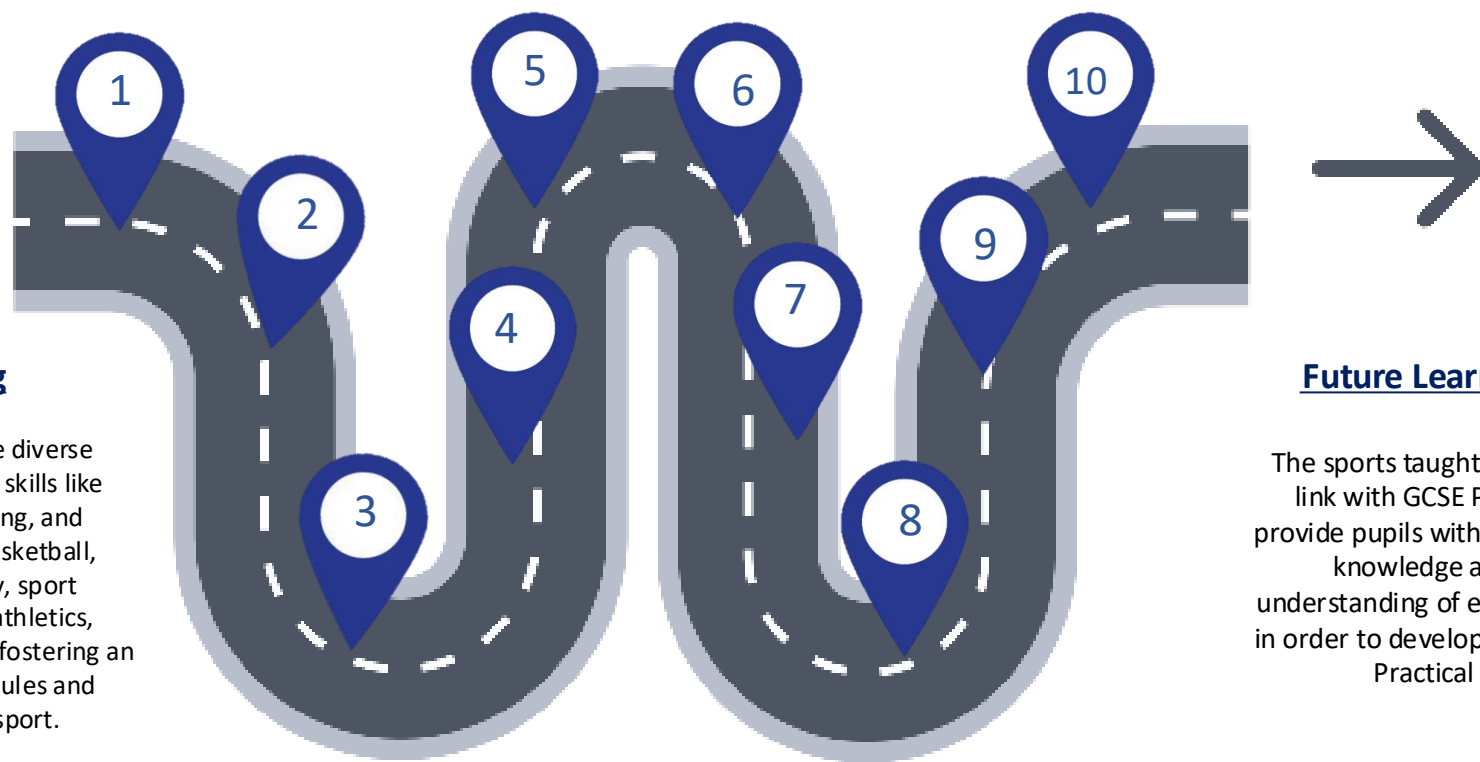
You will develop your sport specific awareness of how fitness impacts on performance.

Your development of technique to allow you to perform to the maximum in events, with an understanding of tactics within events is the focus.

The development of your shot consistency and selection will be a focus. Along with tactical play for both singles and doubles.

