



# PHYSICAL EDUCATION (CORE)

## CURRICULUM OVERVIEW 2023-24

**Maximise our potential, to be the best we can be, every day.**

### Core PE at Key Stage 4

Band	Topic and length	Key Words	Key Skills	Assessments	Cultural Capital	Links to NC
(A)	<i>Tennis</i> 4 weeks	<ul style="list-style-type: none"> <li>• Rally</li> <li>• Ground Strokes</li> <li>• Serve</li> <li>• Singles</li> <li>• Doubles</li> <li>• Rules</li> <li>• Regulations</li> <li>• Umpire</li> <li>• Self Managers</li> <li>• Performance</li> <li>• Participation</li> <li>• Enjoyment</li> </ul>	<ul style="list-style-type: none"> <li>• Rallies, ground strokes with depth and low to net.</li> <li>• Competitive Rallies (Knockout games 3 lives etc)</li> <li>• Net shots. Singles ladder</li> <li>• Serves, traditional scoring system, doubles tournament</li> </ul>	Teacher Assessment in Class	<i>Opportunities for tennis in the community. Prestwich Tennis Club, St Marys Park</i>  <i>Extra-Curricular Tennis HT 5-6</i>	<i>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</i>
(A)	<i>Netball</i> 4 weeks	<ul style="list-style-type: none"> <li>• Shooting</li> <li>• Passing</li> <li>• Teamwork</li> <li>• Movement</li> <li>• Rules</li> <li>• Regulations</li> <li>• Self Managers</li> <li>• Performance</li> <li>• Participation</li> <li>• Enjoyment</li> </ul>	<ul style="list-style-type: none"> <li>• End zone netball</li> <li>• Shooting games</li> <li>• Passing relays</li> <li>• Tournament</li> </ul>	Teacher Assessment in Class	Netball Club/ Teams HT 1-2	<i>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</i>
(A)	<i>Dance</i> 4 weeks	<ul style="list-style-type: none"> <li>• Rhythm</li> <li>• Coordination</li> <li>• Tempo</li> <li>• Beat</li> </ul>	<ul style="list-style-type: none"> <li>• Just dance</li> <li>• Zumba- Burn it up</li> <li>• Step ETM</li> </ul>	Teacher Assessment in Class		Develop their technique and improve their performance in other competitive

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		<ul style="list-style-type: none"> <li>• Frequency</li> <li>• Intensity</li> <li>• Time</li> <li>• Type</li> </ul>	<ul style="list-style-type: none"> <li>• Create your own motif. Incorporate into a Just Dance Routine</li> </ul>			sports; including minority sports
(A)	<i>Developing Aerobic Fitness to enhance performance</i>  4 weeks	<ul style="list-style-type: none"> <li>• Normative Data</li> <li>• Aerobic Fitness</li> <li>• Pacing</li> <li>• Determination</li> </ul>	<ul style="list-style-type: none"> <li>• Inter form cross country</li> <li>• Cooper Run</li> </ul>	<b>Teacher Assessment in Class</b>	Bury School Cross Country Championships	Evaluate Performances compared to previous ones and demonstrate improvement across a range of personal activities to achieve your personal best
(A)	<i>Emerging Sports</i>  4 weeks	<ul style="list-style-type: none"> <li>• Emerging</li> <li>• Minority</li> <li>• Enjoyment</li> <li>• Mental Benefits</li> <li>• Social Benefits</li> <li>• Physical Benefits</li> </ul>	<ul style="list-style-type: none"> <li>• Unihoc</li> <li>• Handball</li> <li>• Frizbee</li> <li>• Longball or benchball</li> </ul>	<b>Teacher Assessment in Class</b>		Develop their technique and improve their performance in other competitive sports; including minority sports
(A)	<i>Health Related Exercise</i>  6 weeks	<ul style="list-style-type: none"> <li>• Fitness Testing</li> <li>• Target Setting</li> <li>• Training methods</li> <li>• Mental Benefits</li> <li>• Social Benefits</li> <li>• Physical Benefits</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Testing</li> <li>• Boxercise</li> <li>• HIIT</li> <li>• Circuit</li> <li>• Interval training</li> <li>• Fitness Testing Re-Test</li> </ul>	<b>Teacher Assessment in Class</b>		Evaluate Performances compared to previous ones and demonstrate improvement across a range of personal activities to achieve your personal best
(A)	<i>Indoor Athletics, 5-a-</i>	<ul style="list-style-type: none"> <li>• Run</li> <li>• Throw</li> <li>• Jump</li> </ul>	<ul style="list-style-type: none"> <li>• Indoor Athletics Match across weeks 1 and 2</li> </ul>	<b>Teacher Assessment in Class</b>	Bury Schools Athletics HT6	Use a range of tactics and strategies to overcome opponents

