

PE Practical – St Joseph's College

Subject vision statement

Sport follows a Year 7-9 core learning pathway, learning the key skills and techniques to be a successful and reflective performer. In Year 10 and 11 it is about progressing these skills into competitive and gameplay situations and using skills learnt in KS3 to progress, taking ownership of learning, and becoming active for lifelong physical activity. Within KS4, we centre PE around their enjoyment to help ensure that our students continue playing sport post-16.

Within our PE lessons, we incorporate our school's five respects;

- Respect for Faith
- Respect for Learning
- Respect for Others
- Respect for Community and College
- Respect for Self

Intent statement

What:

In **KS2**, students are expected to learn three forms of knowledge that allow students to make progress towards the aims of the national curriculum in PE:

- motor competence – knowledge of the range of movements that become increasingly specific to sport and physical activity
- rules, strategies and tactics – knowledge of the conventions of participation in different sports and physical activities
- healthy participation – knowledge of safe and effective participation

KS3/KS4

We believe that students deserve a broad, ambitious and challenging curriculum, that develops knowledge and skills that provides physical, social, and emotional well-being, preparing everyone for future learning or employment. Students will have the opportunity to partake in a multitude of different sports as well as having the opportunity to represent the school in extracurricular

activities. By teaching high-quality practical PE we believe that students selecting BTEC TECH Award in Sport as a vocational pathway will have the skills needed to be successful, building on the foundations of what is taught in practical PE and applying this to theoretical content.

How:

Students will be assessed each half term in a specific sporting discipline and will be provided with the understanding of how to improve. Students will have the opportunities to not only be performers, but also complete other roles such officiating and coaching. Students will develop their numeracy through time keeping, measurements and understanding angles. Students will be able to develop their oral skills through opportunities to discuss how to outwit opponents, reflect on their abilities and understand how to further improve in each respective sport or sporting role.

We use our Head, Hand and Heart model to assess students on three aspects each term.

Why: We believe our Head, Hand and Heart model is the fairest way to assess our students. It allows every student to strive for success, despite any obstacles.

Key = MDY (Mr Delaney), SML (Mr Moghal), JCN (Mr Curwen)

Year 7						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Football, Table Tennis & Basketball	Table Tennis, Rugby & Football	Swimming, Badminton & Handball	Swimming, Badminton & Handball	Athletics	Cricket and Rounders
Building on (knowledge, concepts and skills) KS2	(Football - SML) Passing, Dribbling, Control, Heading, Shooting & Crossing	(Rugby - MDY) Passing, Tackling, Scrummaging, Rucking, Mauling & Kicking.	(Swimming - SML) Rules of the Pool, Floatation, Treading Water, Submerge, Backstroke, Front Crawl.	(Swimming - JCN) Rules of the Pool, Floatation, Treading Water, Submerge, Backstroke, Front Crawl.	(Athletics - Everyone) 100m, Relay, Mid/Long Distance, Shot, Javelin, Discus, High Jump,	(Cricket - Everyone) Throwing, Fielding, batting and catching, bowling, positioning, concentration