You will develop your fundamental skill as well as developing tactical field positions and bowling attacks

You will be expected to develop both fundamental skills and your tactical awareness through performance and coaching.



Prior Learning

In Year 8, students explore diverse sports, honing transferable skills like running, throwing, catching, and jumping. Sports include basketball, gymnastics, dance, rugby, sport education, sport science, athletics, tennis, cricket, and rounders, fostering an understanding of specific rules and characteristics in each sport.

Future Learning

The sports taught directly link with GCSE PE and provide pupils with the basic knowledge and understanding of each sport in order to develop for GCSE Practical

1

Basketball

The Basketball unit covers passing, space utilization, rules, footwork, shooting (lay-ups and set shots), defending (man-on-man, full-court press), attacking, umpiring, and game play with varied challenges. Assessments include practical evaluations, group progress, and rule knowledge.

2

Gymnastics / Trampoline

The Gymnastics unit covers safe take-off and landing, shapes, rolls, and vaults using trampette, springboard, boxes, horse. Students create group routines, receiving peer assessments and feedback. Pupils will learn basic shapes, landings and twisting moves on the trampoline

3

Rugby

The Rugby curriculum includes passing games, ground contact drills, tower of power exercises, tackling progressions, tackling in games, and contact drills. Assessments include peer evaluations, tackling proficiency, and game play skills, with a focus on safety.

4

Sport Education

This unit follows the Sport Education model through Handball. Skills include understanding the rules, passing, shooting, attacking, defending, teamwork, match reports and tournaments.

5

Sports Science

In Sport Science, students explore personal training, health, fitness, and well-being. This includes measuring heart rate, fitness testing of the components of fitness and evaluating a Personal Exercise Programme.

6

Racket Sports

The Racket Sports curriculum covers table tennis and badminton skills, including serving techniques, forehand and backhand shots, doubles strategies, and tournaments. Assessment includes shot accuracy, tactics, and teamwork.

7

Athletics

This unit covers sprinting, distance running, long jump, high jump, shot put, javelin, and discus. Emphasis is on technique, safety, and self-improvement, aided by tools like pacing sheets, video delay apps, and measured throws or jumps.

8

Tennis

This unit covers tennis basics, grip, forehand, games, rallies, width, depth, and service techniques. Assessments include peer evaluations, group sheets, and teacher assessments, emphasising skill progression, equipment variations, and technique maintenance.

9

Cricket

In Year 9, the cricket curriculum aims to develop core skills. The focus includes ball familiarization, catching, basic fielding, air and ground fielding games, diamond cricket, bowling, batting, game situations, and pairs cricket.

