



Key Stage Three:

By the end of key stage 3, pupils are expected to know, apply and understand the matters, skills and processes specified in the programme of study.

Pupils should be taught to	At St Gregory's Catholic High School, this is taught
<p>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, and rugby]</p>	<p>Throughout the school year both team games such as football, rugby league, netball and basketball and individual sports such as badminton and athletics delivered on a carousel basis.</p> <p>Terms 1 +2</p> <p>Year 7 Netball- Pupils are taught the fundamental skills, tactics, and rules of full context netball. During the year pupils focus on the development of core skills such as ball familiarisation, passing variation, footwork and shooting in addition to positional roles within competitive situations.</p> <p>Year 8 Netball- Pupils refine the fundamental skills taught in Year 7 and further increase their knowledge and understanding of the technical and tactical elements of netball. During Year 8 pupil's focus on applying technique to receiving varied types of passes and the effective use of footwork through pivoting. In Year 8 a greater emphasis is placed on defensive and attacking tactical awareness during competitive performances.</p> <p>Year 9 Netball- Pupils continue to build on the skills and tactics developed in Year 7 and 8 and develop their understanding of specific roles and responsibilities within a team setting. During Year 9 in addition to working on the technical aspects of passing, effective footwork and shooting pupils also develop more advanced applications of defensive and attacking principles such as marking, feinting, and intercepting.</p> <p>Year 7 Football- Pupils are taught the fundamental skills, tactics, and rules of full context football. During the year pupils focus on the development of core skills</p>

such as ball control, passing, shooting and fundamental defending skills in addition to positional roles within competitive situations.

Year 8

Football- Pupils refine the fundamental skills taught in Year 7 and further increase their knowledge and understanding of the technical and tactical elements of football. During Year 8 pupils' work on the application of core skills such as passing over different distances and shooting from different distances with varied techniques in addition to introducing basic defensive and attacking principles during competitive performances

Year 9

Football- Pupils continue to build on the skills and tactics developed in Year 7 and 8 and develop their understanding of specific roles and responsibilities within a team setting. During Year 9 in addition to working on the technical aspects of passing, shooting, aerial and ground ball control pupils also develop more advanced applications of defensive and attacking principles such as man-to-man marking, crossing from wide areas, and creating space through movement.

Year 7

Rugby League- Pupils are taught the fundamental skills, tactics, and rules of full context rugby. During the year pupils focus on the development of core skills such as passing to teammates from both the left and right, ball carrying and tackling from the side, front and rear. During Year 7 pupils are also taught about the fundamental positional roles and responsibilities required in rugby league in competitive situations.

Year 8

Rugby League- Pupils refine the fundamental skills taught in Year 7 and further increase their knowledge and understanding of the technical and tactical elements of rugby league. During the year pupils focus on the development of core skills such as ball carrying, passing, receiving, and handling, kicking, and tackling. Pupils are taught how to apply the core skills they have learned in competitive situations and effectively apply basic defensive and attacking principles.

Year 9

Rugby League- Pupils continue to build on the skills and tactics developed in Year 7 and 8 and develop their understanding of specific roles and responsibilities within a team setting. During Year 9 in addition to working on the technical aspects of passing, tackling, scrummaging and ball handling, pupils are also taught how to apply specific tactics in games in both attacking and

defensive situations such as drawing a defender in 2v1 situations or tackling as a defensive unit in competitive situations.

Year 7

Basketball- Pupils are taught the fundamental skills, tactics, and rules of full context basketball. During the year pupils focus on the development of core skills such as ball manipulation, passing, shooting, dribbling and fundamental defending skills in addition to positional roles within competitive situations.

Year 8

Basketball- Pupils refine the fundamental skills taught in Year 7 and further increase their knowledge and understanding of the technical and tactical elements of basketball. During the year pupils focus on the development of core skills such as ball handling, passing, receiving, and shooting. Pupils are taught how to apply the core skills they have learned in competitive situations and effectively apply basic defensive and attacking principles.