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	<p><i>side football and skills circuit</i></p> <p>5 weeks</p>	<ul style="list-style-type: none"> <li>Relay</li> <li>Agility</li> <li>Balance</li> <li>Co-Ordination</li> <li>Reaction Time</li> <li>Power</li> </ul>	<ul style="list-style-type: none"> <li>5- a side football</li> <li>Football and skill related components skills circuit</li> <li>Football and skill related components skills circuit applying progressive overload</li> </ul>		<p>Football Teams HT 1,3 and 4</p>	<p>in direct competition through team and individual games</p>
(A)	<p><i>Orienteering and Rounders</i></p> <p>5 weeks</p>	<ul style="list-style-type: none"> <li>Map Reading</li> <li>Teamwork</li> <li>Communication</li> <li>Navigation</li> <li>Territory</li> <li>Support</li> <li>Width</li> <li>Depth</li> </ul>	<ul style="list-style-type: none"> <li>Orienteering course moderate-intermediate</li> <li>Orienteering course intermediate- hard</li> <li>Rounders Flat Bat</li> <li>Rounders Traditional</li> <li>Rounders Tournament</li> </ul>	<p><b>Teacher Assessment in Class</b></p>	<p>Rounders Club and Rounders Teams HT5-6</p>	<p>Take part in OAA which present intellectual and physical challenges and which encourage pupils to work in a team.</p> <p>Develop their technique and improve their performance in other competitive sports; including minority sports</p>
(A)	<p><i>Aerobic/ Anaerobic Performance</i></p> <p>7 weeks</p>	<ul style="list-style-type: none"> <li>Aerobic</li> <li>Anaerobic</li> <li>Fitness Test</li> <li>Determination</li> <li>Participation</li> <li>Enjoyment</li> </ul>	<ul style="list-style-type: none"> <li>Aerobic Training/ Continuous Training</li> <li>Sprinting</li> <li>Throwing</li> <li>Jumping</li> <li>Fitness Testing- Comparison to earlier in year</li> </ul>	<p><b>Teacher Assessment in Class</b></p>	<p>Bury Schools Athletics HT6</p>	<p>Evaluate Performances compared to previous ones and demonstrate improvement across a range of personal activities to achieve your personal best</p>

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			<ul style="list-style-type: none"> <li>• Orienteering</li> <li>• Orienteering or cooper run</li> </ul>			
(B)	<i>Badminton</i>  4 weeks	<ul style="list-style-type: none"> <li>• Rally</li> <li>• Serves</li> <li>• Footwork</li> <li>• Shot selection</li> <li>• Rules</li> <li>• Regulations</li> <li>• Umpire</li> <li>• Self Managers</li> <li>• Performance</li> <li>• Participation</li> <li>• Enjoyment</li> </ul>	<ul style="list-style-type: none"> <li>• Rallies/ knockout</li> <li>• Doubles tournaments</li> <li>• Half court singles</li> <li>• King/ Queen of the court</li> </ul>	<b>Teacher Assessment in Class</b>	Extra-Curricular Badminton HT 1-2	<i>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</i>
(B)	<i>Football</i>  4 weeks	<ul style="list-style-type: none"> <li>• Shooting</li> <li>• Passing</li> <li>• Teamwork</li> <li>• Movement</li> <li>• Rules</li> <li>• Regulations</li> <li>• Self Managers</li> <li>• Performance</li> <li>• Participation</li> <li>• Enjoyment</li> </ul>	<ul style="list-style-type: none"> <li>• Possession based games</li> <li>• Shooting drills</li> <li>• Overloads. Small sided games</li> <li>• Numbers. 9-11 a side games (offside rule)</li> </ul>	<b>Teacher Assessment in Class</b>	Football Teams HT 1-4	<i>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</i>
(B)	<i>Dodgeball and Table Tennis</i>  4 weeks	<ul style="list-style-type: none"> <li>• Forehand</li> <li>• Backhand</li> <li>• Coordination</li> <li>• Agility</li> <li>• Reaction Times</li> <li>• Rules</li> </ul>	<ul style="list-style-type: none"> <li>• Benchball and benchball-dodgeball</li> <li>• Traditional dodgeball</li> </ul>	<b>Teacher Assessment in Class</b>	Badminton/ Table Tennis Club HT2 Basketball Club HT1-2	Develop their technique and improve their performance in other competitive

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		<ul style="list-style-type: none"> <li>• Regulations</li> <li>• Self officiating</li> <li>• Self management</li> <li>• Participation</li> <li>• Enjoyment</li> </ul>	<ul style="list-style-type: none"> <li>• Rallies and co-ordination drills</li> <li>• Basketball Small sided games</li> <li>• Table tennis tournament</li> </ul>			sports; including minority sports
(B)	<i>Developing Aerobic Fitness to enhance performance</i>  4 weeks	<ul style="list-style-type: none"> <li>• Normative Data</li> <li>• Aerobic Fitness</li> <li>• Pacing</li> <li>• Determination</li> </ul>	<ul style="list-style-type: none"> <li>• Inter form cross country</li> <li>• Cooper Run</li> </ul>	<b>Teacher Assessment in Class</b>	Bury School Cross Country Championships	Evaluate Performances compared to previous ones and demonstrate improvement across a range of personal activities to achieve your personal best
(B)	<i>Emerging Sports</i>  4 weeks	<ul style="list-style-type: none"> <li>• Emerging</li> <li>• Minority</li> <li>• Enjoyment</li> <li>• Mental Benefits</li> <li>• Social Benefits</li> <li>• Physical Benefits</li> </ul>	<ul style="list-style-type: none"> <li>• Foot golf</li> <li>• Boxercise</li> <li>• Handball</li> <li>• Longball or benchball</li> </ul>	<b>Teacher Assessment in Class</b>		Develop their technique and improve their performance in other competitive sports; including minority sports
(B)	<i>Health Related Exercise</i>  6 weeks	<ul style="list-style-type: none"> <li>• Fitness Testing</li> <li>• Target Setting</li> <li>• Training methods</li> <li>• Mental Benefits</li> <li>• Social Benefits</li> <li>• Physical Benefits</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Testing</li> <li>• Interval v Fartlek Training</li> <li>• Resistance Training</li> <li>• Continuous Training</li> <li>• HIIT or Circuit</li> <li>• Fitness Testing Re-Test</li> </ul>	<b>Teacher Assessment in Class</b>		Evaluate Performances compared to previous ones and demonstrate improvement across a range of personal activities to achieve your personal best

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(B)	<p><i>Orienteering and Rugby League</i></p> <p>5 weeks</p>	<ul style="list-style-type: none"> <li>• Map Reading</li> <li>• Teamwork</li> <li>• Communication</li> <li>• Navigation</li> <li>• Territory</li> <li>• Support</li> <li>• Width</li> <li>• Depth</li> </ul>	<ul style="list-style-type: none"> <li>• Orienteering course moderate-intermediate</li> <li>• Orienteering course intermediate- hard</li> <li>• Tag Rugby; passing lines</li> <li>• Tag rugby Skills Circuit</li> <li>• Tag Rugby Tournament</li> </ul>	<p><b>Teacher Assessment in Class</b></p>		<p>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</p> <p>Take part in OAA which present intellectual and physical challenges and which encourage pupils to work in a team.</p>
(B)	<p><i>Indoor Athletics, 5-a-side football and skills circuit</i></p> <p>5 weeks</p>	<ul style="list-style-type: none"> <li>• Run</li> <li>• Throw</li> <li>• Jump</li> <li>• Relay</li> <li>• Agility</li> <li>• Balance</li> <li>• Co-Ordination</li> <li>• Reaction Time</li> <li>• Power</li> </ul>	<ul style="list-style-type: none"> <li>• Indoor Athletics Match across weeks 1 and 2</li> <li>• 5- a side football</li> <li>• Football and skill related components skills circuit</li> <li>• Football and skill related components skills circuit applying progressive overload</li> </ul>	<p><b>Teacher Assessment in Class</b></p>	<p>Bury Schools Athletics HT6</p> <p>Football Teams HT 1,3 and 4</p>	<p>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games</p>
(B)	<p><i>Striking and Fielding</i></p> <p><i>Aerobic v Anaerobic Performance</i></p>	<ul style="list-style-type: none"> <li>• Batting</li> <li>• Bowling</li> <li>• Fielding</li> <li>• Aerobic</li> <li>• Anaerobic</li> <li>• Fitness Test</li> </ul>	<ul style="list-style-type: none"> <li>• Partners Cricket</li> <li>• Softball</li> <li>• Rounders or Non-Stop Cricket</li> <li>• Sprinting</li> <li>• Throwing</li> </ul>	<p><b>Teacher Assessment in Class</b></p>	<p>Cricket Club HT 5-6</p> <p>Bury Schools Athletics HT6</p>	<p>Evaluate Performances compared to previous ones and demonstrate improvement across a range of personal</p>

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	7 weeks	<ul style="list-style-type: none"><li>• Determination</li><li>• Participation</li><li>• Enjoyment</li></ul>	<ul style="list-style-type: none"><li>• Jumping</li><li>• Fitness Testing- Comparison to earlier in year</li></ul>			activities to achieve your personal best
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