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Rounders

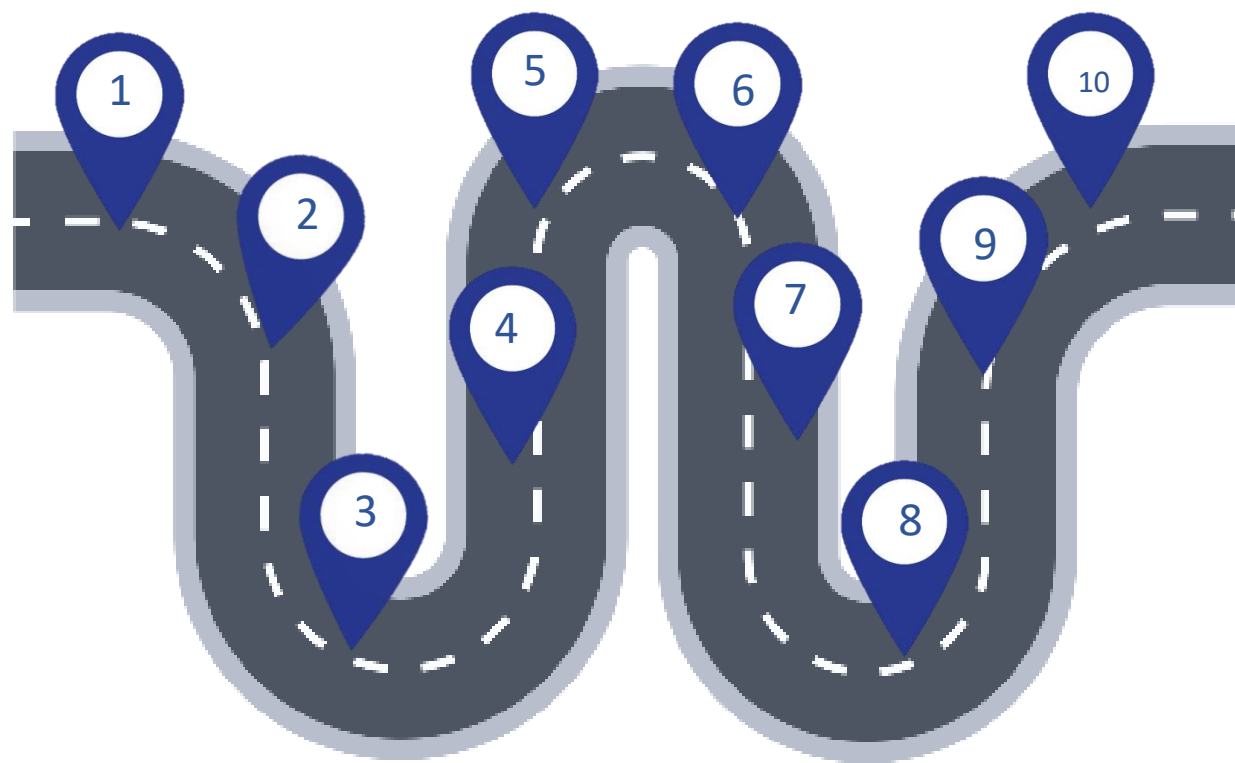
In Year 9 Rounders, we'll cover key aspects like catching, fielding, bowling, and batting. Using various-sized balls and equipment, assessments will be based on tasks and outcomes, evaluated by peers, groups, and teachers.



Prior Learning

Pupils should have a good ability in the fundamental skills. Pupils will have a decent level of knowledge, understanding and often ability of all the sports offered at KS3 which have lots of transitional skills.

Some pupils will have knowledge of specific sports through primary schools and local clubs.



Future Learning

The sports encourage pupils to take part in physical activity and to engage in sport. They also explore the importance of physical activity on our physical and mental wellbeing.

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1 Rugby
You will be able to confidently apply the coaching points and demonstrate each core skill fluently during matches. Building on skills and tactics.

2 Racket Sports
During this unit you will be learning table tennis and badminton. You will look to embed all attacking/defensive shots. While using knowledge and understanding of the rules to your advantage

3 Football
You will embed all core skills and demonstrate the importance of tactics/formations and set plays. You will also develop your refereeing skills.

4 Trampolining
During this unit pupils learn how to set up and take down the trampolines, basic shapes, rotations, advanced linking movements, routine development and performance.

5 Flag / tag football
Pupils are introduced to the game and cover skills such as throwing, receiving, blocking, game play, contact work and tactics.

6 Sport Education
This unit follows the Sport Education model through Handball. Skills include understanding the rules, passing, shooting, attacking, defending, teamwork, match reports and tournaments.

7 Volleyball
During this unit pupils will look at the basic rules of the game and work on skills such as volley, dig, serve, smash, rotations and game play and scoring.

