

Key Concepts across KS4 and KS4 Physical Education

	<u>Year 7 Developing fundamentals to sporting movements.</u>	<u>Year 8 Building technique and skill set</u>	<u>Year 9 Developing my independence in sports and activities</u>	<u>Year 10 Aspirations in sport</u>	<u>Year 11 Lifelong love of sport/ physical activities</u>
Autumn 1	<u>Fundamentals to sporting movements.-</u> Throw/catch, ball/ racket hand/eye, Foot/ eye coordination	Strategies to overcome opponents	Advanced tactics and strategies to overcome opponents	Teamwork and sports etiquette	Being your best and doing your best
Autumn 2	Respect and resilience	Commitment and Communication	Etiquette	Teamwork and sports etiquette	Healthy active lifestyles-physical wellbeing
Spring 1	Replicating the perfect example	Intellectual challenge	Application of good technique	Working to your potential	Healthy active lifestyles-emotional wellbeing
Spring 2	Communication	Respect and sportsmanship	Honesty	Confidence	Healthy Active lifestyles-social wellbeing
Summer 1	Commitment to personal Best	Perseverance	Analysis and improvement	Resilience	Commitment to the future
Summer 2	Being an expert in technique	Desire to improve your personal best	Evaluation of performance	Active Lifestyles	

Year 7 Developing Fundamentals to sporting movements					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Content/ Processes	Content/ Processes	Content/ Processes	Content/ Processes	Content/ Processes	Content/ Processes
<p>Fundamentals for Team and Individual Activities <u>Netball</u> <u>Football</u> <u>Badminton</u></p> <p>Developing hand eye coordination skills</p>	<p>Respect and resilience Developing fundamentals of movements in Boxing</p> <p>OAA and problem solving</p> <p>Team games- rugby and football</p>	<p>Replicating the perfect example Developing fundamentals of movements in</p> <p>Gymnastics Trampolining</p> <p>OAA and problem solving</p>	<p>Communication Developing fundamentals of movements in</p> <p>Volleyball Table Tennis Dance Netball</p>	<p>Commitment to personal Best Developing fundamentals of movements in</p> <p>Athletics Track and field events Triple jump High jump Long jump 100m, 200m, 400m, 800m Relay Shot Discus Javelin</p> <p>rounders/ softball</p>	<p>Being an expert in technique Developing fundamentals of movements in</p> <p>Athletics Track and field events Triple jump High jump Long jump 100m, 200m, 400m, 800m Relay Shot Discus Javelin</p> <p>rounders/ softball</p>
Concepts	Concepts	Concepts	Concepts	Concepts	Concepts
<p>Fundamentals for Team and Individual Tactical strategies Outwitting opponents Overcoming opponents Leadership and sportsmanship</p>	<p>Respect and resilience Improving techniques Tactical strategies Outwitting opponents Leadership and sportsmanship Teamwork</p>	<p>Replicating the perfect example Improving compositional skills Improving techniques working towards your personal best.</p>	<p>Communication Physical and intellectual challenges. Leadership</p> <p>Developing compositional</p>	<p>Commitment to personal Best Developing new techniques. Accurate replication Improving technique Analysis and evaluation</p>	<p>Being an expert in technique Developing new techniques. Accurate replication Improving technique</p>

