

Core PE Curriculum Outline

2023-2024

	Term 1	Term 2	Term 3	Term 4	Term 5	
Year 11	<p>Unit Title: "Handball"</p> <p>Knowledge & Skills: Understand how to perform the fundamental techniques of the following skills:</p> <ul style="list-style-type: none"> • Dribbling • Passing • 1 vs 1 Defence • Shooting <p>Understand the tactical side of the following:</p> <ul style="list-style-type: none"> • Pivot in attack • Zonal Defence 	<p>Unit Title: "Volleyball"</p> <p>Knowledge & Skills: Understand how to perform the fundamental techniques of the following skills:</p> <ul style="list-style-type: none"> • Set shot • Dig shot • Spike shot • Serve <p>To have knowledge of the rules of Volleyball to be able to:</p> <ul style="list-style-type: none"> • Officiate • Use of attacking and defensive formation to outwit opposition. 	<p>Unit Title: "Basketball"</p> <p>Knowledge & Skills: Understand how to perform the fundamental techniques of the following skills:</p> <ul style="list-style-type: none"> • Reverse lay up • Posting and screening • Jump shot • Zonal defence • Positional Attack 	<p>Unit Title: "Badminton"</p> <p>Knowledge & Skills: Understand how to perform the fundamental techniques of the following skills:</p> <ul style="list-style-type: none"> • Grip • Overhead clear • Drop shot • Backhand flick serve • Forehand serve • Net drop shot • Drive shot • Smash shot <p>To have knowledge of the rules of Table-Tennis to be able to:</p> <ul style="list-style-type: none"> • Officiate • Recognise difference between doubles and singles court. • Understand different service areas. • Use of depth on the court to outwit opposition. 	<p>Unit Title: "Ultimate Frisbee"</p> <p>Knowledge & Skills: Understand how to perform the fundamental techniques of the following skills:</p> <ul style="list-style-type: none"> • Backhand throw • Forehand throw • Catching • 1 vs 1 defence • Pivoting <p>To have knowledge of the rules of Ultimate Frisbee to be able to:</p> <ul style="list-style-type: none"> • Officiate using 'The Spirit of the Game'. • Use cutting and stacking in open play. 	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10	<p>Unit Title: "Badminton" and "Attitude and Behaviour"</p> <p>Knowledge & Skills:</p>	<p>Unit Title: "Handball" and "Time Management"</p> <p>Knowledge & Skills:</p>	<p>Unit Title: "Volleyball" and "Self-Reflection"</p> <p>Knowledge & Skills:</p>	<p>Unit Title: "Basketball" and "Effective Teams"</p> <p>Knowledge & Skills:</p>	<p>Unit Title: "Athletics"</p> <p>Knowledge & Skills:</p>	<p>Unit Title: "Ultimate Frisbee"</p> <p>Knowledge & Skills:</p>

