

## Curriculum plan: PE

# CONNECTED

## INTENT:



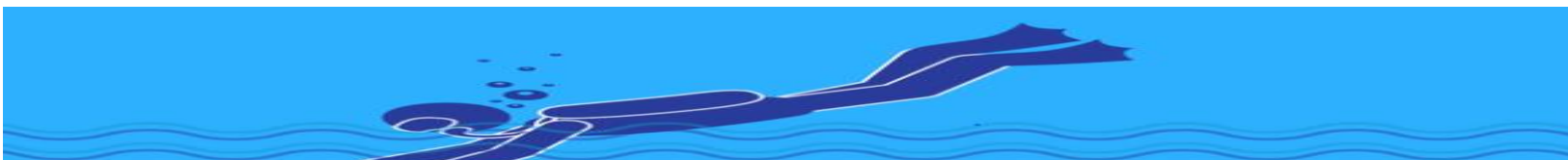
**“Physical fitness is not only one of the most important keys to a healthy body, it is the basics of dynamic creative intellectual activity”**

**J F Kennedy**

Physical education supports the curriculum vision for all young people to become confident, connected, actively involved, lifelong learners. PE helps students to develop the skills, knowledge and competencies to live a health and physically active lives at school and for the years to come.







The King's aims to develop, support and continue a pathway into sport and exercise through an enthusing, inspiring curriculum as well as extra-curricular programme that also aims to support school-community club links. At The King's, whether your passion is in invasion games, net and ball games, strike and field games, track and field athletics, gymnastic based or swimming, students can learn transferable, cognitive and social skills.

Students will be able to apply these skills into a plethora of conditioned or competitive situations, this development can help lead to improved physical, mental and social health whilst exposing them to a future hobby or career, we encourage our students to approach all physical activity with a positive attitude and an open mind, we guide students to independently develop their skillset and explore different ways to utilize the skills we develop like teamwork, cooperation, communication, creativity and leadership.











**\*\*Please click on the icons to access our online portal where you can learn more about each topic\*\***

7	Half term points					
	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	<b>All: Practical ABCs (Healthy Me &amp; Thinking Me)</b>   <b>Learning to include:</b> <ul style="list-style-type: none"> <li>Focus on developing fundamental skills including agility, balance, coordination and speed</li> <li>Developing knowledge of when and how to apply the different skills during isolated, conditioned and competitive practices</li> </ul>	<b>Band 1: Dance (Social Me &amp; Thinking Me)</b>   <b>Learning to include:</b> <ul style="list-style-type: none"> <li>Exploration of the capoeira style of dance</li> <li>Defining key terminology in relation to capoeira</li> <li>Demonstration of key capoeira moves and application to routines including travel, turns, jumps, gestures and stillness</li> <li>Analysis of own and others performances to inform areas for improvement</li> <li>areas for improvement</li> </ul> <b>Band 2: Handball (Physical Me &amp; Healthy Me)</b>  See above	<b>Band 1: Handball (Physical Me &amp; Healthy Me)</b>   <b>Learning to include:</b> <ul style="list-style-type: none"> <li>Understanding and demonstration of basic movements within handball including passing, shooting, defending and positional play</li> <li>Developing understanding of the basic rules of handball</li> <li>Developing ability to officiate handball using the basic rules</li> </ul> <b>Band 2: Dance (Social Me &amp; Thinking Me)</b>  See above	<b>Band 1: Gymnastics (Healthy Me &amp; Thinking Me)</b>   <b>Learning to include:</b> <ul style="list-style-type: none"> <li>Providing opportunities to develop gymnastics skills including floor routines and use of apparatus</li> <li>Developing students knowledge and understanding of how to successfully assess their own and others performances to identify strengths and areas for improvement</li> <li>Assisting students in developing their use of gymnastics related terminology when providing constructive feedback</li> </ul> <b>Band 2: Korfball (Social Me &amp; Physical Me)</b>  See above	<b>Band 1: Korfball (Social Me &amp; Physical Me)</b>   <b>Learning to include:</b> <ul style="list-style-type: none"> <li><b>Understanding and demonstration of basic movements within korfball including passing, shooting, defending, dodging and positional play</b></li> <li>Developing understanding of the basic rules of korfball</li> <li>Developing ability to officiate korfball using the basic rules</li> <li>Increasing understanding of how to lead warm-ups and basic practices linked to korfball</li> </ul> <b>Band 1: Gymnastics (Healthy Me &amp; Thinking Me)</b>  See above	<b>All: Striking and Fielding (physical and social Me)</b>   <b>Learning to include:</b> <ul style="list-style-type: none"> <li>developing ability to perform the batting and bowling techniques correctly</li> <li>understanding how to field correctly including both catching and throwing principles over varying distances</li> <li>increasing knowledge of how to apply skills successfully to competitive game situations</li> </ul>



**\*\*Please click on the icons to access our online portal where you can learn more about each topic\*\***







## Half term points

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	<b>Band 1: Netball (Physical ME &amp; Thinking ME)</b>	<b>Band 1: Table tennis (Physical ME &amp; Thinking ME)</b>	<b>Band 1: Badminton (Social ME and Healthy ME)</b>	<b>Band 1: Football (Physical ME &amp; Thinking ME)</b>	<b>All: Fitness &amp; Athletics (Healthy ME &amp; Social ME)</b>	<b>All: Striking an fielding (performer)</b>
						