Developing basic hand eye coordination skills Teamwork Attack and defence tactics Rules and regulations	Attack and defence Rules and regulations Problem solving Team building Intellectual challenge	Developing body tension Analysis and evaluation Problem solving Team building Building trust	devices Evaluation	Rules and regulations Developing basic hand eye coordination skills tactics	Analysis and evaluation Rules and regulations Developing basic hand eye coordination skills tactics
Essential understanding	Essential understanding	Essential understanding	Essential understanding	Essential understanding	Essential understanding
To develop fundamentals of sporting movements to overcome and outwit opponents through basic tactics.	Showing respect and resilience when Developing problem solving skills and outwitting opponents.	Replicating the perfect example through developing technique and reaching for your personal best.	Building communication skills that develop teamwork and leadership skills which can also build evaluation skills to improve performance.	Commitment to achieving your personal best is achieved through accurate replication to improving technique.	Being an expert in your technique is achieved through accurate replication of the perfect example.
Assessment	Assessment	Assessment	Assessment	Assessment	Assessment
Formative checkpoints throughout the unit linked to assessment criteria. End of unit assessment through skills and game play. Every 6-8 weeks	Formative checkpoints throughout the unit linked to assessment criteria. End of unit assessment through skills and game play. Every 6-8 weeks	Formative checkpoints throughout the unit linked to assessment criteria. End of unit assessment through skills and game play. Every 6-8 weeks	Formative checkpoints throughout the unit linked to assessment criteria. End of unit assessment through skills and game play. Every 6-8 weeks	Formative checkpoints throughout the unit linked to assessment criteria. End of unit assessment through skills and game play. Every 6-8 weeks	Formative checkpoints throughout the unit linked to assessment criteria. End of unit assessment through skills and game play. Every 6-8 weeks
Review/ Revisit	Review/ Revisit	Review/ Revisit	Review/ Revisit	Review/ Revisit	Review/ Revisit
Revisited throughout all team and individual activities.	Revisited every half term	Revisited every half term	Revisited every half term	Revisited every half term	Revisited every half term

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<p>Year 8 <u>Building technique and skill set</u></p>
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	<p>Year 8 <u>Building technique and skill set</u></p>
Autumn 1	Strategies to overcome opponents
Autumn 2	Commitment and Communication
Spring 1	Intellectual challenge
Spring 2	Respect and sportsmanship
Summer 1	Perseverance
Summer 2	Desire to improve your personal best

Year 8 <u>Building technique and skill set</u>					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Content/ Processes	Content/ Processes	Content/ Processes	Content/ Processes	Content/ Processes	Content/ Processes
<p><u>Strategies to overcome opponents</u> Building technique and skill set in</p>	<p><u>Commitment and Communication</u> Building technique and</p>	<p><u>Intellectual challenge</u> Building technique and skill set in</p>	<p><u>Respect and Sportsmanship</u> Building technique and</p>	<p><u>Perseverance</u> Building technique and skill set in</p>	<p><u>Desire to improve your personal best</u> Building technique and</p>

Netball Football Badminton	skill set in Boxing OAA Team Games-football and rugby	Trampolining Gymnastics OAA and problem solving	skill set in Volleyball Table Tennis Dance Netball	Athletics Track and field events Triple jump High jump Long jump 100m, 200m, 400m, 800m Relay Shot Discus Javelin rounders/ softball	skill set in Athletics Track and field events Triple jump High jump Long jump 100m, 200m, 400m, 800m Relay Shot Discus Javelin rounders/ softball
Concepts	Concepts	Concepts	Concepts	Concepts	Concepts
<u>Strategies to overcome opponents in</u> Teamwork Attack and defence Rules and regulations Strategies tactics	<u>Commitment and Communication</u> Improving techniques Tactical strategies Outwitting opponents Leadership and sportsmanship Teamwork Attack and defence Rules and regulations Problem solving Team building Intellectual challenge	<u>Intellectual challenge</u> Improving compositional skills Improving techniques Replicating the perfect example. Developing body tension Analysis and evaluation Problem solving Team building Intellectual challenge	<u>Respect and Sportsmanship</u> Physical and intellectual challenges. Leadership Teamwork Attack and defence Rules and regulations Strategies tactics Developing compositional devices Evaluation	<u>Perseverance</u> Building techniques. Accurate replication Analysis and evaluation Rules and regulations Building on hand eye coordination skills tactics	<u>Desire to improve your personal best</u> Building techniques. Accurate replication Analysis and evaluation Rules and regulations Building on hand eye coordination skills tactics