Year 9

Basketball- Pupils continue to build on the skills and tactics developed in Year 7 and 8 and develop their understanding of specific roles and responsibilities within a team setting. During Year 9 in addition to working on the technical aspects of basketball pupils are taught how to successfully apply skills and tactics to improve game performances. For example, applying man-to-man or zonal defensive strategies as a team or successfully applying lay-up shots in attacking situations.

Year 7

Badminton- Pupils are taught the fundamental skills, tactics, and rules of full context badminton. During the year pupils focus on the development of core skills such as racket grip, stance, movement, defensive shots such as the overhead clear and attacking shots such as the smash or drop-shot. In addition to the mastery of basic racket skills pupils also learn about rudimentary attacking and defensive tactics.

Year 8

Badminton- Pupils refine the fundamental skills taught in Year 7 and further increase their knowledge and understanding of the technical and tactical elements of badminton. During the year pupils focus on the development of core skills such as the drive, net play and overhead shots from the back of the court. Pupils are taught how to apply the core skills they have learned in competitive situations and effectively apply defensive and attacking principles.

Year 9

	<p>Badminton- Pupils continue to build on the skills and tactics developed in Year 7 and 8 and develop their understanding of badminton techniques and how to apply them in game situations. During Year 9 in addition to working on the technical aspects of badminton pupils are taught how to successfully apply skills and tactics to improve game performances. For example, applying shots in sequence to outwit opponents.</p> <p>Term 3</p> <p>Year 7 Striking and Fielding- Pupils are taught the fundamental skills, tactics, and rules of full context striking and fielding activities. During the year pupils focus on the development of core skills such as throwing, catching, fielding skills, bowling and batting. During Year 7 pupils are also taught how to implement fundamental tactics within competitive situations.</p> <p>Year 8 Striking and Fielding- Pupils refine the fundamental skills taught in Year 7 and further increase their knowledge and understanding of the technical and tactical elements of striking and fielding activities. During the year pupils focus on the development of core skills such as performing more advanced fielding techniques such as the long barrier as well as developing the variation of strike direction when batting. Pupils are taught how to apply the core skills they have learned in competitive situations and effectively apply striking and fielding tactics within a team.</p> <p>Year 9 Striking and Fielding- Pupils continue to build on the skills and tactics developed in Year 7 and 8 and develop their understanding of striking and fielding techniques and how to apply them in game situations. During Year 9 in addition to working on the technical aspects of striking and fielding activities such as rounders/ softball pupils are taught how to successfully apply skills and tactics to improve game performances. For example, in softball striking to the ‘offside’ to allow teammates to move effectively between bases.</p>
<p>Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</p>	<p>Term 1+2</p> <p>Year 7 Trampolining- Pupils are taught the fundamental skills of trampolining such as trampoline position, body tension, stopping as well as basic movements in isolation such as pike, staddle, star jump position, and seat drops. Isolated</p>

movements are further developed with pupils learning to apply them in basic routines.

Year 8

Trampolining- Pupils refine the fundamental skills taught in Year 7 and further increase their knowledge and understanding of the technical elements of trampolining. During the year pupils focus on the development of core skills such as seat drops, swivel hips, front drops and basic rotational movements such as hands/ knee turn over. Pupils are taught how to apply these core skills in sequence within differentiated routines.

Year 9

Trampolining- Pupils continue to build on the skills and routines developed in Year 7 and 8. During Year 9 in addition to working on the technical aspects of trampolining pupils are taught how to successfully apply more advanced skills in isolation and within routines. For example, applying backdrops and somersaults within differentiated routines.

Term 3

Year 7

Athletics- Pupils are introduced to athletic track and field events and taught the fundamental techniques and tactics required for short, middle and long distance track events in addition to throwing events (Javelin/ shot/ discus) and the long and triple jump. In Year 7 pupils are taught the bespoke safety aspects required for throwing events.

