

## PE Curriculum

### Overview

De Lacy Academy believes that Physical Education plays a significant role in a student's development into adulthood. Our curriculum allows students to express, communicate and develop in across a number of sports. Physical Education provides a range of experiences that form the basis for lifelong sporting and recreational activity. We believe this inspires all pupils to succeed and excel in competitive sport. Our curriculum will provide opportunities for pupils to become physically confident and develop resilience in a way which supports their fitness, well being, physical and mental health. The opportunities students get at De Lacy allow them to build character and help to embed values such as fairness and respect.

- Deliver a high quality physical education curriculum, which inspires all pupils to succeed and excel in physically demanding activities and competitive sports.
- Provide opportunities for pupils to become physically confident in a way in which supports their health and fitness.
- Provide opportunities to compete in sport and other activities.
- Build character and embed British Values such as rule of law, mutual respect and tolerance.
- Prepare pupils by securing foundations for progression onto BTEC and the desire to lead a lifelong healthy, active lifestyle.

Y7 - Rugby, Netball, Fitness, Football, Dance, Gymnastics, Trampolining, Table Tennis, Basketball, Tchoukball, Badminton, Athletics, Cricket, Rounders, Soft Ball.

Y8 - Rugby, Netball, Fitness, Football, Dance, Gymnastics, Trampolining, Table Tennis, Basketball, Tchoukball, Badminton, Athletics, Cricket, Rounders, Soft Ball.

Y9 - Rugby, Netball, Fitness, Football, Dance, Gymnastics, Trampolining, Table Tennis, Basketball, Tchoukball, Badminton, Athletics, Cricket, Rounders, Soft Ball.

### Key stage 3 PE Curriculum

Our syllabus inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It provides opportunities for pupils to become physically confident in a way which supports their health and fitness. We offer opportunities in sport to help build character and help to embed values such as fairness and respect. Students will be taught a range of tactics and strategies to overcome opponents in direct competition through team and individual games for example, rugby league, football, badminton, basketball, netball, and rounders. Develop their technique and improve their performance in other competitive sports, for example athletics and gymnastics. Perform dances using advanced dance techniques within a range of dance styles and forms. Analyse their performance compared to previous ones and demonstrate improvement to achieve their personal best. Take part in competitive sports and activities outside school through community links or sports clubs.

Year 7 Curriculum map

| Class  | Staff    | Lesson      | Half term 1 | Half term 2      | Half term 3        | Half term 4      | Half term 5 | Half term 6 |
|--------|----------|-------------|-------------|------------------|--------------------|------------------|-------------|-------------|
| 7R 123 | RB       | Thursday P2 | Rugby       | Football         | Table Tennis Boys  | Tchoukball boys  | Athletics   | Cricket     |
| 7R 123 | LG       | Thursday P2 | Netball     | Gymnastics/dance | Basketball Girls   | Badminton Mixed  | Athletics   | Rounders    |
| 7R 123 | NT Mixed | Thursday P2 | Fitness     | Gymnastics/dance | Trampolining Mixed | Fitness Girls    | Athletics   | Rounders    |
|        |          |             |             |                  |                    |                  |             |             |
| 7R 123 | RB       | Thursday P3 | Fitness     | Football         | Basketball boys    | Fitness Boys     | Athletics   | Cricket     |
| 7R 123 | LG Mixed | Thursday P3 | Fitness     | Gymnastics/dance | Trampolining Girls | Tchoukball Girls | Athletics   | Rounders    |
| 7R 123 | CW       | Thursday P3 | Rugby       | Gymnastics/dance | Table Tennis Mixed | Badminton mixed  | Athletics   | Cricket     |
|        |          |             |             |                  |                    |                  |             |             |
| 7R 456 | LG       | Monday P2   | Fitness     | Football         | Trampolining       | Fitness Girls    | Athletics   | Rounders    |

|        |    |             |         |            |              |                 |           |          |
|--------|----|-------------|---------|------------|--------------|-----------------|-----------|----------|
| 7R 456 | LA | Monday P2   | Fitness | Football   | Trampolining | Badminton Mixed | Athletics | Rounders |
| 7R 456 | CW | Monday P2   | Rugby   | Gymnastics | Basketball   | Tchoukball boys | Athletics | Cricket  |
|        |    |             |         |            |              |                 |           |          |
| 7R 456 | CW | Thursday P1 | Rugby   | Football   | Table Tennis | Badminton boys  | Athletics | Cricket  |
| 7R 456 | RB | Thursday P1 | Fitness | Football   | Table Tennis | Fitness mixed   | Athletics | Cricket  |
| 7R 456 | LG | Thursday P1 | Netball | Gymnastics | Basketball   | Girls Badminton | Athletics | Rounders |

