

Subject	Physical education											
Intent	Physical education is essential for not only gaining the necessary skills and knowledge to participate in life long physical activity but also for developing the personal skills required to be become well rounded, productive citizens. Many of our students can find skills, such as communication, respect, teamwork, focus, confidence, discipline and resilience, significantly challenging, so nurturing these skills is at the heart of the curriculum. Students will develop their understanding and appreciation of the impact that sport and physical education can have on social, emotional and mental well-being as well as physical health and fitness. Students will also gain a deeper understanding of the way their body moves and feels, and acquire the skills to move more competently and confidently. When students leave Grafham Grange they will have developed an understanding and appreciation of the importance of exercise, the essential social and physical skills, as well as the will and interest required to engage in lifelong sport and physical activity. Most importantly, students will leave prepared for employment and further education, and equipped with the personal skills to build healthy and respectful relationships and make valuable contributions within society.											
	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Teamwork				Develop yourself				Challenge yourself			
	Football	Invasion games	Rugby	Basketball	Badminton	Health and fitness	Tennis	Table tennis	Athletics	Multi-sports	Cricket	Softball
YEAR 7	-Dribbling -Passing and receiving -Static shooting -Standing tackle	Non sport specific games -Evasion -Agility -Balance -Spatial awareness	-Catch and push pass -Side tackle -Ruck technique	-Dribbling -Chest pass -Receiving with 2 hands -Set shot -Stealing	-Grip -Footwork -Basic high serve -Basic forehand shot -Basic backhand shot	Developing fitness components through games -Agility -Speed -Cardiovascular endurance -Strength	-Grip -Footwork -Basic serve -Forehand shot -Backhand shot	-Grip -Footwork -Basic serve -Drive shot -Push shot	-Running technique -Intro to pacing -Jump technique -Basic throw technique	Sporting activities to challenge: -Jogging -Archery -Golf -Assault course	-Basic bowling -Throwing -Catching -Batting grip -Drive shot	-Grip -Batting technique -Throwing -Catching
YEAR 8	-Dribbling -Slide tackle -Passing (short and long) -Shooting	Non sport specific games (passing and catching) -Evasion -Agility -Balance -Spatial awareness -Coordination	-Spin pass -Front tackle -Ruck technique -Punt kick and catch	-Dribbling and pivot -Javelin pass -Receiving with 1 hands -Jump shot -Marking	-Recap footwork -Basic low serve -Overhead clear -Drop shot	Developing fitness components through games and drills -Agility -Speed -Cardiovascular endurance -Strength	-Recap footwork -Serve power and placement -Smash -Lob	-Recap footwork -Serve with spin -Drive with spin -Push with spin	-3 point start -Recap run technique -Pacing -Run up to jump -Throw technique	Sporting activities to challenge: -Jogging -Archery -Golf -Assault course	-Bouncer bowl -Hook and pull shot -Long barrier -Overarm throw -Underarm throw	-Short throw -Long throw -Catching with gloves -Bowling -Batting
YEAR 9	-Dribbling and turning -Shooting -Passing -Marking -Outwit opponents	Non sport specific games (Dribbling and passing) -Evasion -Agility -Balance -Spatial awareness -Coordination -Outwit opponents	-Maul technique -Jackle technique -Chop tackle -Grubber kick	-Drop step -Bounce pass -Use of fake -Lay up	-Drive -Smash -Underhand clear -Outwit opponents	Developing fitness components through specific training methods -Agility -Speed -Cardiovascular endurance -Strength -Power -Muscular endurance	-Forehand shot with spin -Backhand shot with spin -Drop shot -Outwit opponents	-Recap skills -Smash -Lob -Outwit opponents	-Sprint start and dip -Training thresholds -Spin and glide techniques -Landing from jumps	Sporting activities to challenge: -Jogging -Archery -Golf -Assault course	-Yorker bowl -Defensive battling -Recap throwing	-Recap skills -Fielding ground balls -Batting strategies -Bowling variations -Running bases
YEAR 10	-Recap of skills -Positional play -Attacking strategies -Defensive strategies	Sports specific games selected by students -Essential skills -Outwitting opponents	-Recap of skills -Positional play -Attacking strategies -Defensive strategies	-Recap skills -Positional play -Set plays -Attacking strategies -Defensive strategies	-Recap skills -Shot selection -Back hits -Doubles play -Strategies / tactics	Fitness testing -Agility -Speed -Cardiovascular endurance -Strength -Power -Muscular endurance	-Recap skills -Volleys -Shot selection -Doubles play -Strategies / tactics	-Recap skills -Shot selection -Doubles play -Strategies / tactics	-Middle distance running strategies -Triple jump -Recap of skills -Relay	Sporting activities to challenge: -Jogging -Archery -Golf -Assault course	-Spin bowling -Cut and sweep shots -Field positioning -Wicket keeping	-Recap skills -Fielding fly balls -Batting strategies -Bowling variations -Field positioning

YEAR 11	-Set piece -Game management -Recap of strategies	Sports specific games selected by students -Essential skills -Tactics and strategies	-Set piece -Game management -Recap of strategies	-Set piece -Game management -Recap of strategies	-Recap skills -Doubles play -Strategies / tactics	Producing a training programme -Agility -Speed -Cardiovascular endurance -Strength -Power -Muscular endurance	-Recap skills -Doubles play -Strategies / tactics	-Recap skills -Doubles play -Strategies / tactics	-Recap of skills -Middle distance running strategies -Relay	Sporting activities to challenge: -Jogging -Archery -Golf -Assault course	-Bowl variations -Batting variations -Shot selection -Wicket keeping -Field positioning	-Recap skills -Batting strategies -Bowling variations -Field positioning
Year 10 GCSE Theory	Theory 1. Structure and functions of the skeleton. 2. Structure and function of the muscular system	Theory 1. Structure and function of the cardio-respiratory system 2. Structure and function of the cardio-respiratory system	Theory 1. The effects of exercise 2. Aerobic and anaerobic exercise 3. Recovery process	Theory 1. Physical, emotional and social health and well-being and fitness 2. The consequences of a sedentary lifestyle 3. The consequences of obesity 4. Somatotypes 5. Energy use 6. A balanced diet 7. A balanced diet and maintaining water balance	Theory 1. Social groups and factors affecting participation 2. The commercialisation of physical activity and sport 3. The impact of technology on physical activity and sport 4. Ethical conduct by performers 5. Spectator behaviour	Theory 1. Skill and ability 2. Goals and targets 3. Information processing 4. Guidance and feedback on performance 5. Arousal 6. Aggression 7. Personality types 8. Motivation						
Year 11 GCSE Theory	Theory 1. Physical training 2. Health and fitness 3. The components of fitness testing 4. Fitness testing	Theory 1. Principles of training 2. Training thresholds 3. Types of training 4. Preventing injury 5. Training seasons 6. Warming up and cooling down	Theory Types of levers Basic movements Planes of movement and axes of rotation Theory Coursework	Theory Coursework	Theory Revision	Theory Revision						