Essential understanding	Essential understanding	Essential understanding	Essential understanding	Essential understanding	Essential understanding
Building technique and skill set to overcome and outwit opponents through tactical awareness.	Building technique and skill set whilst showing respect and resilience and also developing problem solving skills which build intellectual challenge.	Building technique and developing intellectual challenge through replicating the perfect example and developing problems solving skills.	Developing sporting etiquette, equality and sportsmanship whilst building technique and developing intellectual challenge to outwit opponents and develop compositional devices.	Building perseverance with specific techniques to develop hand eye coordination allowing accurate replication of a performance.	Building specific techniques and a desire to achieve personal best.
Assessment	Assessment	Assessment	Assessment	Assessment	Assessment
Formative checkpoints throughout the unit linked to assessment criteria. End of unit assessment through skills and game play. Every 6-8 weeks	Formative checkpoints throughout the unit linked to assessment criteria. End of unit assessment through skills and game play. Every 6-8 weeks	Formative checkpoints throughout the unit linked to assessment criteria. End of unit assessment through skills and game play. Every 6-8 weeks	Formative checkpoints throughout the unit linked to assessment criteria. End of unit assessment through skills and game play. Every 6-8 weeks	Formative checkpoints throughout the unit linked to assessment criteria. End of unit assessment through skills and game play. Every 6-8 weeks	Formative checkpoints throughout the unit linked to assessment criteria. End of unit assessment through skills and game play. Every 6-8 weeks
Review/ Revisit	Review/ Revisit	Review/ Revisit	Review/ Revisit	Review/ Revisit	Review/ Revisit
Revisited throughout all team and individual activities.	Revisited every half term	Revisited every half term	Revisited every half term	Revisited every half term	Revisited every half term

	<u>Year 9 Developing my independence in sport and activities</u>
Autumn 1	Advanced tactics and strategies to overcome opponents
Autumn 2	Etiquette
Spring 1	Application of good technique
Spring 2	Honesty
Summer 1	Analysis and improvement
Summer 2	Evaluation of performance

Year 9					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Content/ Processes	Content/ Processes	Content/ Processes	Content/ Processes	Content/ Processes	Content/ Processes
Developing my independence and strategies to overcome opponents in; Netball Football Badminton	Developing my etiquette and independence in Boxing OAA Team Games-football and rugby	Developing my independence and applying good technique in Trampolineing Gymnastics OAA and problem solving	Developing my independence and honesty in Volleyball Table Tennis Dance Netball	Developing my independence and analysing to make improvement in Athletics Track and field events Triple jump High jump	Developing my independence through evaluation skills in Athletics Track and field events Triple jump High jump Long jump

Strategies and set plays				Long jump 100m, 200m, 400m, 800m Relay Shot Discus Javelin rounders/ softball	100m, 200m, 400m, 800m Relay Shot Discus Javelin rounders/ softball
Concepts	Concepts	Concepts	Concepts	Concepts	Concepts
<u>Advanced Strategies and tactics in Attack and defence</u> Teamwork Independent thinking Rules and regulations	<u>Etiquette</u> Respect Accurate techniques Tactical strategies Leadership and sportsmanship Teamwork Rules and regulations Problem solving Team building Intellectual challenge	<u>Application of good technique</u> Replicating the perfect example. Developing body tension Fluency consistency Analysis and evaluation Problem solving Team building Intellectual challenge	<u>Honesty</u> Outwitting opponents. Attack and defence Advanced strategies and tactics Leadership Teamwork Rules and regulations Compositional devices Evaluation	<u>Analysis and improvement</u> Independence in developing techniques. Accurate replication Analysis and evaluation Rules and regulations Outwitting opponents advanced tactics and strategies.	<u>Evaluation of performance</u> Independence in developing techniques. Accurate replication Analysis and evaluation Rules and regulations Outwitting opponents advanced tactics and strategies.
Essential understanding	Essential understanding	Essential understanding	Essential understanding	Essential understanding	Essential understanding
Developing independence and advanced strategies and tactics through teamwork, independent thinking and by having	Developing my independence whilst showing respect and sporting etiquette and also developing problem solving skills which build	Developing independence and applying good technique through replicating the perfect model. Developing independence in	Developing independence when applying advanced strategies and recognising honesty in sports.	Develop independence to both; outwit opponents and build specific techniques to develop accurate replication of an athletics performance.	Develop independence to both; outwit opponents and build specific techniques and evaluate performances to work towards replicating the