Year 8

Athletics- Pupils refine the fundamental skills taught in Year 7 and further increase their knowledge and understanding of the technical and tactical elements of track and field events. During the year pupils focus on the development of core skills such as sprint starts/ finishes in sprint events, pacing in middle and long distance track events as well as run-up, flight and landing in jumping in events. In throwing events pupils are taught to develop grip, run-up and release techniques to maximise performance in competitive situations.

Year 9

Athletics- Pupils continue to build on the skills and techniques developed in Year 7 and 8. In Year 9 pupils are taught more advanced techniques and tactics in track events such as knee/ arm action in sprint events and stride length in middle and long distance events. In throwing events, in addition to fundamental techniques pupils are challenged to develop their release through more advanced techniques involving rotation. In jumping events pupils learn how to adapt stride length during approach to maximise distance.

	Striking and Fields
Perform dances using advanced dance techniques within a range of dance styles and forms	<p>Term 1 Year 7 Dance- Pupils are taught in baseline assessment unit dance linked to contemporary sporting movements. In dance pupils are taught to accurately replicate basic abstract movements in time to music to develop rhythm, communication skills and group work. Different styles are incorporated in terms of style and form such as canon, unison timing development.</p>
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	<p>Term 1 + 2 KS3 Orienteering- Pupils are taught orienteering skills in PE lessons to provide the physical and intellectual skills required to complete various orienteering challenges in group situations to develop communication and team building skills. In addition to healthy participation in orienteering lessons pupils also develop such skills as map reading and compass work.</p>
Analyse their performances compared to previous ones and demonstrate Improvement to achieve their personal best	<p>In all Key Stage 3 curriculum areas, pupils can analyse their personal performances against previous achievements through department assessment criteria to provide them with the ‘next steps’ required to improve their performance. Pupils record their performances on their Key Stage 3 tracker and use their next steps to inform future improvement as they progress through the Key stage</p>
Take part in competitive sports and activities outside school through community links or sports clubs	<p>Delivered through extra- curricular clubs and activities that provide opportunities for all pupils to develop their experience of competitive sports and activities such as football, rugby league, netball, basketball and athletics. These extra-curricular opportunities form the basis for inter-school competition opportunities for pupils who have attended after-school clubs.</p> <p>SGCHS is a subscribed member of Warrington Association School Sports Partnership which provides opportunities for pupils to participate in sports and activities outside of school.</p> <p>Key Stage 3 Year 7 –9 Football Warrington Schools Football League, FA Cheshire Cup Competition, English Schools Cup Competition (Boys and Girls). Crosfields FC</p>

	<p>Year 7-9 Rugby League Warrington Schools Rugby League, Northwest Counties Competition, National Cup Competition (Boys and Girls). Warrington Wolves, Crosfields RLFC Y7-9 Rugby Union Warrington Rugby Union Club Sale Sharks Development Program Year 7-9 Netball Warrington Schools Netball League, Warrington Schools Cup Competition Y7-9 Athletics WASSP Indoor KS3 Secondary School Athletics (Warrington Athletics Club) Warrington Secondary Athletics Competition (Warrington Athletics Club) Warrington Cross Country Championships (Warrington Athletics Club) Y7-9 Basketball Warrington Secondary Basketball Competition (Sankey Wildcats)</p>
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Key Stage Four:

By the end of key stage 4, pupils are expected to know, apply and understand the matters, skills and processes specified in the programme of study.

Pupils should be taught to	At St Gregory’s Catholic High School, this is taught
<p>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, and rugby)</p>	<p>KS4 Core PE Term 1+2 Year 10 and Year 11 Football- Pupils build on the technical and tactical knowledge they have applied in Key Stage 3 PE during ‘Core’ PE lessons. The Key Stage 4 curriculum is delivered through game participation to encourage inclusivity and for pupils to follow a healthy active lifestyle whilst in secondary education and throughout their life. Football is delivered through differentiated competitions so that pupils can select and apply the technical skills and tactical awareness they have developed during Key Stage 3 PE lessons. Pupils are taught defensive and attacking principles in addition to the fundamental technical skills of control, passing, shooting, attacking and defending.</p>