	<p>Understand how to perform the fundamental techniques of the following skills:</p> <ul style="list-style-type: none"> • Grip • Overhead clear • Drop shot • Backhand flick serve • Forehand serve • Net drop shot • Drive shot • Smash shot <p>To have knowledge of the rules of Table-Tennis to be able to:</p> <ul style="list-style-type: none"> • Officiate • Recognise difference between doubles and singles court. • Understand different service areas. <p>Show knowledge of the following concepts:</p> <ul style="list-style-type: none"> • Attitude • Honesty • Commitment • Enthusiasm 	<p>Understand how to perform the fundamental techniques of the following skills:</p> <ul style="list-style-type: none"> • Dribbling • Passing • 1 vs 1 Defence • Shooting <p>Understand the tactical side of the following:</p> <ul style="list-style-type: none"> • Pivot in attack • Zonal Defence <p>Show knowledge of the following concepts:</p> <ul style="list-style-type: none"> • Skill attributes • Time management • Commitment • Initiative • Analytical skills • Teamwork 	<p>Understand how to perform the fundamental techniques of the following skills:</p> <ul style="list-style-type: none"> • Set shot • Dig shot • Spike shot • Serve <p>To have knowledge of the rules of Volleyball to be able to:</p> <ul style="list-style-type: none"> • Officiate • Use of attacking and defensive formation to outwit opposition. <p>Show knowledge of the following concepts:</p> <ul style="list-style-type: none"> • Self-reflection • Self-care • Self-improvement • Self-appraisal • Self-help 	<p>Understand how to perform the fundamental techniques of the following skills:</p> <ul style="list-style-type: none"> • Reverse lay up • Posting and screening • Jump shot • Zonal defence • Positional Attack <p>Show knowledge of the following concepts:</p> <ul style="list-style-type: none"> • Roles in a team • Methods of communication • Problem solving • Instruction • Shared Goals 	<p>Understand the technique required to perform the following skills:</p> <ul style="list-style-type: none"> • Javelin throw • Long Jump • Shot Put throw • High Jump • Sprinting • Relay changeovers 	<p>Understand how to perform the fundamental techniques of the following skills:</p> <ul style="list-style-type: none"> • Backhand throw • Forehand throw • Catching • 1 vs 1 defence • Pivoting <p>To have knowledge of the rules of Ultimate Frisbee to be able to:</p> <ul style="list-style-type: none"> • Officiate using 'The Spirit of the Game'.
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 9	<p>Unit Title: "Handball" and "Sporting Values"</p> <p>Knowledge & Skills: Understand how to perform the fundamental techniques of the following skills:</p> <ul style="list-style-type: none"> • Dribbling • Passing • 1 vs 1 Defence • Shooting <p>Show knowledge of the following concepts:</p> <ul style="list-style-type: none"> • Respect • Etiquette • Fair play 	<p>Unit Title: "Basketball" and "Problem Solving"</p> <p>Knowledge & Skills: Understand how to perform the fundamental techniques of the following skills:</p> <ul style="list-style-type: none"> • Dribbling • Passing • 1 vs 1 Defence • Set Shot • Lay Up <p>Show knowledge of the following concepts:</p> <ul style="list-style-type: none"> • Problem Solving • Collaboration 	<p>Unit Title: "Athletic Development" and "Positivity"</p> <p>Knowledge: Understand how the key Athletic Movement Skill Competencies aid performance in Sport and recognise ways in which movement aids a healthy lifestyle.</p> <p>Show knowledge of the following concepts:</p> <ul style="list-style-type: none"> • Fixed mindset • Growth mindset • Seeking positivity 	<p>Unit Title: "Table-Tennis" and "Competition"</p> <p>Knowledge & Skills: Understand how to perform the fundamental techniques of the following skills:</p> <ul style="list-style-type: none"> • Grip • Backhand push • Forehand push • Forehand drive • Backhand drive • Serve 	<p>Unit Title: "Athletics"</p> <p>Knowledge & Skills: Understand the technique required to perform the following skills:</p> <ul style="list-style-type: none"> • Javelin throw • Long Jump • Shot Put throw • High Jump • Sprinting • Relay changeovers 	<p>Unit Title: "Short Tennis"</p> <p>Knowledge & Skills: Understand the technique required to perform following skills:</p> <ul style="list-style-type: none"> • Forehand • Backhand • Grip • Ready position • Volley Serve <p>Understand the tactics behind:</p> <ul style="list-style-type: none"> • Cross court vs down the line • Use of spin • Angles and depth