8 Cricket
Your lessons will embed core skills and tactics, whilst developing the skills to umpire a game.

9 Tennis
Your lessons will look to embed various forehand and backhand strokes, whilst incorporating umpiring skills.

10 Rounders
You will be embedding core skills and demonstrating tactical play and umpiring within this unit.



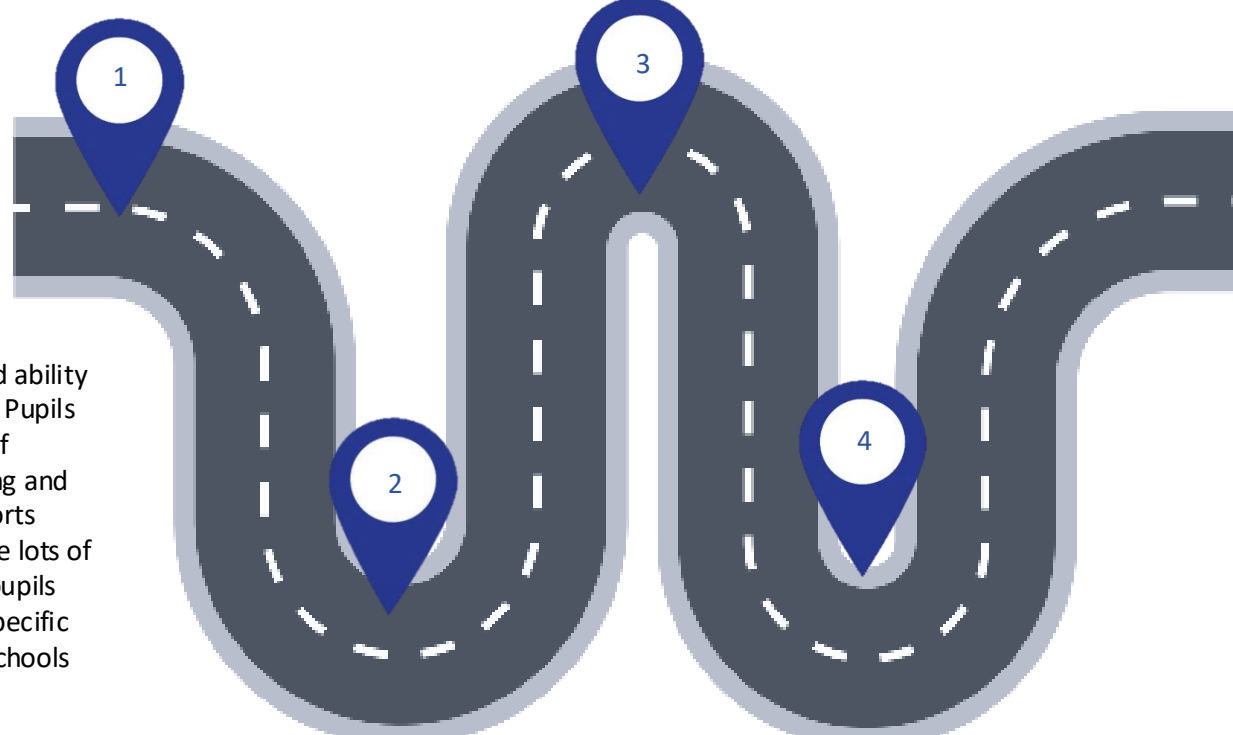
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1

Options

Throughout Year 11 pupils are given autonomy to choose the different sports they cover during the year. These range from individual sports such as athletics and trampolining to team sports such as handball and basketball.

2

Ultimate Team Building Games

Pupils are split into teams using our sport education model. They compete in various team building activities to win points for their team. Key objectives are leadership, taking on different roles and giving roles to others in the group. Being an effective participant in their role and show an understanding of care for their partner/team. pupils Win domino's pizza as prize.

3

Life Saving Skills

The RLSS UK's Save a Life series is a set of workshops aimed to equip candidates with knowledge about what to do in an emergency and basic first aid skills for those who care for a baby, child, or adult. You will learn

- Basic Life Support (CPR)
- Choking (diagnosis and treatment)
- Drowning (diagnosis and treatment)

4

Exam Revision

During Exam season pupils are given the opportunity to revise for their GCSE examinations during Core PE Lessons.