Year 8 Curriculum map

|       |       |        | Half term 1 | Half term 2 | Half term 3 | Half term 4 | Half term 5 | Half term 6 |
|-------|-------|--------|-------------|-------------|-------------|-------------|-------------|-------------|
| Class | Staff | Lesson |             |             |             |             |             |             |



Year 9 Curriculum map

| Class  | Staff | Lesson       | Half term 1 | Half term 2 | Half term 3        | Half term 4      | Half term 5 | Half term 6 |
|--------|-------|--------------|-------------|-------------|--------------------|------------------|-------------|-------------|
| 9R 123 | CW    | Monday P3    | Rugby       | Football    | Basketball mixed   | Badminton mixed  | Athletics   | Cricket     |
| 9R 123 | RB    | Monday P3    | Rugby       | Football    | Table tennis boys  | Tchoulball boys  | Athletics   | Cricket     |
| 9R 123 | LA    | Monday P3    | Fitness     | Gymnastics  | Trampolining Girls | Fitness girls    | Athletics   | Rounders    |
|        |       |              |             |             |                    |                  |             |             |
| 9R 123 | CW    | Wednesday P4 | Fitness     | Gymnastics  | Basketball boys    | Tchoukball mixed | Athletics   | Cricket     |
| 9R 123 | RB    | Wednesday P4 | Fitness     | Gymnastics  | Trampolining mixed | Fitness Boys     | Athletics   | Cricket     |
| 9R 123 | LA    | Wednesday P4 | Rugby       | Football    | Table Tennis girls | Girls badminton  | Athletics   | Rounders    |
|        |       |              |             |             |                    |                  |             |             |
| 9R 456 | CW    | Monday P4    | Fitness     | Football    | Basketball         | Tchoukball       | Athletics   | Cricket     |
| 9R 456 | RB    | Monday P4    | Rugby       | Football    | Table Tennis       | Tchoukball       | Athletics   | Cricket     |
| 9R 456 | LA    | Monday P4    | Netball     | Gymnastics  | Trampolining       | Badminton        | Athletics   | Rounders    |
| 9R 456 | LG    | Monday P4    | Netball     | Gymnastics  | Trampolining       | Badminton        | Athletics   | Rounders    |
|        |       |              |             |             |                    |                  |             |             |
| 9R 456 | CW    | Wednesday P3 | Fitness     | Gymnastics  | Trampolining       | Badminton        | Athletics   | Cricket     |
| 9R 456 | RB    | Wednesday P3 | Rugby       | Gymnastics  | Trampolining       | Badminton        | Athletics   | Cricket     |

|        |    |              |         |          |              |            |           |          |
|--------|----|--------------|---------|----------|--------------|------------|-----------|----------|
| 9R 456 | LA | Wednesday P3 | Fitness | Football | Table Tennis | Tchoukball | Athletics | Rounders |
| 9R 456 | LG | Wednesday P3 | Fitness | Football | Basketball   | Tchoukball | Athletics | Rounders |
|        |    |              |         |          |              |            |           |          |

Put in curriculum map here for Y9

#### KS4 overview

Year 10 - Range of Invasion games such as football, rugby, netball and basketball. Range of net games such as badminton and table tennis. Trampoline, athletics and striking and fielding games that include cricket, rounders and softball. Health and fitness covering testing, methods of training and personal exercise plans.

Year 11 - Range of Invasion games such as football, rugby, netball and basketball. Range of net games such as badminton and table tennis. Trampoline, Athletics and Striking and Fielding games that include cricket, rounders and softball. Health and fitness covering testing, methods of training and personal exercise plans.

Pupils should be taught to:

Use and develop a variety of tactics and strategies to overcome opponents in team and individual games for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis.

Develop their technique and improve their performance in other competitive sports, for example athletics and gymnastics, or other physical activities for example dance.

Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.

Continue to take part regularly in competitive sports activities outside school through community links or sports clubs.

| Class | Staff      | Lesson    | Half term 1    | Half term 2    | Half term 3        | Half term 4        | Half term 5 | Half term 6      |
|-------|------------|-----------|----------------|----------------|--------------------|--------------------|-------------|------------------|
| Y10   | CW - Boys  | Monday P1 | Invasion games | Invasion games | Fitness            | Invasion/net games | Athletics   | Cricket/rounders |
| Y10   | RB - Boys  | Monday P1 | Invasion games | Invasion games | Invasion/net games | Invasion/net games | Athletic    | Cricket/rounders |
| Y10   | LA – Girls | Monday P1 | Invasion games | Invasion games | Fitness            | Invasion/net games | Athletics   | Cricket/rounders |
| Y10   | LG- Girls  | Monday P1 | Invasion games | Invasion games | Trampolining       | Invasion/net games | Athletics   | Cricket/rounders |
| Y10   | NT – Girls | Monday P1 | Invasion games | Dance          | Trampolining       | Invasion/net games | Athletics   | Cricket/rounders |