	<ul style="list-style-type: none"> • Determination • Equality • Courage 	<ul style="list-style-type: none"> • Planning • Decision making • Reflection 	<ul style="list-style-type: none"> • Perspective • Criticism <p>Skills:</p> <ul style="list-style-type: none"> • Running technique • Squat • Push • Pull • Lunge • Hinge • Brace • Rotate 	<p>To have knowledge of the rules of Table-Tennis to be able to:</p> <ul style="list-style-type: none"> • Officiate • Recognise difference between doubles and singles. • Use of spin • Use of depth <p>Show knowledge of the following concepts:</p> <ul style="list-style-type: none"> • Self-motivation • Personal targets • Cooperation • Autonomy 		
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 8	<p>Unit Title: “Table Tennis” and “Resilience”</p> <p>Knowledge & Skills: Understand how to perform the fundamental techniques of the following skills:</p> <ul style="list-style-type: none"> • Grip • Backhand push • Forehand push • Forehand drive • Backhand drive • Serve <p>To have knowledge of the rules of Table-Tennis to be able to:</p> <ul style="list-style-type: none"> • Officiate • Recognise difference between doubles and singles. <p>Show knowledge of the following concepts:</p> <ul style="list-style-type: none"> • Perseverance • Marginal Gains • Failure • Proactive nature • Persistence 	<p>Unit Title: “Orienteering” and “Emotional Intelligence”</p> <p>Knowledge & Skills: Understand how to perform the fundamental techniques of the following skills:</p> <ul style="list-style-type: none"> • Map Reading • Compass Reading • Symbols <p>Show knowledge of the following concepts:</p> <ul style="list-style-type: none"> • Emotional Intelligence • Emotions • Empathy 	<p>Unit Title: “Basketball” and “Communication”</p> <p>Knowledge & Skills: Understand how to perform the fundamental techniques of the following skills:</p> <ul style="list-style-type: none"> • Dribbling • Passing • 1 vs 1 Defence • Set Shot • Lay Up <p>Show knowledge of the following concepts:</p> <ul style="list-style-type: none"> • Communication • Conflict Resolution • Feedback • Questioning 	<p>Unit Title: “Athletic Development” and “Intrapersonal Skills”</p> <p>Knowledge: Understand how the key Athletic Movement Skill Competencies aid performance in Sport and recognise ways in which movement aids a healthy lifestyle. Show knowledge of the following concepts:</p> <ul style="list-style-type: none"> • Behaviour • Empathy • Patience • Adaptability • Pressure • Work Ethic <p>Skills:</p> <ul style="list-style-type: none"> • Running technique • Squat • Push • Pull • Lunge • Hinge • Brace • Rotate 	<p>Unit Title: “Athletics”</p> <p>Knowledge & Skills: Understand the technique required to perform the following skills:</p> <ul style="list-style-type: none"> • Javelin throw • Long Jump • Shot Put throw • High Jump • Sprinting • Relay changeovers 	<p>Unit Title: “Short Tennis”</p> <p>Knowledge & Skills: Understand the technique required to perform following skills:</p> <ul style="list-style-type: none"> • Forehand • Backhand • Grip • Ready position • Volley Serve <p>Understand the tactics behind:</p> <ul style="list-style-type: none"> • Cross court vs down the line.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	<p>Unit Title: “Basketball” and “Movement Competence”</p> <p>Knowledge & Skills: Understand how to perform the fundamental techniques of the following skills:</p> <ul style="list-style-type: none"> • Dribbling • Passing • 1 vs 1 Defence • Set Shot • Lay Up <p>Show knowledge of the following concepts:</p> <ul style="list-style-type: none"> • Competence • Technique • Practice • Feedback 	<p>Unit Title: “Dance” and “Confidence”</p> <p>Knowledge & Skills: Understand the following principles of Dance to help performance of dance moves:</p> <ul style="list-style-type: none"> • Motif • Unison • Levels • Action/Reaction • Canon <p>Show knowledge of the following concepts:</p> <ul style="list-style-type: none"> • Growth mindset • Failure • Comfort Zones • Confidence • Attitude • Positive Approach 	<p>Unit Title: “Athletic Development” and “Knowledge and Understanding”</p> <p>Knowledge: Understand how the key Athletic Movement Skill Competencies aid performance in Sport and recognise ways in which movement aids a healthy lifestyle.</p> <p>Show knowledge of the following concepts:</p> <ul style="list-style-type: none"> • Fitness • Physical Health • Mental Health • Social Health • Emotions <p>Skills:</p> <ul style="list-style-type: none"> • Running technique • Squat • Push • Pull • Lunge • Hinge • Brace • Rotate 	<p>Unit Title: “Table-Tennis” and “Motivation”</p> <p>Knowledge & Skills: Understand how to perform the fundamental techniques of the following skills:</p> <ul style="list-style-type: none"> • Grip • Backhand push • Forehand push • Forehand drive • Backhand drive • Serve <p>To have knowledge of the rules of Table-Tennis to be able to:</p> <ul style="list-style-type: none"> • Officiate • Recognise difference between doubles and singles. <p>Show knowledge of the following concepts:</p> <ul style="list-style-type: none"> • Motivation • Target Setting • Celebrate Progress • Persistence • Determination 	<p>Unit Title: “Athletics”</p> <p>Knowledge & Skills: Understand the technique required to perform the following skills:</p> <ul style="list-style-type: none"> • Javelin throw • Long Jump • Shot Put throw • High Jump • Sprinting • Relay changeovers 	<p>Unit Title: “Short Tennis”</p> <p>Knowledge & Skills: Understand the technique required to perform following skills:</p> <ul style="list-style-type: none"> • Forehand • Backhand • Grip • Ready position • Volley Serve <p>Understand the tactics behind:</p> <ul style="list-style-type: none"> • Cross court vs down the line.

Key/Legend/Notes: