



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 8

TERM 1

Content

Badminton
Basketball
Netball
Football
Fitness
Exercising safely and effectively
The effects of exercise on the human body

Concepts and Skills

- Development of technical proficiency in team sports. Eg passing accuracy and movement, footwork, shooting, kicking
- Development of technical proficiency within an individual sport. Eg badminton- grip, stance, forehand/ backhand shots
- Adherence of tactics in both team sports and individual activities. Attacking/ defensive play
- Identify and explain reasons and methods for exercising safely and effectively
- Understanding and identification of the immediate/ short and long term effects of exercise on the human body

TERM 2

Health Related Fitness
Badminton
Rugby
Football
Netball
Badminton
Methods of training
Sports Leadership

- Development of technical proficiency in team sports. Eg passing accuracy and movement, footwork, shooting, kicking
- Development of technical proficiency within an individual sport. Eg badminton- grip, stance, forehand/ backhand shots
- Adherence of tactics in both team sports and individual activities. Attacking/ defensive play
- Understanding of key training methods and justification of how they can link to different athletic disciplines to improve performance
- Understanding of different types of sports leadership and the personal qualities and attributes required to successfully fulfill sports leadership roles

TERM 3

Athletics
Track
Short/ middle/ long distance running
Field
Long/ triple/ high jump
Discus/ shot/ javelin
Striking and fielding
Softball
Rounders
Reasons for Fitness Testing
Diet and Nutrition

- Improvement of key techniques required for track and field events
- Introduction of tactics in running events. Eg fast/ slow start, responding to challenge during races
- Develop reasoning skills through pupil analysis of personal performance
- Analysis and identification of the rationale for testing fitness levels
- Understanding of how to identify and apply a balanced diet to improve performance in physical activities

