



# Physical Education



Archdiocese of Liverpool

## Curriculum intent:

The intent of the PE curriculum at St. Gregory's Catholic High School is to strike the right balance between provision, participation and performance for all of our pupils. The PE curriculum has been designed to provide pupils with an enjoyable and stimulating experience, which broadens their sporting horizons and provides the platform for a lifelong healthy lifestyle.

Our intent as a department is to ensure that our curriculum

1. Provides our pupils with new sporting experiences and increases their intellectual understanding of the subject
2. Fosters a love of learning for the subject that stimulates the academic and practical inquisitiveness of our pupils
3. Creates clear pathways for pupils to study the subject further in Key Stage 4 and beyond secondary education into post -16 education and employment

## Year 7

### Content

Baseline assessment of personal fitness and transferable team skills in competitive situations

Netball

Fitness

Football

Badminton

Health Related Fitness

Skeletal system- Functions regarding physical activity and movement

Types of movement joint movement

### Concepts and Skills

-Personal fitness development

- Development of transferable skills to succeed within a new curriculum

- Application of individual skills and tactics within competitive situations

- Identification of skeletal structure and explanation of functions in relation to movement

- Identification and differentiation of different movement types

TERM 1

Netball

Fitness

Rugby

Dance

Badminton

Health Related Fitness

Muscular system in physical activity and movement

Blood Vessels- Structure and function of blood vessels

-Application of individual skills and tactics within competitive situations

- Development of spacial awareness in game situations

- Responsibilities in both team games and individual activities

- Identification of components of muscular system and explanation of functions in relation to movement

- Blood vessels- identification and differences between each structure

TERM 2

Athletics

Track

Short/ middle/ long distance running

Field

Long/ triple/ high jump

Discus/ shot/ javelin

Striking and fielding

Softball

Rounders

Cardiac System- Structure and function

Respiratory System –Functions and role regarding physical activity and movement

-Basic athletic movements required for running, throwing and jumping events

-Introduction of the concept of pacing in running events

- Introduction to essential techniques required within striking and fielding disciplines related to batting, bowling, fielding and team tactics

- Cardiac System- Identification and explanation of the cardiac cycle

- Respiratory System- Identification of components and understanding of role in physical activity and exercise

TERM 3

