

Subject: PHYSICAL EDUCATION

Faculty Leader	Subject Leader
MR O QUAIL	MR O QUAIL
National Curriculum	
<p>The Ecclesbourne School follows the National Curriculum</p> <p>The national curriculum for physical education aims to ensure that all pupils:</p> <ul style="list-style-type: none">• Develop competence to excel in a broad range of physical activities• Are physically active for sustained periods of time• Engage in competitive sports and activities• Lead healthy, active lives.	
Curriculum Intent	
<p>Through PE at the Ecclesbourne School, we look to build on and embed the physical development and skills learned in key stages 1 and 2, our aims are to make pupils become more competent, confident and expert in their techniques, and apply them across the range of diverse sports and physical activities that we cover throughout KS3. Pupils are taught to understand what makes their own and others performance effective. We encourage all pupils to develop their confidence and interests in sport and inspire pupils to get involved in exercise, sports and activities out of school and in later life, we underpin this with an understand of the long-term health benefits of being physically active.</p>	
Curriculum Implementation	
<p>The sports have been selected to work on a four-week cycle consisting of eight lessons per sport. This includes an assessment lesson at the end of the block of work. The assessments are completed in line with the assessment grading criteria that are in place for all sports covered. The blocks are completed on a rotational cycle so no sport is favoured above any other, each receives the same level and time of teaching. Sports are selected to allow students to learn a plethora of skills in a wide variety of sports including invasion games, net sports, gymnastic and fitness sports.</p>	

The selection of sports is also reliant on facilities and teaching spaces available along with the seasonal variations to allow maximum uptake and reduce disruption lessons through exams and weather. All students are told in advance about sports they are moving onto the week before and are also told about what equipment they will require before they move onto a different block/sport.

		Term	Content	Assessment
Year 7	Autumn Term	1	<p><u>Pupils will undertake the following sports in four week cycles (8 lessons) per activity:</u></p> <p>BOYS GIRLS</p> <p>TRAMPOLINING</p> <p>RUGBY</p> <p>NETBAL</p> <p>TABLE TENNIS</p>	<p>Trampolining – Pupils will be assessed on their practical performance of a set 10 bounce routine focusing on aesthetical qualities and difficulty including basic shapes/turns & seat landings.</p> <p>Rugby - Pupils are assessed in conditioned games focusing on passing, running and tackling techniques in both drills and games.</p> <p>Netball – Pupils are assessed in conditioned games focusing on a variety of appropriate passes/ shots in a game situation, specific to their role.</p> <p>Table Tennis - Pupils are assessed in both drills and conditioned games focusing on basic forehand and backhand push shots along with the correct service techniques.</p>
		2	<p>TABLE TENNIS</p> <p>RUGBY</p> <p>TRAMPOLINING</p> <p>FITNESS</p>	<p>Trampolining – Pupils will be assessed on their practical performance of a set 10 bounce routine focusing on aesthetical qualities and difficulty including basic shapes/turns & seat landings.</p> <p>Rugby - Pupils are assessed in conditioned games focusing on passing, running and tackling techniques in both drills and games.</p> <p>Fitness – Pupils are assessed on their understanding of the key components of fitness and their application in practical sports.</p> <p>Table Tennis - Pupils are assessed in both drills and conditioned games focusing on basic forehand and backhand push shots along with the correct service techniques.</p>

Spring Term	3	<p>TABLE TENNIS</p> <p>FOOTBALL</p> <p>TRAMPOLINING</p> <p>FITNESS</p>	<p>Fitness – Pupils are assessed on their understanding of the key components of fitness and their application in practical sports.</p> <p>Table Tennis - Pupils are assessed in both drills and conditioned games focusing on basic forehand and backhand push shots along with the correct service techniques.</p> <p>Football – Pupils are assessed in both drills and conditioned games focusing on different passes over long and short distances/ ball control.</p> <p>Trampolining – Pupils will be assessed on their practical performance of a set 10 bounce routine focusing on aesthetical qualities and difficulty including basic shapes/turns & seat landings.</p>
	4	<p>BADMINTON</p> <p>FITNESS</p> <p>DANCE</p> <p>FOOTBALL</p>	<p>Football – Pupils are assessed in both drills and conditioned games focusing on different passes over long and short distances/ ball control.</p> <p>Fitness – Pupils are assessed on their understanding of the key components of fitness and their application in practical sports.</p> <p>Badminton – Pupils are assessed in both drills and conditioned games focusing on basic rules, overhead clear shots and the correct scoring technique.</p> <p>Dance – Pupils are assessed in both their performance and skill development. The aesthetic qualities in dance are taught including locomotion, space, movement and content to a related stimulus.</p>

	Summer Term	5	CRICKET ATHLETICS SOFTBALL ATHLETICS TENNIS ROUNDERS	<p>Cricket – Pupils are assessed on their ability to demonstrate their underarm bowling technique, along with basic batting strokes and fielding techniques in both conditioned games and drills.</p> <p>Rounders - Pupils are assessed on their ability to demonstrate their bowling technique, batting and fielding techniques in both conditioned games and drills.</p> <p>Softball – Pupils are assessed on their ability to demonstrate batting and fielding techniques through drills and conditioned softball games.</p> <p>Athletics – Pupils are assessed against times/distances recorded by ESA though both track and field events along with correct technique and knowledge of rules.</p> <p>Tennis – Pupils are assessed in both drills and conditioned games focusing on basic rules, forehand and backhand shots, serving and volleys, the correct scoring technique.</p>
		6	CRICKET ATHLETICS SOFTBALL ATHLETICS TENNIS ROUNDERS	<p>Cricket – Pupils are assessed on their ability to demonstrate their underarm bowling technique, along with basic batting strokes and fielding techniques in both conditioned games and drills.</p> <p>Rounders - Pupils are assessed on their ability to demonstrate their bowling technique, batting and fielding techniques in both conditioned games and drills.</p> <p>Softball – Pupils are assessed on their ability to demonstrate batting and fielding techniques through drills and conditioned softball games.</p> <p>Athletics – Pupils are assessed against times/distances recorded by ESA though both track and field events along with correct technique and knowledge of rules.</p> <p>Tennis – Pupils are assessed in both drills and conditioned games focusing on basic rules, forehand and backhand shots, serving and volleys, the correct scoring technique.</p>
		Term	Content	
Year 8	Autumn Term	1	<p><u>Pupils will undertake the following sports in four week cycles (8 lessons) per activity:</u></p> <p>BOYS GIRLS TRAMPOLINING</p>	<p>Trampolining – Pupils will be assessed on their practical performance of a set 10 bounce routine focusing on aesthetical qualities and difficulty including basic shapes/turns & seat landings.</p>

			RUGBY NETBAL TABLE TENNIS	<p>Netball – Pupils are assessed in conditioned games focusing on a variety of appropriate passes/ shots in a game situation, specific to their role.</p> <p>Table Tennis - Pupils are assessed in both drills and conditioned games focusing on basic forehand and backhand push shots along with the correct service techniques.</p> <p>Rugby - Pupils are assessed in conditioned games focusing on passing, running and tackling techniques in both drills and games.</p>
		2	TABLE TENNIS RUGBY TRAMPOLINING FITNESS	<p>Trampolining – Pupils will be assessed on their practical performance of a set 10 bounce routine focusing on aesthetical qualities and difficulty including basic shapes/turns & seat landings.</p> <p>Rugby - Pupils are assessed in conditioned games focusing on passing, running and tackling techniques in both drills and games.</p> <p>Fitness – Pupils are assessed on their understanding of the key components of fitness and their application in practical sports.</p> <p>Table Tennis - Pupils are assessed in both drills and conditioned games focusing on basic forehand and backhand push shots along with the correct service techniques.</p>
	Spring Term	3	TABLE TENNIS FOOTBALL TRAMPOLINING FITNESS	<p>Table Tennis - Pupils are assessed in both drills and conditioned games focusing on basic forehand and backhand push shots along with the correct service techniques.</p> <p>Football – Pupils are assessed in both drills and conditioned games focusing on different passes over long and short distances/ ball control.</p> <p>Fitness – Pupils are assessed on their understanding of the key components of fitness and their application in practical sports.</p> <p>Trampolining – Pupils will be assessed on their practical performance of a set 10 bounce routine focusing on aesthetical qualities and difficulty including basic shapes/turns & seat landings.</p>
		4	BADMINTON FITNESS DANCE	<p>Football – Pupils are assessed in both drills and conditioned games focusing on different passes over long and short distances/ ball control.</p>

			FOOTBALL	<p>Badminton – Pupils are assessed in both drills and conditioned games focusing on basic rules, overhead clear shots and the correct scoring technique.</p> <p>Dance – Pupils are assessed in both their performance and skill development. The aesthetic qualities in dance are taught including locomotion, space, movement and content to a related stimulus.</p> <p>Fitness – Pupils are assessed on their understanding of the key components of fitness and their application in practical sports.</p>
	Summer Term	5	CRICKET ATHLETICS SOFTBALL ATHLETICS TENNIS ROUNDERS	<p>Cricket – Pupils are assessed on their ability to demonstrate their underarm bowling technique, along with basic batting strokes and fielding techniques in both conditioned games and drills.</p> <p>Rounders - Pupils are assessed on their ability to demonstrate their bowling technique, batting and fielding techniques in both conditioned games and drills.</p> <p>Softball – Pupils are assessed on their ability to demonstrate batting and fielding techniques through drills and conditioned softball games.</p> <p>Athletics – Pupils are assessed against times/distances recorded by ESA though both track and field events along with correct technique and knowledge of rules.</p> <p>Tennis – Pupils are assessed in both drills and conditioned games focusing on basic rules, forehand and backhand shots, serving and volleys, the correct scoring technique.</p>
		6	CRICKET ATHLETICS SOFTBALL ATHLETICS TENNIS ROUNDERS	<p>Cricket – Pupils are assessed on their ability to demonstrate their underarm bowling technique, along with basic batting strokes and fielding techniques in both conditioned games and drills.</p> <p>Rounders - Pupils are assessed on their ability to demonstrate their bowling technique, batting and fielding techniques in both conditioned games and drills.</p> <p>Softball – Pupils are assessed on their ability to demonstrate batting and fielding techniques through drills and conditioned softball games.</p>

				<p>Athletics – Pupils are assessed against times/distances recorded by ESA though both track and field events along with correct technique and knowledge of rules.</p> <p>Tennis – Pupils are assessed in both drills and conditioned games focusing on basic rules, forehand and backhand shots, serving and volleys, the correct scoring technique.</p>
	Term		Content	Assessment
Year 9	Autumn Term	1	<p><u>Pupils will undertake the following sports in four week cycles (8 lessons) per activity:</u></p> <p>BOYS GIRLS TRAMPOLINING RUGBY NETBAL TABLE TENNIS</p>	<p>Trampolining – Pupils will be assessed on their practical performance of a set 10 bounce routine focusing on aesthetical qualities and difficulty including basic shapes/turns & seat landings.</p> <p>Rugby - Pupils are assessed in conditioned games focusing on passing, running and tackling techniques in both drills and games.</p> <p>Netball – Pupils are assessed in conditioned games focusing on a variety of appropriate passes/ shots in a game situation, specific to their role.</p> <p>Table Tennis - Pupils are assessed in both drills and conditioned games focusing on basic forehand and backhand push shots along with the correct service techniques.</p>
		2	<p>TABLE TENNIS RUGBY TRAMPOLINING FITNESS</p>	<p>Trampolining – Pupils will be assessed on their practical performance of a set 10 bounce routine focusing on aesthetical qualities and difficulty including basic shapes/turns & seat landings.</p> <p>Rugby - Pupils are assessed in conditioned games focusing on passing, running and tackling techniques in both drills and games.</p> <p>Fitness – Pupils are assessed on their understanding of the key components of fitness and their application in practical sports.</p> <p>Table Tennis - Pupils are assessed in both drills and conditioned games focusing on basic forehand and backhand push shots along with the correct service techniques.</p>
	Spring Term	3	<p>TABLE TENNIS FOOTBALL TRAMPOLINING FITNESS</p>	<p>Fitness – Pupils are assessed on their understanding of the key components of fitness and their application in practical sports.</p>

				<p>Trampolining – Pupils will be assessed on their practical performance of a set 10 bounce routine focusing on aesthetical qualities and difficulty including basic shapes/turns & seat landings.</p> <p>Football – Pupils are assessed in both drills and conditioned games focusing on different passes over long and short distances/ ball control.</p> <p>Table Tennis - Pupils are assessed in both drills and conditioned games focusing on basic forehand and backhand push shots along with the correct service techniques.</p>
	4	BADMINTON FITNESS DANCE FOOTBALL		<p>Badminton – Pupils are assessed in both drills and conditioned games focusing on basic rules, overhead clear shots and the correct scoring technique.</p> <p>Football – Pupils are assessed in both drills and conditioned games focusing on different passes over long and short distances/ ball control.</p> <p>Fitness – Pupils are assessed on their understanding of the key components of fitness and their application in practical sports.</p> <p>Dance – Pupils are assessed in both their performance and skill development. The aesthetic qualities in dance are taught including locomotion, space, movement and content to a related stimulus.</p>
	5	CRICKET ATHLETICS SOFTBALL ATHLETICS TENNIS ROUNDEERS	Summer Term	<p>Cricket – Pupils are assessed on their ability to demonstrate their underarm bowling technique, along with basic batting strokes and fielding techniques in both conditioned games and drills.</p> <p>Rounders - Pupils are assessed on their ability to demonstrate their bowling technique, batting and fielding techniques in both conditioned games and drills.</p> <p>Softball – Pupils are assessed on their ability to demonstrate batting and fielding techniques through drills and conditioned softball games.</p> <p>Athletics – Pupils are assessed against times/distances recorded by ESA though both track and field events along with correct technique and knowledge of rules.</p> <p>Tennis – Pupils are assessed in both drills and conditioned games focusing on basic rules, forehand and backhand shots, serving and volleys, the correct scoring technique.</p>

	6	CRICKET ATHLETICS SOFTBALL ATHLETICS TENNIS ROUNDERS	<p>Cricket – Pupils are assessed on their ability to demonstrate their underarm bowling technique, along with basic batting strokes and fielding techniques in both conditioned games and drills.</p> <p>Rounders - Pupils are assessed on their ability to demonstrate their bowling technique, batting and fielding techniques in both conditioned games and drills.</p> <p>Softball – Pupils are assessed on their ability to demonstrate batting and fielding techniques through drills and conditioned softball games.</p> <p>Athletics – Pupils are assessed against times/distances recorded by ESA though both track and field events along with correct technique and knowledge of rules.</p> <p>Tennis – Pupils are assessed in both drills and conditioned games focusing on basic rules, forehand and backhand shots, serving and volleys, the correct scoring technique.</p>

Extra-Curricular Opportunities

Students have a wide variety of extra-curricular clubs and opportunities to participate in to enrich their physical and academic progress while here at the Ecclesbourne School. These include:

Football – Years 7,8,9,10,16th form (Boys and Girls)
 Netball – Years 7,8,9,10,16th form (Girls)
 Basketball – Years 7,8 (Boys and Girls)
 Badminton – Years 7,8,9,10,16th form (Boys and Girls)
 Fencing – Years 7,8 (Boys and Girls)
 Rugby – Years 7,8,9,10,16th form (Boys)
 Fitness – Years 7,8,9,10,16th form (Boys and Girls)
 Dance - Years 7,8 (Girls)

Resources

www.fa.com
www.rfu.com
www.lta.com
www.dfe.co.uk
www.roundersengland.co.uk
www.aqa.org.uk
www.badmintonengland.co.uk
www.ecb.co.uk

www.englishhockey.co.uk

www.esaa.net

www.tabletennisengland.co.uk