	<p>(Table Tennis - JCN) Serving, Push, Forehand Drive, Backhand Return, Chop, Smash, Flick.</p> <p>(Basketball - MDY) Dribbling & Ball Control, Shooting, Passing, Marking, Rebounding.</p>	<p>(Football - JCN) Passing, Dribbling, Control, Heading, Shooting & Crossing</p> <p>(Table Tennis - SML) Serving, Push, Forehand Drive, Backhand Return, Chop, Smash, Flick.</p>	<p>(Badminton - MDY) Serving, Rallying, Handshake grip, doubles, singles match</p> <p>(Handball - JCN) Throwing, Catching, Passing, Shooting,</p>	<p>(Badminton - SML) Serving, Rallying, Handshake grip, doubles, singles match</p> <p>(Handball - MDY) Throwing, Catching, passing, shooting</p>	<p>Long Jump, Triple Jump.</p>	<p>(Rounders - Everyone) Throwing, fielding, batting, catching, bowling, positioning</p>
<p>Building towards (knowledge, concepts and skills) KS3</p>	<p>(Football) Defending, Attacking, Positions, Possession - in and out, tactics.</p> <p>(Basketball) Zonal marking, Man marking, Set shot & Lay up, Ball control, Footwork.</p>	<p>(Rugby) Gameplay, Positions, Line out, Overload, Grubbers.</p> <p>(Football) Defending, Attacking, Positions, Possession - in and out, tactics.</p>	<p>(Swimming) Personal survival, Diving, Relays, Lengths</p>	<p>(Swimming) Personal survival, Diving, Relays, Lengths</p>	<p>(Athletics) Strength & Conditioning, body types, fitness training.</p>	<p>(Cricket) Bowling technique, front foot and back foot defence, pull shot, high and low catches both standing still and, on the move, long barrier.</p> <p>(Rounders)</p>

	(Table Tennis) Grip, Singles and doubles, Drive, Topspin/ Backspin, Positioning, and stance.	(Table Tennis) Grip, Singles and doubles, Drive, Topspin/ Backspin, Positioning, and stance.				Bowling technique, batting awareness, tactics and rules, range of catches
Independent enrichment (wider reading and learning suggestions)	Extra-curricular football club, Basketball, external clubs TV, Magazine & Books, Going to fixtures.	Extra-curricular rugby club, Football, external clubs, TV, Magazine & Books, Going to fixtures.	Swimming clubs, Commonwealth Games and Olympics, Magazine & Books.	Extra-curricular basketball club, external clubs, TV, Magazine & Books, Going to fixtures.	Extra-curricular athletics club, external clubs, TV, Magazine & Books.	Extra-curricular cricket/rounders club, external clubs, TV, Magazine and books
SMSC	<p>Creating and developing own attacking and defensive set plays and tactics</p> <p>Reflecting and critiquing their own and others' performances</p> <p>Using discovery style to allow students to have their own thoughts, ideas and concerns</p> <p>Questioning students throughout lessons – WHY, WHAT, WHERE and HOW</p> <p>Promote fair play and teamwork in lessons</p> <p>Encourage good sportsmanship throughout</p> <p>Respect with equipment both when using it and when storing it</p> <p>Following instructions and decisions made by officials. Abiding by the rules, in all sporting situations.</p> <p>Creating a sense of community in lessons and clubs</p> <p>Encouraging the attendance to extracurricular activities</p> <p>Cultural engagement through elite performers both at school and in their own sporting environment.</p>					
Careers	<p>Manager, Coach, Referee, Physio, Player, Pundit, Data Analyst, Lifeguard, Coach, Official, Physio, Data Analyst, Community Liaison, Coach, Business Owner, Referee, Physio, Pundit, Player, Coach, Competition organiser, Equipment seller and stockist, Athlete, Coach, technology, analyst, equipment seller or stockist, leisure centre manager.</p>					

Year 8						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Football, Table Tennis & Basketball	Table Tennis, Rugby & Football	Swimming, Badminton & Handball	Swimming, Badminton & Handball	Athletics	Cricket and Rounders
Building on (knowledge, concepts and skills)	<p>(Football) Passing, Dribbling, Control, Heading, Shooting & Crossing</p> <p>(Table Tennis) Serving, Push, Forehand Drive, Backhand Return, Chop, Smash, Flick, rules and regulations, umpiring</p>	<p>(Rugby) Passing, Tackling, Scrummaging, Rucking, Mauling & Kicking.</p> <p>(Football) Passing, Dribbling, Control, Heading, Shooting & Crossing</p> <p>(Table Tennis)</p>	<p>(Swimming) Rules of the Pool, Floatation, Treading Water, Submerge, Backstroke, Front Crawl.</p> <p>(Badminton) Serving, Rallying, Handshake grip, doubles, singles match</p> <p>(Handball) Throwing, Catching, Passing, Shooting,</p>	<p>(Swimming) Rules of the Pool, Floatation, Treading Water, Submerge, Backstroke, Front Crawl.</p> <p>(Badminton) Serving, Rallying, Handshake grip, doubles, singles match</p> <p>(Handball) Throwing, Catching, passing, shooting</p>	<p>(Athletics) Running, Jumping, Throwing, Reaction Time, Technique for each athletics event.</p>	<p>(Cricket) Throwing, Fielding, batting and catching, bowling, positioning, concentration</p> <p>(rounders) Throwing, fielding, batting, catching, bowling, positioning</p>