### Y11 Curriculum map

| Class | Staff      | Lesson    | Half term 1    | Half term 2    | Half term 3        | Half term 4        | Half term 5                | Half term 6      |
|-------|------------|-----------|----------------|----------------|--------------------|--------------------|----------------------------|------------------|
| Y11   | CW - Boys  | Monday P5 | Invasion games | Invasion games | Fitness            | Invasion/net games | Athletics/cricket/rounders | Exam study leave |
| Y11   | RB - Boys  | Monday P5 | Invasion games | Invasion games | Invasion/net games | Invasion/net games | Athletics/cricket/rounders | Exam study leave |
| Y11   | LA – Girls | Monday P5 | Fitness        | Invasion games | Trampolining       | Invasion/net games | Athletics/cricket/rounders | Exam study leave |



|     |           |           |                |                |              |                    |                            |                  |
|-----|-----------|-----------|----------------|----------------|--------------|--------------------|----------------------------|------------------|
| Y11 | LG- Girls | Monday P5 | Invasion games | Invasion games | Trampolining | Invasion/net games | Athletics/cricket/rounders | Exam study leave |
|-----|-----------|-----------|----------------|----------------|--------------|--------------------|----------------------------|------------------|

## Key Stage 4 BTEC Sport.

Selecting BTEC sport as an option will give learners the opportunities to link education and the world of work in engaging, relevant and practical ways. It will also enable learners to enhance their English and mathematical competence in relevant, applied scenarios. The course will support learners development of transferable interpersonal skills, including working with others, problem solving, independent study and personal learning and thinking skills. It will also give learners a route through education that has clear progression pathways to further study or an Apprenticeship.

Students who have opted for the course will gain understanding around 4 different UNITS of work across years 10 and 11.

- Unit 1 – Fitness for Sport and Exercise
- Assessment type: External

Fitness for sport and exercise is core to the programme of study. This unit underpins, the other units for sport. In learning aim A you will cover the components of physical and skill related fitness and the principles of training. Learning aim B explores different fitness training methods for developing components of fitness, and for learning aim C you will gain knowledge and skills in undertaking and administering fitness tests.

- Unit 2 – Practical Performance in Sport
- Assessment type: Internal

This unit introduces you to a variety of different sports and, through participating in different sports, it is expected that you will develop knowledge of the associated rules, regulations, scoring systems, skills, techniques and tactics.

In learning aim A, you will investigate the rules and regulations of a sport and apply the knowledge gained through observing officials in action. You might also decide to take part in national governing body coaching and leadership awards to reinforce and extend your knowledge and qualifications in this area.

For learning aim B, you will take part in a variety of sports. These may be sports in which you excel or have a particular interest. You are required to demonstrate the skills, techniques and tactics within each of the sports selected for assessment.

For learning aim C, you will review your performance in the sports in which you participated. This review will look at the strengths and areas for development within your own performance. You will also be encouraged to consider plans to develop your performance within the selected sports.

- Unit 3 - Applying the Principles of Personal Training
- Assessment type: Internal

This unit is all about you, the individual performer, training to improve and enhance personal fitness for one activity/sport you participated in for *Unit 2: Practical Performance in Sport*. You must select one component of fitness and one method of training that is most appropriate, beneficial and engaging to improve your fitness for your chosen activity/sport. This may mean training with a group of friends in a local park, or using a personal fitness training programme at a local sports club or leisure centre. Whatever the setting, the design of the training programme must be tailored to meet your personal training goals, aspirations and needs.

- Unit 5 - The Sports Performer in Action
- Assessment type: Internal

For learning aim A, you'll look at the musculoskeletal and cardiorespiratory systems and how they function normally (before a training programme, taking part in exercise/sport regularly) and how they can function as a result of taking part in training/exercise/sport over a length of time.

For learning aim B, you'll look at the energy systems for different sporting activities. So, if a performer needs energy quickly, they'll rely on energy already stored within the body. For a longer-term period of sport or exercise the body struggles to store a lot of energy, but it can make energy from resources inside and outside the body. By understanding how your body works and how it can be

trained, as a sports performer or as a coach, you can help to make the necessary adaptations in order to produce improved sports performance.

| Class    | Staff | September 2021 –<br>January 2022 | January 2022<br>- April 2022 | May 2022 –<br>July 2022 |  | September 2022<br><br>December 2022 | January<br>2023<br><br>April |
|----------|-------|----------------------------------|------------------------------|-------------------------|--|-------------------------------------|------------------------------|
| Y10 BTEC | CW    | UNIT 1                           | UNIT 5                       | UNIT 2                  |  | UNIT 1                              | UNIT 3                       |
| Y10 BTEC | RB    | UNIT 1                           | UNIT 5                       | UNIT 2                  |  | UNIT 1                              | UNIT 3                       |
| Y10 BTEC | NT    | UNIT 1                           | UNIT 5                       | UNIT 2                  |  | UNIT 1                              | UNIT 3                       |