Prior Learning

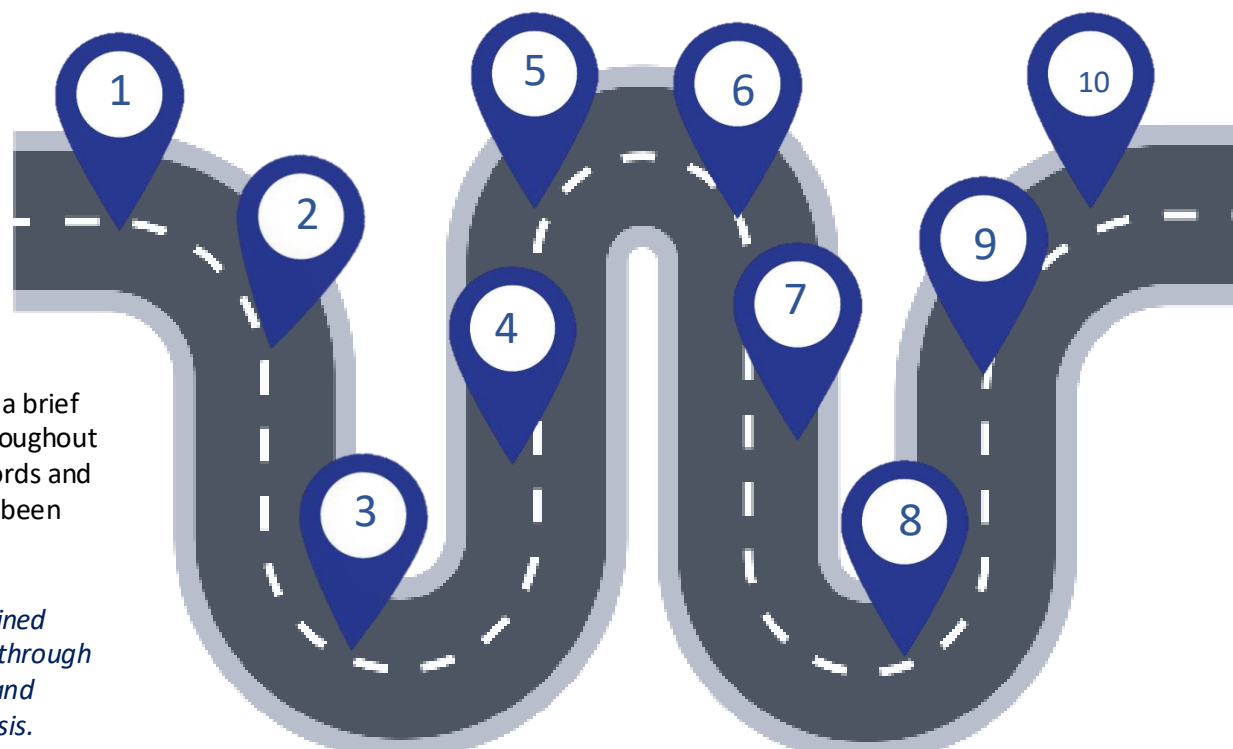
Pupils will have covered a brief overview of GCSE PE throughout their KS3 lessons. Keywords and understanding will have been introduced prior.

GCSE PE non-examined assessment is assessed through skills, full context and performance Analysis.



Future Learning

Embarking on GCSE PE at St Joseph's nurtures a passion for sports and physical activity. This foundation sets the stage for future studies in sports and opens doors to exciting careers in the sporting sector.



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Athletics

Students will practice track, cross-country, jumps and throws.

Badminton

In this unit students will develop skills such as service, overhead, underarm, net play, smash and competitive games

Table Tennis.

In this unit students will develop their service, drives, push, smash, lob and gameplay.

Trampoline

The skills covered in this unit include shapes, drops, twists, rotation, advanced rotation and routines.

Association Football

During this unit pupils will develop skills such as passing, dribbling, shooting, heading, tackling, jockeying, shot stopping, taking crosses and punching.

Basketball

In this unit pupils will develop their passing, dribbling, receiving, intercepting, shooting, footwork and marking.

Handball

During this unit pupils will practice their passing, receiving, shooting, moving with the ball, jockeying, marking, positioning, catching, blocking, rebound s and possession.

Netball

In the netball unit students will develop their passing, receiving, marking a player, shooting, footwork and movement.

Rugby Union

During this unit students will cover handling, tackling, mauls, rucks, kicking, game play and tactics.