excellent knowledge of rules and regulations.	intellectual challenge.	problem solving skills.			perfect example of a performance. .
Assessment	Assessment	Assessment	Assessment	Assessment	Assessment
Formative checkpoints throughout the unit linked to assessment criteria. End of unit assessment through skills and game play. Every 6-8 weeks	Formative checkpoints throughout the unit linked to assessment criteria. End of unit assessment through skills and game play. Every 6-8 weeks	Formative checkpoints throughout the unit linked to assessment criteria. End of unit assessment through skills and game play. Every 6-8 weeks	Formative checkpoints throughout the unit linked to assessment criteria. End of unit assessment through skills and game play. Every 6-8 weeks	Formative checkpoints throughout the unit linked to assessment criteria. End of unit assessment through skills and game play. Every 6-8 weeks	Formative checkpoints throughout the unit linked to assessment criteria. End of unit assessment through skills and game play. Every 6-8 weeks
Review/ Revisit	Review/ Revisit	Review/ Revisit	Review/ Revisit	Review/ Revisit	Review/ Revisit
Revisited throughout all team and individual activities.	Revisited every half term	Revisited every half term	Revisited every half term	Revisited every half term	Revisited every half term

	<u>Year 10</u> <u>Aspirations in sport</u>
Autumn 1	Teamwork and sports etiquette

Autumn 2	Working to your potential
Spring 1	Confidence
Spring 2	Resilience
Summer 1	Active competitive/social lifestyles
Summer 2	Physical Challenge

Year 10- <u>Aspirations in sport</u>					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Content/ Processes	Content/ Processes	Content/ Processes	Content/ Processes	Content/ Processes	Content/ Processes
<u>Teamwork and sporting etiquette</u> <u>Team Activities</u> <u>Netball</u> <u>Football</u> <u>Rugby</u> <u>Badminton</u> Attack and defence strategies Rules and regulations	<u>Working to your potential</u> Develop techniques to improve Individual performances. <u>Boxing</u> <u>Gymnastics</u> <u>Trampolining</u> Accuracy Consistency Accurate replication	<u>Confidence</u> Rugby Dodgeball Dance OAA and problem solving	<u>Resilience</u> Athletics Volleyball Rounders Cricket	<u>Active competitive/ social lifestyles</u> Cricket Athletics Fitness Football	<u>Physical Challenge</u> Cricket Softball Athletics Fitness through walking/ running

