

## 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"><li>• Develop competence to excel in a broad range of physical activities</li><li>• Are physically active for sustained periods of time</li><li>• Engage in competitive sports and activities</li><li>• Lead healthy, active lives.</li></ul>	
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><b><u>Pupils will undertake the following sports in four week cycles (8 lessons) per activity:</u></b></p> <p><b>BOYS GIRLS</b>            TRAMPOLINING            FOOTBALL            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 &amp; 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>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 &amp; 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	BADMINTON FITNESS HOCKEY DANCE	<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>Fitness – Pupils are assessed on their understanding of the key components of fitness and their application in practical sports.</p> <p>Hockey - Pupils are assessed in both drills and conditioned games focusing on basic stick skills including dribbling and passing over different distances.</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>
	4	BADMINTON FITNESS DANCE HOCKEY	<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> <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 &amp; seat landings.</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 <b>ATHLETICS</b> <b>BADMINTON</b> <b>ROUNDERS</b>	<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>Badminton – Pupils are assessed in both drills and conditioned games focusing on basic rules, overhead clear shots and the correct scoring technique.</p>
		6	CRICKET ATHLETICS SOFTBALL <b>ATHLETICS</b> <b>BADMINTON</b> <b>ROUNDERS</b>	<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>Badminton – Pupils are assessed in both drills and conditioned games focusing on basic rules, overhead clear shots and the correct scoring technique.</p>
		<b>Term</b>	<b>Content</b>	<b>Assessment</b>
<b>Year 8</b>	Autumn Term	1	<p><b><u>Pupils will undertake the following sports in four week cycles (8 lessons) per activity:</u></b></p> <p><b><u>BOYS GIRLS</u></b>            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 &amp; seat landings.</p>

Spring Term		FOOTBALL NETBAL TABLE TENNIS	<p>Football – Pupils are assessed in both drills and conditioned games focusing on different passes over long and short distances/ ball control.</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	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 &amp; 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>
	3	BADMINTON FITNESS HOCKEY TRAMPOLINING	<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>Fitness – Pupils are assessed on their understanding of the key components of fitness and their application in practical sports.</p> <p>Hockey - Pupils are assessed in both drills and conditioned games focusing on basic stick skills including dribbling and passing over different distances.</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 &amp; seat landings.</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	4	BADMINTON FITNESS DANCE HOCKEY	<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> <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 &amp; seat landings.</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 BADMINTON 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>Badminton – Pupils are assessed in both drills and conditioned games focusing on basic rules, overhead clear shots and the correct scoring technique.</p>
	6	CRICKET ATHLETICS SOFTBALL ATHLETICS BADMINTON 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>

		Term	Content	Assessment
Year 9				<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>Badminton – Pupils are assessed in both drills and conditioned games focusing on basic rules, overhead clear shots and the correct scoring technique.</p>
	Autumn Term	1	<p><b><u>Pupils will undertake the following sports in four week cycles (8 lessons) per activity:</u></b></p> <p><b>BOYS GIRLS</b>            TRAMPOLINING            FOOTBALL  <b>NETBAL</b>  <b>TABLE TENNIS</b></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 &amp; 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>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  <b>TRAMPOLINING</b>  <b>FITNESS</b></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 &amp; 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>BADMINTON            FITNESS  <b>HOCKEY</b>  <b>TRAMPOLINING</b></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>

Summer Term			<p>Fitness – Pupils are assessed on their understanding of the key components of fitness and their application in practical sports.</p> <p>Hockey - Pupils are assessed in both drills and conditioned games focusing on basic stick skills including dribbling and passing over different distances.</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 &amp; seat landings.</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>
	4	<p>BADMINTON FITNESS DANCE HOCKEY</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> <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 &amp; seat landings.</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	<p>CRICKET ATHLETICS SOFTBALL ATHLETICS BADMINTON ROUNDERS</p>	<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>



			Badminton – Pupils are assessed in both drills and conditioned games focusing on basic rules, overhead clear shots and the correct scoring technique.
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### 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 7,8,9,10,16<sup>th</sup> form (Boys and Girls)
- Netball – Years 7,8,9,10,16<sup>th</sup> form (Girls)
- Basketball – Years 7,8 (Boys and Girls)
- Badminton – Years 7,8,9,10,16<sup>th</sup> form (Boys and Girls)
- Fencing – Years 7,8 (Boys and Girls)
- Rugby – Years 7,8,9,10,16<sup>th</sup> form (Boys)
- Fitness – Years 7,8,9,10,16<sup>th</sup> form (Boys and Girls)
- Dance - Years 7,8 (Girls)

### Resources

- [www.fa.com](http://www.fa.com)
- [www.rfu.com](http://www.rfu.com)
- [www.lta.com](http://www.lta.com)
- [www.dfe.co.uk](http://www.dfe.co.uk)
- [www.roundersengland.co.uk](http://www.roundersengland.co.uk)
- [www.aqa.org.uk](http://www.aqa.org.uk)

[www.badmintonengland.co.uk](http://www.badmintonengland.co.uk)

[www.ecb.co.uk](http://www.ecb.co.uk)

[www.englandhockey.co.uk](http://www.englandhockey.co.uk)

[www.esaa.net](http://www.esaa.net)

[www.tabletennisengland.co.uk](http://www.tabletennisengland.co.uk)