



Year 7 Core PE Curriculum Information

	Autumn & Spring				Autumn, Spring, Summer	Summer	
Topic	Invasion Games	Dance (Maybe taught as separate part of the curriculum)	Gymnastics	Health-related fitness	Net and Wall	Striking and Fielding	Athletics
Knowledge Covered	To develop knowledge and understanding of basic skills by recognising and demonstrating, techniques (accuracy and consistency), rules and regulations (as set out by the respective NGB) of all activities.	To use creativity to develop/choreograph routines and sequences whilst demonstrating an understanding of aesthetics in performance.	To use creativity to develop/choreograph routines and sequences whilst demonstrating an understanding of aesthetics in performance.	To develop knowledge and understanding of basic skills by recognising and demonstrating, techniques (accuracy and consistency), rules and regulations (as set out by the respective NGB) of all activities.	To develop knowledge and understanding of the components of fitness by describing – aerobic endurance, speed, strength, muscular endurance, agility, co-ordination, flexibility.	To develop knowledge and understanding of basic skills by recognising and demonstrating, techniques (accuracy and consistency), rules and regulations (as set out by the respective NGB) of all activities.	To develop knowledge and understanding by recognising and demonstrating the basic techniques (accuracy and consistency), rules and regulations (as set out by the respective NGB) of all athletics events.
	Develop performance of the basic skills of passing, shooting, footwork, turning, dribbling and ball control.	To develop choreography based on set motifs using the basic 5 dance actions.	To develop sequences based on travel using different parts of the body, level and speed working both independently and in groups.	Develop performance of the basic skills of serving, forehand and backhand.	Develop knowledge and understanding on how to prepare for physical activity – identify the key stages of a warm-up, cool down, stretches; demonstrate and describe the purpose of each.	Develop performance of the basic skills of fielding, throwing, catching, batting and bowling.	Develop performance of the basic techniques in sprinting, long-distance running, throwing and jumping events.
	Develop knowledge and understanding of basic tactics and positional play and identify opportunities to demonstrate these within a game.			Develop knowledge and understanding of basic tactics and positional play and identify opportunities to demonstrate these within a game.	Develop knowledge and understanding by describing the long and short-term effects of exercise on the body.	Develop knowledge and understanding of basic tactics and positional play (fielding and directional hitting) and identify opportunities to demonstrate these within a game.	Develop knowledge and understanding of the factors that affect performance in these events and be able to describe these.
Online Resources	https://www.bbc.co.uk/bitesize/guides/z8634j6/revision/4 https://www.bbc.co.uk/bitesize/guides/z9ntfrd/revision/1 https://www.bbc.co.uk/bitesize/guides/zpkr82p/revision/2				https://www.bbc.co.uk/bitesize/guides/zxd4wxs/revision/1 https://www.bbc.co.uk/bitesize/guides/zxd4wxs/revision/2 https://www.teachpe.com/anatomy-physiology/skeletal-muscles		

Year 8 Core PE Curriculum Information

VISUAL & PERFORMING LEAD:
ben.howarth@bulwellacademy.org.uk



	Autumn & Spring				Autumn, Spring, Summer	Summer	
Topic	Invasion Games	Dance (Maybe taught as separate part of the curriculum)	Gymnastics	Health-related fitness	Net and Wall	Striking and Fielding	Athletics
Knowledge Covered	To further develop knowledge and understanding of basic skills, techniques, rules and regulations of all activities and apply them in competitive situations.	To use creativity to develop/ choreograph routines and sequences whilst demonstrating an understanding of aesthetics in performance.	To use creativity to develop/ choreograph routines and sequences whilst demonstrating an understanding of aesthetics in performance.	To further develop knowledge and understanding of basic skills, techniques, rules and regulations of all activities and apply them in competitive situations.	To further develop knowledge and understanding of the components of fitness – aerobic endurance, speed, strength, muscular endurance, agility, co-ordination, and flexibility.	To further develop knowledge and understanding of basic skills, techniques, rules and regulations of all activities and apply them in competitive situations.	Apply knowledge and understanding of basic tactics and positional play (fielding and directional hitting).
	Apply basic skills of passing, shooting, footwork, turning, dribbling and ball control in competitive situations.	To develop choreography and performance skills based on set motifs developing the dance actions	To develop sequences based on balance as individuals and in groups using different parts of the body and level.	Apply the basic skills of serving, forehand and backhand in competitive situations.	To demonstrate knowledge and understanding on how to prepare for physical activity – warm up, cool down, stretches through delivering a warm-up.	Apply basic skills of fielding, throwing, catching, batting and bowling in competitive situations	To develop knowledge and understanding of basic, techniques, rules and regulations of all athletics events.
	Develop knowledge and understanding of advanced skills and techniques.			Develop knowledge and understanding of advanced skills and techniques.			Develop performance of the basic techniques in sprinting, long-distance running, throwing and jumping events.
	Develop and demonstrate a clear knowledge and understanding of basic attacking and defending tactics in competitive situations.			Apply knowledge and understanding of basic tactics and positional play in competitive situations.			To develop knowledge and understanding of the benefits of a healthy active lifestyle.
						Apply knowledge and understanding of the factors that affect performance in these events.	