Analysis Strengths & Weaknesses

Students are required to analyse performances in one activity from the specification in order to identify and justify suitable strengths and weaknesses in the performances.





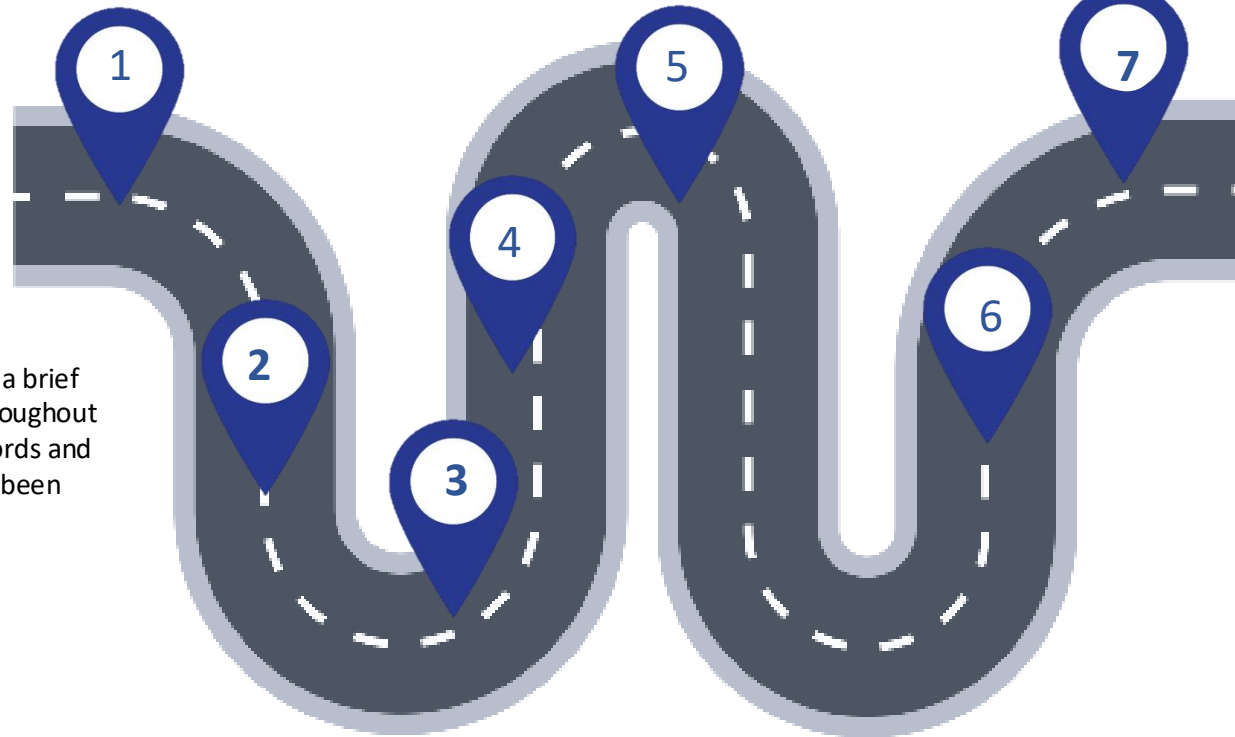
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1

Applied Anatomy & Physiology

Students should develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport.

2

Movement Analysis

Students should develop knowledge and understanding of the basic principles of movement and their effect on performance in physical activity and sport.

3

Physical Training

Students should develop knowledge and understanding of the principles of training and different training methods in to plan, carry out, monitor and evaluate personal exercise and training programmes.

4

Use of Data

Students should develop knowledge and understanding of data analysis in relation to key areas of physical activity and sport.

5

Sports Psychology

Students should develop knowledge and understanding of the psychological factors that can affect performers in physical activity and sport.

6

Socio-cultural Influences

Students should develop knowledge and understanding of the socio-cultural factors that impact on physical activity and sport, and the impact of sport on society.

7

Health, Fitness & Well-being

Students should develop knowledge and understanding of the benefits of participating in physical activity and sport to health, fitness and wellbeing.