	<p>(Basketball) Dribbling & Ball Control, Shooting, Passing, Marking, Rebounding, rules and regulations, officiating</p>	<p>Serving, Push, Forehand Drive, Backhand Return, Chop, Smash, Flick.</p>				
<p>Building towards (knowledge, concepts and skills)</p>	<p>(Football) Defending, Attacking, Positions, Possession - in and out, tactics.</p> <p>(Basketball) Zonal marking, Man marking, Set shot & Lay up, Ball control, Footwork, weak hand dribbling, reverse lay ups, passing sequences (three man weave)</p>	<p>(Rugby) Gameplay, Positions, Line out, Overload, Grubbers, tackling, rules and regulations</p> <p>(Football) Defending, Attacking, Positions, Possession - in and out, tactics.</p> <p>(Table Tennis) Grip, Singles and doubles, Drive, Topspin/ Backspin, Positioning, and</p>	<p>(Swimming) Personal survival, Diving, Relays, Lengths, health and safety</p> <p>(Badminton) Backhand grip, serving, forehand grip, underarm/overarm clear, drop shot, tactical awareness, smash, outwitting an opponent, doubles positioning.</p> <p>(Handball)</p>	<p>(Swimming) Personal survival, Diving, Relays, Lengths, health and safety</p> <p>(Badminton) Backhand grip, serving, forehand grip, underarm/overarm clear, drop shot, tactical awareness, smash, outwitting an opponent, doubles positioning.</p> <p>(Handball)</p>	<p>(Athletics) Block start, dip and drive phase, rhythm of 1,2,3 release for discus, landing on bum for long jump, half spin for shotput, Fosbury Flop, fluid change overs in relay.</p>	<p>(Cricket) Bowling technique, front foot and back foot defence, pull shot, high and low catches both standing still and, on the move, long barrier.</p> <p>(Rounders) Bowling technique, batting awareness, tactics and rules, range of catches</p>

	(Table Tennis) Grip, Singles and doubles, Drive, Topspin/ Backspin, Positioning, and stance, tactics, rules and regulations	stance, tactics, rules and regulations	Rules of handball, dribbling, passing with accuracy and power, jump shooting, half court defence, spreading out on offence in front of the D, outwitting opponents.	Rules of handball, dribbling, passing with accuracy and power, jump shooting, half court defence, spreading out on offence in front of the D, outwitting opponents.		
Independent enrichment (wider reading and learning suggestions)	Extra-curricular football club, Basketball, external clubs TV, Magazine & Books, Going to fixtures.	Extra-curricular rugby club, Football, external clubs, TV, Magazine & Books, Going to fixtures.	Swimming clubs in the borough, Commonwealth Games and Olympics, Magazine & Books.	Extra-curricular swimming clubs in the borough, external clubs, TV, Magazine & Books, Going to fixtures.	Extra-curricular athletics club, external clubs, TV, Magazine & Books.	Extra-curricular cricket/rounders club, external clubs, TV, Magazine and books
SMSC	<p>Creating and developing own attacking and defensive set plays and tactics</p> <p>Reflecting and critiquing their own and others' performances</p> <p>Using discovery style to allow students to have their own thoughts, ideas and concerns</p> <p>Questioning students throughout lessons – WHY, WHAT, WHERE and HOW</p> <p>Promote fair play and teamwork in lessons</p> <p>Encourage good sportsmanship throughout</p> <p>Respect with equipment both when using it and when storing it</p> <p>Following instructions and decisions made by officials. Abiding by the rules, in all sporting situations.</p> <p>Creating a sense of community in lessons and clubs</p> <p>Encouraging the attendance to extracurricular activities</p> <p>Cultural engagement through elite performers both at school and in their own sporting environment.</p>					

