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 AwardExtra 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 activityJust Dance / exercise to music option available at yr11. |  |