



Secondary PE Curriculum Overview (NCPE)

<p>The NCPE aims for all pupils to:</p> <ul style="list-style-type: none"> - Develop competence to excel in a broad range of physical activities - Be physically active for sustained periods of time - Engage in competitive sports and activities - Lead healthy, active lives 	<p>Additional sports:</p> <p>Swimming Fitness and running Dance Adventure Days (Winter and Summer) Olympic Day Organising Sporting Events Fixtures</p>
<p>Key Stage 3 pupils will be taught to:</p> <ul style="list-style-type: none"> - use a range of tactics and strategies to overcome opponents in direct competition through team and individual games - develop technique and improve performance in competitive sports - perform dances using a range of styles and forms - take part in outdoor adventurous activities which present intellectual and physical challenges, working in a team, building on trust and develop problem solving skills - analyse their performances compared to previous ones and demonstrate improvement to achieve personal bests - take part in sports outside of lessons 	<p>Key Stage 4:</p> <ul style="list-style-type: none"> - use and develop a variety of tactics and strategies to overcome opponents in team and individual games - develop their own technique and improve in other competitive sports and physical activities - take part in outdoor adventurous activities which present intellectual and physical challenges, working in a team, building on trust and develop problem solving skills - analyse their performances compared to previous ones and demonstrate improvement to achieve personal bests - take part in sports outside of lessons



Block	Area of study	Aims and teaching methods	Key terms and phrases	Resources	Assessment
Block 1	<u>Tennis</u>	<p>All students will be able to:</p> <ul style="list-style-type: none"> - show the difference between a forehand and a backhand - demonstrate a serve - move around the tennis court safely and effectively <p>Some students will be able to:</p> <ul style="list-style-type: none"> - switch between forehand and backhand shots in a game situation - serve and ace and return a serve - move around the court quickly with control 	<ul style="list-style-type: none"> - grips - serve - forehand and backhand - scoring system (ace, love, advantage) 	<ul style="list-style-type: none"> - clay courts - tennis balls - ladders - hurdles - rackets - music - cones - buckets - rules 	<ul style="list-style-type: none"> - Observation - Q&A - End of block practical test of skills



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Block 2	<u>Ultimate Frisbee</u>	<p>For all students to be able to:</p> <ul style="list-style-type: none"> - Pass the frisbee (short, long) using the correct technique - Pivot - Move effectively on the court without the frisbee <p>Some students will be able to:</p> <p>Teaching methods:</p> <ul style="list-style-type: none"> - Demonstrations and practices - Games for understanding - Matches - Individual practice - Group work 	<ul style="list-style-type: none"> - Backhand and forehand pass - Zone - Defence / attack - Foul - Respect and fair play - Team work and communication 		<ul style="list-style-type: none"> - Observation - Q&A - End of block practical test of skills

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Block 3	<u>Beach Volleyball</u>	<p>Teaching methods:</p> <ul style="list-style-type: none"> - Demonstrations and practices - Individual practice - Group work - Performances and displays - 			<ul style="list-style-type: none"> - Observation - Q&A - Video analysis - End of block practical test of skills



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Block 4	<u>Basketball</u>	<p>For all students to be able to:</p> <ul style="list-style-type: none"> - Pass and receive chest, bound and overhead - Shoot with set and lay up - Dribble with either hand - Change direction with ball - Stop and pivot with ball <p>Some students will be able to:</p> <ul style="list-style-type: none"> - Score goals when shooting with lay-ups, sets - Dribble with either hand and change direction keeping off defenders - Intercept and tackle players reading the game - Rebounds - Catch and turn in the air 	<ul style="list-style-type: none"> - Dribble - Attack/defence - Rebound - Footwork – pivot, stop - Screen/block - 3 pointer - half court violation 	<ul style="list-style-type: none"> - studio - bubble - cones - spots - basketballs - goals - whistle - rules 	<ul style="list-style-type: none"> - Observation - Q&A - End of block practical test of skills - Matches (competitive in school and out of school)