Careers	Hand ball Coach, Hand Ball referee, human resources/communications/finance for England Handball Association, Personal trainer, exercise physiologist, P.E teacher, Leisure centre/health club manager, Manager, Coach, Referee, Physio, Player, Pundit, Data Analyst, Athletic director/coach, professional athlete, General manager, Umpire, Coach, Player, Groundsman, Referee, Steward
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Year 9						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Football, Table Tennis & Basketball	Table Tennis, Rugby & Football	Swimming, Badminton & Handball	Swimming, Badminton & Handball	Athletics	Cricket and Rounders
Building on (knowledge, concepts and skills)	<p>(Football) Passing, Dribbling, Control, Heading, Shooting & Crossing</p> <p>(Table Tennis) Serving, Push, Forehand Drive, Backhand Return, Chop, Smash, Flick, rules and</p>	<p>(Rugby) Passing, Tackling, Scrummaging, Rucking, Mauling & Kicking.</p> <p>(Football) Passing, Dribbling, Control, Heading, Shooting & Crossing</p> <p>(Table Tennis)</p>	<p>(Swimming) Rules of the Pool, Floatation, Treading Water, Submerge, Backstroke, Front Crawl.</p> <p>(Badminton) Serving, Rallying, Handshake grip, doubles, singles match</p> <p>(Handball)</p>	<p>(Swimming) Rules of the Pool, Floatation, Treading Water, Submerge, Backstroke, Front Crawl.</p> <p>(Badminton) Serving, Rallying, Handshake grip, doubles, singles match</p> <p>(Handball)</p>	<p>(Athletics) Running, Jumping, Throwing, Reaction Time, Technique for each athletics event.</p>	<p>(Cricket) Throwing, Fielding, batting and catching, bowling, positioning, concentration</p> <p>(rounders) Throwing, fielding, batting, catching, bowling, positioning</p>

	<p>regulations, umpiring</p> <p>(Basketball) Dribbling & Ball Control, Shooting, Passing, Marking, Rebounding, rules and regulations, officiating</p>	<p>Serving, Push, Forehand Drive, Backhand Return, Chop, Smash, Flick.</p>	<p>Throwing, Catching, Passing, Shooting,</p>	<p>Throwing, Catching, passing, shooting</p>		
<p>Building towards (knowledge, concepts and skills)</p>	<p>(Football) Defending, Attacking, Positions, Possession - in and out, tactics. High pressing, low block, defensive tactics, man-to-man / zonal marking.</p> <p>(Basketball) Ball control,</p>	<p>(Rugby) Gameplay, Positions, Line out, Overload, Grubbers, tackling, rules and regulations</p> <p>(Football) Defending, Attacking, Positions, Possession - in and out, tactics.</p> <p>(Table Tennis)</p>	<p>(Swimming) Personal survival, Diving, Relays, Lengths, health and safety.</p> <p>(Badminton) Backhand grip, serving, forehand grip, underarm/overarm clear, drop shot, tactical awareness, smash, outwitting an opponent,</p>	<p>(Swimming) Personal survival, Diving, Relays, Lengths, health and safety</p> <p>(Badminton) Backhand grip, serving, forehand grip, underarm/overarm clear, drop shot, tactical awareness, smash, outwitting an opponent,</p>	<p>(Athletics) Implementing above skills into competitive and conditioned races and events.</p> <p>Resilience, Teamwork, Empathy and Communication</p>	<p>(Cricket) Bowling technique, front foot and back foot defence, pull shot, high and low catches both standing still and, on the move, long barrier.</p> <p>(Rounders) Bowling technique, batting awareness,</p>