CORE PE



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Online Resources	https://www.bbc.co.uk/bitesize/guides/z8634j6/revision/4 https://www.bbc.co.uk/bitesize/guides/z9ntfrd/revision/1 https://www.bbc.co.uk/bitesize/guides/zpkr82p/revision/2 https://www.teachpe.com/anatomy-physiology/skeletal-muscles		https://www.bbc.co.uk/bitesize/guides/zxd4wxw/revision/1				

Year 9 Core PE Curriculum Information

	Autumn & Spring				Autumn, Spring, Summer	Summer	
Topic	Invasion Games	Dance (Maybe taught as separate part of the curriculum)	Gymnastics	Health-related fitness	Net and Wall	Striking and Fielding	Athletics
Knowledge Covered	To further, develop knowledge and understanding of advanced skills, techniques, rules and regulations of all activities and apply them in competitive situations.	To use creativity to develop/ choreograph routines and sequences whilst demonstrating an understanding of aesthetics in performance.	To use creativity to develop/ choreograph routines and sequences whilst demonstrating an understanding of aesthetics in performance.	To further, develop knowledge and understanding of advanced skills, techniques, rules and regulations of all activities and apply them in competitive situations.	To further, develop knowledge and understanding of the components of fitness by identifying – aerobic endurance, speed, strength, muscular endurance, agility, co-ordination, and flexibility.	To further, develop knowledge and understanding of advanced skills, techniques, rules and regulations of all activities and apply them in competitive situations.	To further, develop knowledge and understanding of advanced skills, techniques, rules and regulations of all activities and apply them in competitive situations.



Year 9 Core PE Curriculum Information

	Autumn & Spring				Autumn, Spring, Summer	Summer	
Topic	Invasion Games	Dance (Maybe taught as separate part of the curriculum)	Gymnastics	Health-related fitness	Net and Wall	Striking and Fielding	Athletics
	Apply advanced skills in long-range passing, shooting, footwork, turning, dribbling and ball control in competitive situations.	To develop choreography and performance skills based on set motifs developing the dance actions, performance skills, timing and structure.	To develop sequences based on flight using different parts of the body, level and speed working both independently and in groups.	Apply the advanced skills of serving, forehand and backhand in competitive situations.	To understand how to adapt your own training within PE to meet the demands of your individual sport.	Apply advanced skills of fielding, throwing, catching, batting and bowling in competitive situations.	Develop performance of the advanced techniques in sprinting, long-distance running, throwing and jumping events.
	Develop and demonstrate a clear knowledge and understanding of advanced attacking and defending tactics in competitive situations.		To use vaulting equipment safety in order to develop a variety of vaults from the buck to the box (head and hand springs)	Develop knowledge and understanding of advanced skills and techniques including slice and spin.	To develop knowledge and understanding of diet and nutrition.	Develop knowledge and understanding of advanced skills and techniques.	
				Apply knowledge and understanding of advanced tactics and positional play in competitive situations.		Apply knowledge and understanding of basic tactics and positional play (fielding and directional hitting).	Apply knowledge and understanding of the factors that affect performance in these events in competition.
Online Resources	bbc.co.uk/bitesize/guides/z8634j6/revision/4 bbc.co.uk/bitesize/guides/z9ntfrd/revision/1		bbc.co.uk/bitesize/guides/zpkr82p/revision/2 teachpe.com/anatomy-physiology/skeletal-muscles		bbc.co.uk/bitesize/guides/zxd4wxs/revision/1 bbc.co.uk/bitesize/guides/zxd4wxs/revision/2		