Physical Education at Cowley International College 7 Year progression – building upon prior knowledge/skills

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| **Key Stage 3** | | | | **Key Stage 4** | | **GCSE / AlevelGCSE** |
| **Year 7** | | **Year 8** | **Year 9** | **Yr 10** | **Yr 11** |  |
| Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games | **Football 1**: –  **Skills:** development of first touch and control, improve confidence, development of 1v1 games.  **Knowledge:** importance of 1st touch, benefits of first touch  **Football 2**: -  **Skills:** development of dribbling skills, different turns, change of speed  **Knowledge:** where / when / why to dribble  **Rugby:**  **Skills:**  Core skills of rugby – passing, running, tackling, catching, kicking  **Knowledge:**  Basic rules of rugby, sporting etiquette, game understanding, how to improve themselves.  **Badminton:**  **Skills:**  Basic grip, serve, OHC  **Knowledge:**  Lines of court, scoring system, understand how to improve.  **Cricket:**  **Skills:**  Core skills of cricket – fielding, bowling, batting  **Knowledge:**  Basic rules of cricket, etiquette of cricket. How to improve. | **Football 1:**  **Skills:** range of passing, development of movement, 3v3 games  **Knowledge:**  Importance of movement when not in possession, where / when . why to use range different passes.  **Football 2:**  **Skills:** defending and tackling, further development of attacking strategies putting dribbling and passing together, 3 v 1  **Knowledge:** developing strategies for attacking and defending.  **Rugby:**  **Skills:**  Development of core skills and introduction of some advanced skills.  **Knowledge:**  Deeper understanding of key rules, principles of game play  **Badminton:**  **Skills:**  Development of different types of serves, variety of shots.  **Knowledge:**  Introduction of strategies and tactics in game, where when to use different serves.  **Cricket:**  **Skills:**  Development of core skills, introduction of more advanced skills.  **Knowledge:**  Development of rules of cricket, introduction to strategies and tactics involved | **Football 1:**  **Skills:**  variety of techniques for shooting in various feeds. 6 v 6 games  **Knowledge:**  How to create space for shooting, when to use different types of shots.  **Basketball:**  **Skills:**  Core skills of basketball – dribbling, passing, shooting, lay up.  **Knowledge:**  Basic rules of basketball, how do we transfer knowledge of pass and move from yr 8 football.  **Rugby:**  **Skills:**  Further development of core skills and development of advanced skills.  **Knowledge:**  Greater understanding of strategies and tactics in game play, 5th tackle options.  **Badminton:**  **Skills:**  Development of core skills and introduction of more advanced skills, drop shot and smash.  **Knowledge:**  Development of strategies and tactics, introduction of doubles play.  **Cricket / Softball / Rounders:**  **Skills:**  Further development of advanced skills of cricket and transfer skills and knowledge to softball / rounders.  **Knowledge:**  Development of advanced strategies and tactics in cricket – how to transfer striking and fielding skills and knowledge to softball / rounders. | **Football 1:**  **Skills**: How to use a whistle, demonstrate effective leadership skills.  **Knowledge:**  how to organise variety of competitions, understand roles of different officials in game.  **Basketball:**  **Skills:**  Development of core skills including lay up.  **Knowledge:**  Development of key rules, introduction to strategies and tactics to improve performance, relate to other sports.  **Rugby**:  **Skills:**  Development of more advanced skills and greater setted competition.  **Knowledge:**  Further development of strategies and tactics in different game situations.  **Badminton:**  **Skills:**  Development of advanced skills, umpire own and others games.  **Knowledge:**  Development of doubles strategies and tactics, how to organise variety of competitions.  **Cricket / Softball /Rounders**  **Skills:**  Refining of advanced skills in cricket and introducing more advanced skills in softball / rounders.  **Knowledge:**  Further development of strategies and tactics in cricket / softball / rounders. | Students are given opportunities to develop, refine and improve on activities they have chosen. | Students specialise in 3 different areas and refine and develop their skills and knowledge within those areas (1 area for A Level) |
| Develop their technique and improve their performance in other competitive sports | **Body Movements 1:**  **Skills:**  Basic floor skills of balance, jumps, rolls. Ability to create sequences solo and in pairs  **Knowledge:**  How to improve performance, how to evaluate performance and provide accurate feedback. What makes high quality performance. How to improve performance.  **Body Movements 2:**  **Skills:**  Development of floor skills onto variety of apparatus. Introduction to flight movements.  **Knowledge:**  Development of evaluative, critical and effective feedback. Ways to improve performance  **Athletics:**  **Skills:**  To perform different athletic events to their best ability using basic techniques.  **Knowledge:**  The different events that make up athletics, compare results, know how to improve. | **Body Movement 1:**  **Skills:**  Perform a variety of flight movements.  **Knowledge:**  Understand the 3 phases of flight and biomechanics behind the movements.  Understand different ways to improve performance.  **Body Movement 2:**  **Skills:**  Introduction of trampolining, perform basic / advanced moves depending on starting point.  **Knowledge:**  All safety rules, basic biomechanics of movements. Different ways to improve.  **Athletics:**  **Skills:**  To develop basic techniques for variety of athletic events.  **Knowledge:**  To compare results with previous results and with peers. To understand how to improve performance. | **Health and Fitness:**  **Skills:**  Correct technique for variety of fitness tests. Correct technique for lifting weights with 6 basic functional movements  **Knowledge:**  Reasons for completing fitness tests with correct protocol.  Why perform 6 basic functional movements.  How to progress weight training safely and effectively.  **Athletics:**  **Skills:**  To develop some advanced techniques for variety of athletic events.  **Knowledge:**  To compare results with previous results and with peers. To understand how to improve performance. | **Health and Fitness:**  **Skills:**  Development of 6 basic functional movements and introduction to advanced movements.  **Knowledge:**  Students design own training program based on their needs / interests.  **Athletics:**  **Skills:**  To refine advanced techniques for variety of athletic events.  **Knowledge:**  To compare results with previous results and with peers. To understand how to improve performance. |  |  |
| take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group | OAA introduction and development Day | Quinta residential trip | OAA taught in summer term of Yr9. Students are given variety of physical and social challenges in a variety of settings.  OAA extra curricular activities available. | OAA taught in summer term of Yr10. Students are given variety of physical and social challenges in a variety of settings.  Students have option of completing Duke of Edinburgh Award  Extra curricular activities available in variety of OAA. | Extra curricular activities available in variety of OAA. |  |
| perform dances using advanced dance techniques in a range of dance styles and forms | Dance – key skills and themes taught through body movement unit.  Students exposed to variety of Dances through Boys in Dance day.  Extensive extra curricular provision. | Dance – Key skills and themes taught through body movement unit.  Students given option for dance or football (2) in Spring term 2.  Extensive extra curricular provision. | Dance available as extra curricular activity | Dance available as extra curricular activity | Dance available as extra curricular activity  Just Dance / exercise to music option available at yr11. |  |