	<p>Footwork, weak hand dribbling, reverse lay ups, passing sequences (three-man weave). Zonal / man-to-man defence, set / jump shot, lay-up, rebounding, pick & roll.</p> <p>(Table Tennis) Grip, Singles and doubles, Drive, Topspin/ Backspin, Positioning, and stance, tactics, rules and regulations</p>	<p>Grip, Singles and doubles, Drive, Topspin/ Backspin, Positioning, and stance, tactics, rules and regulations</p>	<p>doubles positioning.</p> <p>(Handball) Rules of handball, dribbling, passing with accuracy and power, jump shooting, half court defence, spreading out on offence in front of the D, outwitting opponents.</p>	<p>doubles positioning.</p> <p>(Handball) Rules of handball, dribbling, passing with accuracy and power, jump shooting, half court defence, spreading out on offence in front of the D, outwitting opponents.</p>		<p>tactics and rules, range of catches</p>
<p>Independent enrichment (wider reading and learning suggestions)</p>	<p>Extra-curricular football club, Basketball, external clubs</p>	<p>Extra-curricular rugby club, Football, external clubs, TV, Magazine &</p>	<p>Swimming clubs in the borough, Commonwealth Games and</p>	<p>Extra-curricular swimming clubs in the borough, external clubs, TV,</p>	<p>Extra-curricular athletics club, external clubs, TV, Magazine & Books.</p>	<p>Extra-curricular cricket/rounders club, external clubs, TV,</p>

	TV, Magazine & Books, Going to fixtures.	Books, Going to fixtures.	Olympics, Magazine & Books.	Magazine & Books, Going to fixtures.		Magazine and books
SMSC	<p>Creating and developing own attacking and defensive set plays and tactics</p> <p>Reflecting and critiquing their own and others' performances</p> <p>Using discovery style to allow students to have their own thoughts, ideas and concerns</p> <p>Questioning students throughout lessons – WHY, WHAT, WHERE and HOW</p> <p>Promote fair play and teamwork in lessons</p> <p>Encourage good sportsmanship throughout</p> <p>Respect with equipment both when using it and when storing it</p> <p>Following instructions and decisions made by officials. Abiding by the rules, in all sporting situations.</p> <p>Creating a sense of community in lessons and clubs</p> <p>Encouraging the attendance to extracurricular activities</p> <p>Cultural engagement through elite performers both at school and in their own sporting environment.</p>					
Careers	<p>Hand ball Coach, Hand Ball referee, human resources/communications/finance for England Handball Association, Personal trainer, exercise physiologist, P.E teacher, Leisure centre/health club manager, Manager, Coach, Referee, Physio, Player, Pundit, Data Analyst, Athletic director/coach, professional athlete, General manager, Umpire, Coach, Player, Groundsman, Referee, Steward</p>					

KS4 PE – Students will be allowed to pick a sport from the options provided each term. Once selected, students must spend the term playing their chosen sport. Students will not be allowed to pick the same sport for two consecutive terms, ensuring rotation of sports takes place.

Year 10/11						
	Autumn 1	Autumn 2	Spring 2	Spring 2	Summer 1	Summer 2
Topic	Football, Basketball & Table Tennis/Gym	Football, Basketball & Table Tennis/Gym	Badminton, Swimming, Gym/Table Tennis	Games, Swimming & Rock climbing	Athletics	Swimming, Badminton and Cricket
Building on (knowledge, concepts and skills)	Football Passing - short and long, control, body shape, pressing, half turn, two touch, one touch, switching the play,	Football Passing - short and long, control, body shape, pressing, half turn, two touch, one touch, switching the play,	Badminton - Grip, Singles & Doubles, Serve, Drop Shot, Overhead Clear, Backhand Grip, Smash, Court Positioning, Lob, Backhand Clear,	Swimming - Rules of the pool, front crawl, backstroke, water polo, diving competition, challenges.	Athletics Running (100m, 200m, 400m and 800m) throwing (discus, shot out and javelin) and jumping (high and long) in athletic events.	Swimming - Rules of the pool, front crawl, backstroke, water polo, diving competition, challenges.