Year 10 and Year 11

Rugby League- Pupils build on the technical and tactical knowledge they have applied in Key Stage 3 PE during 'Core' PE lessons. The Key Stage 4 curriculum is delivered through game participation to encourage inclusivity and for pupils to follow a healthy active lifestyle whilst in secondary education and throughout their life. Rugby League is delivered through differentiated competitions so that pupils can select and apply the technical skills and tactical awareness they have developed during Key Stage 3 PE lessons. Pupils are taught defensive and attacking principles in addition to the fundamental technical skills of ball handling, passing, kicking, scrummaging and outwitting opponents.

Year10 and Year11

Basketball- Pupils build on the technical and tactical knowledge they have applied in Key Stage 3 PE during 'Core' PE lessons. The Key Stage 4 curriculum is delivered through game participation to encourage inclusivity and for pupils to follow a healthy active lifestyle whilst in secondary education and throughout their life. Basketball is delivered through differentiated competitions so that pupils can select and apply the technical skills and tactical awareness they have developed during Key Stage 3 PE lessons. Pupils are taught defensive and attacking principles in addition to the fundamental technical skills of passing, dribbling, shooting, lay-up scoring and marking.

Year10 and Year11

Netball- Pupils build on the technical and tactical knowledge they have applied in Key Stage 3 PE during 'Core' PE lessons. The Key Stage 4 curriculum is delivered through game participation to encourage inclusivity and for pupils to follow a healthy active lifestyle whilst in secondary education and throughout their life. Netball is delivered through differentiated competitions so that pupils can select and apply the technical skills and tactical awareness they have developed during Key Stage 3 PE lessons. Pupils are taught defensive and attacking principles in addition to the fundamental technical skills of footwork, passing, positional responsibilities, marking and shooting.

Year10 and Year11

Badminton- Pupils build on the technical and tactical knowledge they have applied in Key Stage 3 PE during 'Core' PE lessons. The Key Stage 4 curriculum is delivered through game participation to encourage inclusivity and for pupils to follow a healthy active lifestyle whilst in secondary education and throughout their life. Badminton is delivered through differentiated competitions so that pupils can select and apply the technical skills and tactical awareness they have developed during Key Stage 3 PE lessons. Pupils are taught defensive and

	<p>attacking principles in addition to the fundamental technical skills of footwork, overhead shots (smash, overhead drop, clear) and underarm shots (lift, drop shot), high and low service.</p> <p>GCSE and Cambridge National Sports Studies Year 10+11 Pupils are taught in GCSE PE and Cambridge National Sport Studies to</p> <ul style="list-style-type: none"> - Demonstrate skills in physical activity and sport, applying appropriate technique - Demonstrate and apply appropriate decision making skills, strategies and/or compositional ideas within physical activity and sport, considering personal strengths and weaknesses - Demonstrate ideas and problem solving solutions in spontaneous and/or pre-determined ways whilst under pressure in physical activity and sport <p>Activities covered in GCSE PE and Cambridge National Sport Studies include Association Football, Rugby League/ Union, Badminton, Netball, Athletics, Dance, Trampolining.</p>
<p>Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]</p>	<p>Trampolining and dance are offered to Key Stage 4 pupils during 'Core' PE lessons with athletics and striking and fielding offered to pupils throughout the summer term.</p> <p>Term 1+2 Year 10+11 Trampolining In Core PE lessons pupils work on the development and refinement of the core technical skills and routine development taught in Key Stage 3 PE lessons. In addition to developing body tension, rotations and discrete gymnastic movements pupils are taught to complete differentiated routines.</p> <p>Dance In Core PE lessons pupils are given the opportunity to experience and develop differing dance routines of various styles such as street and contemporary dance to develop co-ordination, self-confidence and fitness.</p> <p>Term 3 Year 10 + 11 Athletics</p>