	<b>Learning to include:</b> <ul style="list-style-type: none"><li>Understanding and demonstration of basic movements within netball including passing, shooting, defending, dodging and positional play</li><li>Developing understanding of the basic rules of netball</li><li>Developing ability to officiate netball using the basic rules</li><li>Increasing understanding of how to lead warm-ups and basic practices linked to netball</li></ul>	<b>Learning to include:</b> <ul style="list-style-type: none"><li>developing knowledge and understanding of how to demonstrate basic shots within table tennis</li><li>developing understanding and ability to lead a full table tennis related warm up and a skill practice</li><li>increasing knowledge of how to successfully implement the rules of table tennis during a competitive game, whilst undertaking the role of an official</li></ul>	<b>Learning to include:</b> <ul style="list-style-type: none"><li>further development of shots used within badminton and practical application during isolated, conditioned and competitive practices</li><li>developing knowledge of tactics within badminton and how these can be used to outwit an opponent during competitive situations</li></ul>	<b>Learning to include:</b> <ul style="list-style-type: none"><li>Understanding and demonstration of basic movements within football including passing, shooting, defending, dribbling and positional play</li><li>Developing understanding of the basic rules of football</li><li>Developing ability to officiate football using the basic rules Increasing understanding of how to lead warm-ups and basic practices linked to football</li></ul>	<b>Learning to include:</b> <ul style="list-style-type: none"><li>Providing opportunities to develop practical skills in both field and track athletics activities.</li><li>Analysis of own and others performances to inform areas for improvement</li><li>Setting personal goals and targets and tracking progress.</li></ul>	<b>Learning to include:</b> <ul style="list-style-type: none"><li>developing the batting technique so that students are able to vary the direction of their shots and implement batting tactics successfully</li><li>developing consistency of the bowling action reducing the number of 'no ball' occurrences</li><li>further development of fielding strategies and knowledge of tactics linked to fielding successfully</li><li>increasing knowledge of tactics</li></ul>
	<b>Band 2: Football (Physical ME &amp; Thinking ME)</b>	<b>Band 2: Badminton (Social ME and Healthy ME)</b>	<b>Band 2: Table tennis (Physical ME &amp; Thinking ME)</b>	<b>Band 2: Netball (Physical ME &amp; Thinking ME)</b>		
	See above	See above	See above	See above		



**\*\*Please click on the icons to access our online portal where you can learn more about each topic\*\***

## Half term points

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	<b>Band 1: Netball (Physical ME &amp; Thinking ME)</b>	<b>Band 1: Volleyball (Healthy ME &amp; Social ME)</b>	<b>Band 1: Table tennis (Physical ME &amp; Thinking ME)</b>	<b>Band 1: Football (Physical ME &amp; Thinking ME)</b>	<b>All: Invasion Games Social (Healthy ME &amp; Social ME)</b>	<b>All: Striking an fielding (performer)</b>
						
	<b>Learning to include:</b> <ul style="list-style-type: none"> <li>Understanding and demonstration of basic movements within netball including passing, shooting, defending, dodging and positional play</li> <li>Developing understanding of the basic rules of netball</li> <li>Developing ability to officiate netball using the basic rules</li> <li>Increasing understanding of how to lead warm-ups and basic practices linked to netball</li> </ul>	<b>Learning to include:</b> <ul style="list-style-type: none"> <li>Developing knowledge and understanding of how to demonstrate basic shots within volleyball</li> <li>Developing understanding and ability to lead a full volleyball related warm up and a skill practice</li> <li>Increasing knowledge of how to successfully implement the rules of volleyball during a competitive game, whilst undertaking the role of an official.</li> </ul>	<b>Learning to include:</b> <ul style="list-style-type: none"> <li>developing knowledge and understanding of how to demonstrate basic shots within table tennis</li> <li>developing understanding and ability to lead a full table tennis related warm up and a skill practice</li> <li>increasing knowledge of how to successfully implement the rules of table tennis during a competitive game, whilst undertaking the role of an official</li> </ul>	<b>Learning to include:</b> <ul style="list-style-type: none"> <li>Understanding and demonstration of basic movements within football including passing, shooting, defending, dribbling and positional play</li> <li>Developing understanding of the basic rules of football</li> <li>Developing ability to officiate football using the basic rules Increasing understanding of how to lead warm-ups and basic practices linked to football</li> </ul>	<b>Learning to include:</b> <ul style="list-style-type: none"> <li>Developing knowledge and ability to lead others within lessons demonstrating effective communication, organisation and leadership skills</li> <li>Analysis of my strengths and weaknesses and application to</li> </ul>	<b>Learning to include:</b> <ul style="list-style-type: none"> <li>Developing the accuracy and precision of the batting technique so that students are able to outwit their opponents whilst implementing batting tactics successfully</li> <li>Developing consistency of the bowling action reducing the number of 'no ball' occurrences whilst attempting to use different bowling variations</li> <li>Further development of fielding strategies and knowledge of tactics linked to fielding successfully</li> <li>Increasing knowledge of tactics which can be employed in varying</li> </ul>
<b>9</b>	<b>Band 2: Football (Physical ME &amp; Thinking ME)</b>	<b>Band 2: Table tennis (Physical ME &amp; Thinking ME)</b>	<b>Band 2: Volleyball (Healthy ME &amp; Social ME)</b>	<b>Band 2: Netball (Physical ME &amp; Thinking ME)</b>		
	See above	See above	See above	See above		