	<p>conditioned games.</p> <p>Basketball - Shooting, Rebounding, Fast Break, Screening, Half Court Press, Full Court Press, Officiating, Gameplay.</p> <p>Table Tennis - Grip, Singles & Doubles, Serve, Drive, Flick, Chop, Topspin, Backspin, Positioning/stance, skills drills, gameplay</p>	<p>conditioned games.</p> <p>Basketball - Shooting, Rebounding, Fast Break, Screening, Half Court Press, Full Court Press, Officiating, Gameplay.</p> <p>Table Tennis - Grip, Singles & Doubles, Serve, Drive, Flick, Chop, Topspin, Backspin, Positioning/stance, skills drills, gameplay</p>	<p>Jump Smash, Assessment Games.</p> <p>Swimming - Rules of the pool, front crawl, backstroke, water polo, diving competition, challenges.</p> <p>Table Tennis - Grip, Singles & Doubles, Serve, Drive, Flick, Chop, Topspin, Backspin, Positioning/stance, skills drills, gameplay</p>	<p>Multi Sports/Games - Dodgeball, Handball, Danish Longball, Badminton, Futsal, Benchball.</p>		<p>Badminton - Grip, Singles & Doubles, Serve, Drop Shot, Overhead Clear, Backhand Grip, Smash, Court Positioning, Lob, Backhand Clear, Jump Smash, Assessment Games.</p> <p>Bowling technique, front foot and back foot defence, pull shot, high and low catches both standing still and, on the move, long barrier.</p>
Build towards (knowledge, concepts and skills)	<p>Football Teamwork, gameplay understanding, positional awareness, tactical plays</p>	<p>Different types of serves, forehand and backhand slices, topspin and pushes. Attacking and defensive gameplay in</p>	<p>Using skills above learnt in competitive and conditioned games</p> <p>Resilience, Teamwork and Communication</p>	<p>Safety in water, teamwork, independence, personal character development</p>	<p>Implementing above skills into competitive and conditioned games</p> <p>Resilience, Teamwork,</p>	<p>Implementing above skills into competitive and conditioned races and events.</p> <p>Resilience, Teamwork,</p>

	Resilience, Teamwork and Communication	competitive games. Resilience, Teamwork and Communication			Empathy and Communication	Empathy and Communication
Independent enrichment (wider reading and learning suggestions)	School football team, external football teams,	Table tennis after school club. External table tennis club	School basketball team, after school trainings, external basketball teams	Joining external gym, fitness workouts outside of school	Fixtures, external cricket clubs, school trainings	Sports day, Regional events, external athletic club providers
SMSC	<p>Creating and developing own attacking and defensive set plays and tactics</p> <p>Reflecting and critiquing their own and others' performances</p> <p>Using discovery style to allow students to have their own thoughts, ideas and concerns</p> <p>Questioning students throughout lessons – WHY, WHAT, WHERE and HOW</p> <p>Promote fair play and teamwork in lessons.</p> <p>Encourage good sportsmanship throughout</p> <p>Respect with equipment both when using it and when storing it.</p> <p>Following instructions and decisions made by officials. Abiding by the rules, in all sporting situations.</p> <p>Creating a sense of community in lessons and clubs</p> <p>Encouraging the attendance to extracurricular activities</p> <p>Cultural engagement through elite performers both at school and in their own sporting environment.</p>					
Careers	Footballer, Referee, Coach, Football Analyst, PE Teacher, Pundit	Table Tennis Player, Umpire, PE Teacher, Sports Coordinator, Table Tennis Coach	Basketballer, Umpire, Coach, Basketball Analyst, Sports Coordinator	Personal Trainer, PE Teacher, Exercise Physiologist, Physio, Strength and Conditioning Coach	Cricketer, Umpire, Coach, Cricket Analyst, PE Teacher, Pundit	