	<p>Pupils build on the technical and tactical knowledge they have applied in Key Stage 3 PE during 'Core' PE lessons. In Key Stage 4 Core PE lessons pupils refine more advanced techniques and tactics in track events such as sprint starts, knee/arm action in sprint events and stride length, pacing, and sprint finishes in middle and long distance events. In throwing events, pupils continue to develop rotational movements in the discus and shot put and controlling javelin approaches at pace. In jumping events pupils focus on the co-ordination of run up, take-off and landing phases to achieve their personal best.</p> <p>Striking and Fielding</p> <p>Pupils continue to build on the skills and tactics taught in Key Stage 3 PE lessons and develop their understanding of striking and fielding techniques and how to apply them in game situations. Pupils are taught to develop batting, fielding, and bowling technique in addition to alternative roles such as scoring and officiating during Core PE lessons.</p>
<p>Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p>	<p>Year 10+11 Cambridge National Sport Studies R187 Awareness of Outdoor and Adventurous Activities- Pupils are taught the provision, safety aspects, skills and performance requirements of outdoor and adventurous activities, in addition to taking part in hiking and high rope courses, pupils develop their ability to work as a team and problem solve in outdoor environments.</p> <p>Year 10+11 AQA GCSE PE As part of the practical element of AQA GCSE PE pupils can submit outdoor and adventurous activities as part of their NEA. Approved OAA activities include canoeing/ kayaking (sprint/slalom), rock climbing, skiing, snowboarding, sailing and windsurfing</p>
<p>Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</p>	<p>Pupils in Key Stage 4 are provided the opportunity to evaluate the effectiveness of their competitive performances in team games and individual activities so they can identify and act upon their strengths and areas for development to achieve their personal best.</p> <p>Examples of how pupils can evaluate previous performances is through activities such as athletics in which pupils are able to compare their performance</p>

	<p>in track and field events against national age appropriate BAA standards as well as Warrington secondary athletics benchmarks.</p> <p>OCR Cambridge National Sport Studies Year 10 R185 Performance and Leadership in Sporting Activities- Pupils use self-evaluation proformas to evaluate the development of their performances in team and individual events against specification criteria in addition to the completion of personal training logs, improvement plans and evaluation assignments linked to performance. Year 10 + 11 R187 Awareness of Outdoor and Adventurous Activities- Pupils are taught to analyse and evaluate their performance in outdoor and adventurous activities to improve their understanding and performance in subsequent outdoor and adventurous activities</p> <p>AQA GCSE PE Year 10 + 11 Pupils are taught to analyse sporting technique and game performances against specification criteria. As part of the AQA GCSE PE specification pupils analyse and evaluate their performance in a chosen sport to create and implement action plans to improve performance to achieve their personal best</p>
<p>Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs</p>	<p>Delivered through extra- curricular clubs and activities that provide opportunities for all pupils to develop their experience of competitive sports and activities. These extra-curricular opportunities form the basis for inter-school competition opportunities for pupils who have attended after-school clubs. Examples include football, rugby league, basketball, athletics and striking and fielding</p> <p>SGCHS is a subscribed member of Warrington Association School Sports Partnership which provides opportunities for pupils to participate in sports and activities outside of school.</p> <p>Key Stage 4 Year 10+11 Football</p>

Warrington Schools Football League, FA Cheshire Cup Competition, English Schools Cup Competition (Boys and Girls). Crosfields FC

Year 10+11

Rugby League

Warrington Schools Rugby League, Northwest Counties Competition, National Cup Competition (Boys and Girls). Warrington Wolves, Crosfields RLFC

Year 10+11

Netball

Warrington Schools Netball League, Warrington Schools Cup Competition

Y10+11

Athletics

WASSP Indoor KS3 Secondary School Athletics (Warrington Athletics Club)

Warrington Secondary Athletics Competition (Warrington Athletics Club)

Warrington Cross Country Championships (Warrington Athletics Club)

Y10+11

Basketball

Warrington Secondary Basketball Competition (Sankey Wildcats)