

# Sackville School Core PE Curriculum - Year 7



TERM	WHAT? (Is delivered?)	WHY? (Is this important?)	WHY NOW? (Why is this taught now?)	IMPACT? (What is the impact at the end of this?)	ASSESSMENT
All	Core skills Simple tactics Basic choreography Health & Fitness - lifestyle choices Safety in Sport Creativity & Flare	To develop a broad range of basic and more complex skills and techniques through a variety of physical activities. To understand how their bodies respond and adapt to physical activity and the importance of this for lifelong health and fitness. To improve self-confidence in competitive activities and performance. Developing resilience and stamina. To ensure they can take part in a safe and effective manner throughout their school careers.	Throughout year 7 students are building on the foundations from KS2 in terms of physical movements and application to different sports and activities. They need to develop the resilience and confidence to express themselves in similar and contrasting activities.	Developing the confidence and competence to perform in competitive and performance based situations. This will provide students with the foundation to learn and develop the fundamental skills in order to participate in a range of physical activities. To have the basic level required to perform safely within a sporting/performing environment. Students will take ownership and responsibility for their individual ability. Students who are healthy and more active, achieve better within all aspects of their education.	Mini games Small performances Full scale games Larger performances Questioning Observation and analysis

## Links to L4L Curriculum and Gatsby Benchmarks:

Students develop:  
 Knowledge of healthy active lifestyles, lifestyle choices and barriers to participation.  
 Resilience and perseverance.  
 Social skills, teamwork and communication

# Sackville School Core PE Curriculum - Year 8



TERM	WHAT? (Is delivered?)	WHY? (Is this important?)	WHY NOW? (Why is this taught now?)	IMPACT? (What is the impact at the end of this?)	ASSESSMENT
All	<p>Greater accuracy and fluency of core skills.</p> <p>More tactical understanding and application</p> <p>Develop knowledge and application of health and fitness</p> <p>Healthy choices for health and well being</p>	<p>Improve and develop skill level to provide a platform for more advanced skills.</p> <p>Being able to identify strengths and weaknesses in their own and others performances will improve their knowledge and understanding and also their use of vocabulary to communicate ideas.</p> <p>developing and strengthening their knowledge and understanding of physical activities will encourage further participation and lifelong sport.</p>	<p>Skill level will begin to improve across similar activities but can also be transferred to new activities.</p> <p>Many activities progress from those taught in year 7 and will continue to develop through to KS4 and GCSE/CNAT level.</p> <p>New activities will encourage students to transfer skills and develop problem solving skills.</p>	<p>Students experience more success and therefore increase confidence, becoming more resilient.</p> <p>Evaluative skills will increase, developing their knowledge and understanding as well as helping them to identify personal strengths and weaknesses.</p> <p>Students who are healthy and more active, achieve better within all aspects of their education.</p>	<p>Mini games</p> <p>Small performances</p> <p>Full scale games</p> <p>Larger performances</p> <p>Questioning</p> <p>Observation and analysis</p>

## Links to L4L Curriculum and Gatsby Benchmarks:

Students develop:

- Knowledge of healthy active lifestyles, lifestyle choices and barriers to participation.
- Resilience and perseverance.
- Social skills, teamwork and communication

# Sackville School Core PE Curriculum - Year 9



TERM	WHAT? (Is delivered?)	WHY? (Is this important?)	WHY NOW? (Why is this taught now?)	IMPACT? (What is the impact at the end of this?)	ASSESSMENT
All	<p>Development of more advanced skills by combining control, accuracy and fluency in a game situation or performance.</p> <p>Decision making - applying the correct tactics in a game or performance setting.</p> <p>Development of providing good quality feedback.</p> <p>Begin to lead warm ups and mini sessions.</p> <p>Adopting the role of an official in more than one sport.</p> <p>Identify the components of fitness required in sport and know how to improve them using principles of training</p>	<p>If students display a good skill level it will allow them to transfer these skills to other sports and it will increase the performance level of people they play with.</p> <p>Embedding the rules of the game to enable them to officiate confidently.</p> <p>Being able to lead class warm ups and group choreography will develop communication skills and self confidence.</p> <p>The components of fitness support transition into GCSE PE and CNAT Sport.</p> <p>Introduction to the fitness suite allows for knowledge of muscle groups and the principles of training</p>	<p>Consolidating skills and transferring to different sporting activities maintains motivation as new activities are introduced and some sports further developed.</p> <p>Consolidating knowledge of CoF and training principles will help with transition into examination PE</p>	<p>Extending students' knowledge and understanding of key sports and activities will allow them to access higher level grades at GCSE and CNAT.</p> <p>Developing more leadership will progress some students onto our leadership program. These students then become ambassadors for PE and support both lower school and primary school events as they progress into KS4.</p> <p>Further developing knowledge of fitness and introducing the use of the fitness suite, encourages the maintenance of fitness post education. Students develop a better understanding of cardiovascular fitness and different elements of strength training.</p> <p>Students who are healthy and more active, achieve better within all aspects of their education.</p>	<p>Mini games</p> <p>Small performances</p> <p>Full scale games</p> <p>Larger performances</p> <p>Questioning</p> <p>Observation and analysis</p>

[Links to L4L Curriculum and Gatsby Benchmarks:](#)

Students develop:

Knowledge of healthy active lifestyles, lifestyle choices and barriers to participation.

Resilience and perseverance.

Social skills, teamwork and communication

Leadership skills to include sportsmanship, positive role models and empathy