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Block 5	<u>Badminton</u>	<p>For all students to be able to:</p> <ul style="list-style-type: none"> - serve over the net - return a serve - demonstrate a smash - demonstrate forehand and backhand - understand rules of the game (singles and doubles) <p>Some students will be able to:</p> <ul style="list-style-type: none"> - Serves - that are low and short, high and deep - Complete a rally of 20 minimum - Compete in a competitive game - Demonstrate effective movement on the court to suit the shots 	<ul style="list-style-type: none"> - serve - smash - forehand and backhand shot - rally - drop shot - block 	<ul style="list-style-type: none"> - bubble - nets - rackets - shuttlecocks - cones - score sheets - rules 	<ul style="list-style-type: none"> - Observation - Q&A - End of block practical test of skills
	<u>Hockey</u>	<p>For all students to be able to:</p> <ul style="list-style-type: none"> - Demonstrate passing (push, drag) - Receive the ball (in a straight line) - Run with the ball (dribble) - Take on a shot at goal - Take on the role of goal keeper <p>Some students will be able to:</p> <ul style="list-style-type: none"> - Use a variety of passes such as push, drag, flick, reverse hit - Receive the ball from a range of directions 	<ul style="list-style-type: none"> - Passing – push, drag, flick, reverse hit - Dribble, feints, close control - Block, jab, lunge - Forward attack - Penalty - Defend with channelling, 	<ul style="list-style-type: none"> - sticks - balls - goals - cones - whistle - rules 	<ul style="list-style-type: none"> - Observation - Q&A - End of block practical test of skills



		<ul style="list-style-type: none"> - Tackle opponents (block, lunge, jab) - Shoot on target - Defend using (channelling, shadowing, man2man) - Demonstrate effect goal keeping - Use all skills in a game situation 	shadowing, man to man		
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Block 6	<u>Fitness and strength and conditioning</u> <u>Beach Volleyball</u>	<p>All students will be able to:</p> <ul style="list-style-type: none"> - demonstrate and use a serve, dig, volley and set - show a smash aiming for a target - demonstrate a block on court <p>Some students will be able to:</p> <ul style="list-style-type: none"> - understand and display the correct shot needed within a game situation - serve and return a serve correctly - show communication and court awareness 	<ul style="list-style-type: none"> - serve - dig - volley - set - smash - block 	<ul style="list-style-type: none"> - beach volleyball courts - balls - cones - rules 	<ul style="list-style-type: none"> - Observation - Q&A - End of block practical test of skills



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Block 7	<u>Cricket</u>	<p>All students will be able to:</p> <ul style="list-style-type: none"> - show stance and footwork for batting - show grip, run up and follow through for bowling - stop and return the ball when fielding - show positioning and stumping in wicket keeping <p>Some students will be able to:</p> <ul style="list-style-type: none"> - hit the ball effectively with power and accuracy when batting - throw the ball on target when bowling - stop the ball correctly with body position when fielding - throw accurately - understand and demonstrate rules during a game situation 	<ul style="list-style-type: none"> - batting - bowling - fielding - wicket keeping 	<ul style="list-style-type: none"> - court - cones - bats - balls - wickets - rules 	<ul style="list-style-type: none"> - Observation - Q&A - End of block practical test of skills - Competitive matches
	<u>Athletics</u>	<p>All students will be able to:</p> <ul style="list-style-type: none"> - run, jump and throw in at least one athletic event - demonstrate correct starting techniques in running (sprint starts etc) 	<p>FIELD EVENTS</p> <p>Jump – high, long, triple (run up, take off, flight, landing)</p> <p>Throw – shot putt, javelin, discus</p>	<ul style="list-style-type: none"> - cones - stopwatch - measuring tape - hurdles - scoresheets - foam javelins 	



		<ul style="list-style-type: none"> - show correct techniques in throw events - understand and explain athletics principals such as the history of the Olympic games <p>Some students will be able to:</p> <ul style="list-style-type: none"> - show correct technique and successfully run, jump and throw in a variety of athletic events - understand and apply athletic principals to each event, use pace when running and correct amount of power and muscular endurance in field events 	<p>(stance, grip, movement, release)</p> <p>TRACK EVENTS Sprints Middle distance Hurdles Long distance Relay</p>	<ul style="list-style-type: none"> - shot put (weighted balls) - discuss - relay batons 	
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