Concepts	Concepts	Concepts	Concepts	Concepts	Concepts
Teamwork and sportsmanship Sporting etiquette	<p>Working to your potential so that you have -</p> <p>Accurate and consistent replication of the perfect model</p> <p>Communication and evaluation skills</p> <p>Healthy active physical lifestyles.</p> <p>Lifelong commitment to physical activity</p>	<p>Confidence- So that you have-</p> <p>Lifelong commitment to developing skills in physical activities</p> <p>Teamwork, cooperation and sportsmanship.</p> <p>Using problem solving skills to outthink intellectual and physical challenges.</p> <p>Resilience to challenging situations which leads to Improving techniques</p> <p>Developing performance and evaluation skills</p>	<p>Resilience</p> <p>Improved Tactical strategies</p> <p>Outwitting opponents</p> <p>Show inspiring Leadership</p> <p>Achieving personal best</p> <p>Evaluation of performance</p>	<p>Healthy active lifestyles.</p> <p>Lifelong commitment to competitive physical activity</p> <p>Lifelong commitment to being socially physical activity</p> <p>Being competitive Tactical strategies</p> <p>Outwitting opponents</p> <p>Leadership and sportsmanship</p> <p>Determination to achieve personal best</p>	<p>Physical Challenge</p> <p>Healthy active lifestyles.</p> <p>Lifelong commitment to physical fitness</p> <p>Determination</p> <p>Sportsmanship</p> <p>Resilience</p>
Essential understanding	Essential understanding	Essential understanding	Essential understanding	Essential understanding	Essential understanding
Discovering pathways for a healthy active lifestyle through	Working to your potential in individual activities which	Developing confidence in activities which promote tactical	Developing resilience and working towards personal best in	Developing determination to pursue a healthy active lifestyle	Developing pathways that promote physical challenge which improve physical fitness and

voice Revisited through different team and individual activities offered throughout the year.	voice Revisited through different team and individual activities offered throughout the year.	voice Revisited through different team and individual activities offered throughout the year.	voice Revisited through different team and individual activities offered throughout the year.	voice Revisited through different team and individual activities offered throughout the year.	voice Revisited through different team and individual activities offered throughout the year.
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	<u>Year 11</u> <u>Lifelong love of sport/ physical activities</u>
Autumn 1	Being your best and doing your best
Autumn 2	Healthy active lifestyles- physical wellbeing
Spring 1	Healthy active lifestyles- emotional wellbeing
Spring 2	Healthy Active lifestyles- social wellbeing

Summer 1	Commitment to your active future
Summer 2	Commitment to your active future

Year 11					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Content/ Processes	Content/ Processes	Content/ Processes	Content/ Processes	Content/ Processes	Content/ Processes
<p><u>Being your best and doing your best in Team Activities</u></p> <p><u>Netball</u></p> <p><u>Football</u></p> <p><u>Rugby</u></p> <p><u>Badminton</u></p> <p>Attack and defence strategies</p> <p>Rules and regulation</p>	<p><u>Healthy active lifestyles- physical wellbeing</u></p> <p>Develop techniques to improve performance.</p> <p><u>Boxing</u></p> <p><u>Gymnastics</u></p> <p><u>Trampolining</u></p>	<p><u>Healthy active lifestyles- emotional wellbeing</u></p> <p>Rugby</p> <p>Dodgeball</p> <p>Dance</p> <p>OAA</p>	<p><u>Healthy active lifestyles- Social wellbeing</u></p> <p>Athletics</p> <p>Volleyball</p> <p>Rounders</p> <p>Cricket</p>	<p><u>Commitment to your active future</u></p> <p>Cricket</p> <p>Softball</p> <p>Athletics</p> <p>Fitness through walking/ running</p>	
Concepts	Concepts	Concepts	Concepts	Concepts	Concepts
Teamwork and sportsmanship	Healthy active physical lifestyles.	Healthy active emotional lifestyles.	Healthy active social lifestyles.	Commitment to an active future	

<p>Tactical awareness</p>	<p>Lifelong commitment to physical activity</p> <p>through tactical strategies which promote leadership sportsmanship</p> <p>Resilience</p> <p>Accurate replication of the perfect model of a skill through effective evaluation</p>	<p>Lifelong commitment to physical activity</p> <p>Sharing tactical strategies</p> <p>Teamwork and outwitting opponents</p> <p>Leadership and sportsmanship</p> <p>Resilience to challenging situations which leads to Improving techniques</p> <p>Improving compositional and evaluation skills</p> <p>Intellectual and physical challenges</p> <p>Teamwork and Building trust</p>	<p>Lifelong commitment to physical activity</p> <p>Tactical strategies</p> <p>Outwitting opponents</p> <p>Leadership and sportsmanship</p> <p>Resilience</p> <p>Accurate replication of the perfect model of a skill</p> <p>Achieving personal</p> <p>Evaluation of performance.</p>	<p>Healthy active lifestyles.</p> <p>Lifelong commitment to physical activity</p> <p>Tactical strategies</p> <p>Outwitting opponents</p> <p>Leadership and sportsmanship</p> <p>Resilience</p> <p>Accurate replication of the perfect model of a skill</p> <p>Achieving personal</p> <p>Evaluation of performance.</p> <p>Positive physical and mental health</p>	
<p>Essential understanding</p>	<p>Essential understanding</p>	<p>Essential understanding</p>	<p>Essential understanding</p>	<p>Essential understanding</p>	<p>Essential understanding</p>

<p>Discovering pathways for a healthy active lifestyle through games which challenge you to overcoming and outwit opponents through tactical strategies now and into the future</p>	<p>Discovering pathways for a healthy active lifestyle through</p> <p>Individual activities which promote accurate replication, tactical strategies and resilience</p>	<p>Discovering pathways for a healthy active lifestyle through</p> <p>teamwork activities which promote tactical strategies and sportsmanship.</p> <p>Composition, and performance which reflects on peer/ self evaluation.</p> <p>To build trust, teamwork and to challenge intellectual physical problem solving skills.</p>	<p>Discovering pathways for a healthy active lifestyle through</p> <p>Individual and teamwork activities which promote tactical strategies, resilience and sportsmanship.</p> <p>Working towards personal best through accurate skill replication developing different types of fitness.</p>	<p>Discovering pathways for a healthy active lifestyle through</p> <p>Individual and teamwork activities which promote tactical strategies, resilience and sportsmanship.</p> <p>Working towards personal best through accurate skill replication and</p> <p>Promoting physical and mental wellbeing for lifelong cardiovascular fitness.</p>	
Assessment	Assessment	Assessment	Assessment	Assessment	Assessment
<p>Assessment on physical skill, cognitive understanding of rules and regulations and social commitment to their PE pathway</p> <p>Every half term</p> <p>Feedback to the group</p>	<p>Assessment on physical skill, cognitive understanding of rules and regulations and social commitment to their PE pathway</p> <p>Every half term</p> <p>Feedback to the group</p>	<p>Assessment on physical skill, cognitive understanding of rules and regulations and social commitment to their PE pathway</p> <p>Every half term</p> <p>Feedback to the group</p>	<p>Assessment on physical skill, cognitive understanding of rules and regulations and social commitment to their PE pathway</p> <p>Every half term</p> <p>Feedback to the group</p>	<p>Assessment on physical skill, cognitive understanding of rules and regulations and social commitment to their PE pathway</p> <p>Every half term</p> <p>Feedback to the group</p>	
Review/ Revisit	Review/ Revisit	Review/ Revisit	Review/ Revisit	Review/ Revisit	Review/ Revisit

Review/ Revisit	Review/ Revisit	Review/ Revisit	Review/ Revisit	Review/ Revisit	Review/ Revisit
<p>Revisit physical, social and cognitive commitment to sporting activities every half term.</p> <p>Review through Student voice</p> <p>Revisited through different team and individual activities offered throughout the year.</p>	<p>Revisit physical, social and cognitive commitment to sporting activities every half term.</p> <p>Review through Student voice</p> <p>Revisited through different team and individual activities offered throughout the year.</p>	<p>Revisit physical, social and cognitive commitment to sporting activities every half term.</p> <p>Review through Student voice</p> <p>Revisited through different team and individual activities offered throughout the year.</p>	<p>Revisit physical, social and cognitive commitment to sporting activities every half term.</p> <p>Review through Student voice</p> <p>Revisited through different team and individual activities offered throughout the year.</p>	<p>Revisit physical, social and cognitive commitment to sporting activities every half term.</p> <p>Review through Student voice</p> <p>Revisited through different team and individual activities offered throughout the year.</p>	