



Curriculum Intent Plan



Subject: Physical Education

Physical Education Overview

At Eden Park High School students will be exposed to a wide variety of different sporting activities. They will develop transferable skill across the activities which will aid their practical performance. Through this subject we want our students to experience the benefits of physical activity as well as embedding positive social and mental wellbeing through participation in physical activity. We believe it is important to use sport as a tool to raise self-esteem and build resilience in each individual leading to students being inspired, engaged and enthusiastic about the subject.

Students will show mutual respect to teachers and will be ready to learn. Teacher will inspire learners through engaging Science lessons that are based around themes rather than disciplines. Students will build resilience through assessment and personalised plans will be produced to fill gaps in knowledge.

Using 21st century equipment in the PE lessons, students will be able to analyse practical performance through the use of applications. Students will be able to share thoughts and work together to reach a goal. They will be able to try new approaches to skills and drills.

Students can access extra sports activities through the extracurricular enrichment lessons. Reinforcement of class knowledge and extra help can be provided where necessary.

All students have the Opportunity to access state of the sports equipment on/in high spec facilities. Students are taught to the highest level to ensure all can achieve their potential. All students will access a variety of physical activities within lessons regardless of gender or ability.

Traditonal Values

21st Century Skills

Enrichment for All

Equality for All





Curriculum Outline of Content Year 7



Assessment

Autumn Term

Netball - 3 lessons

Passing, Footwork, Shooting, Defending, Tactical Awareness

Football - 3 lessons

Passing, Dribbling, Shooting, Tackling, Tactical Awareness

Rugby - 3 lessons

Passing, Kicking, Tackling, Tactical Awareness

Basketball - 3 lessons

Passing, Footwork, Shooting, Defending, Tactical Awareness

Spring Term

Fitness - 3 lessons

Methods of Training, Fitness testing

Gymnastics - 3 lessons

Floor routine - Jump, Turn, Travel, gesture, Stillness

Handball - 3 lessons

Passing, Dribbling, Shooting, Defending, Tactical Awareness

TableTennis - 3 lessons

Service, Push Shot, Drive Shot, Spin, Rules and Tactical Awareness

Summer Term

Tennis - 3 lessons

Forehand, Backhand, Service, Volley, Teactical awareness

Cricket - 3 lessons

Batting, Bowling, Fielding, Throwing and Catching, Tactical Awareness

Rounders - 3 lessons

Batting, Bowling, Fielding, Throwing and Catching, Tactical Awareness

Athletics - 3 lessons

Running - Short and Long Distance, Jumps, Throws

Autumn Term

- Individual activity grades
- 25% from each activity goes towards overall termly grade

Spring Term

- Individual activity grades
- 12.5% from each activity goes towards overall termly grade

Summer Term

- Individual activity grades
- 8.3% from each activity goes towards overall termly grade

End of Year Grade

- Each activity will be worth 8.3% of final end of year grade.



Curriculum Outline of Content Year 8



Assessment

Autumn Term

Netball - 3 lessons

Passing, Footwork, Shooting, Defending, Tactical Awareness

Football - 3 lessons

Passing, Dribbling, Shooting, Tackling, Tactical Awareness

Rugby - 3 lessons

Passing, Kicking, Tackling, Tactical Awareness

Basketball - 3 lessons

Passing, Footwork, Shooting, Defending, Tactical Awareness

Spring Term

Fitness - 3 lessons

Methods of Training, Fitness testing

Gymnastics - 3 lessons

Cartwheels, Handstands and Headstands, Vaulting (on, over, through), Handspring

Handball - 3 lessons

Passing, Dribbling, Shooting, Defending, Tactical Awareness

TableTennis - 3 lessons

Service, Push Shot, Drive Shot, Spin, Rules and Tactical Awareness

Summer Term

Tennis - 3 lessons

Forehand, Backhand, Service, Volley, Teactical awareness

Cricket - 3 lessons

Batting, Bowling, Fielding, Throwing and Catching, Tactical Awareness

Rounders - 3 lessons

Batting, Bowling, Fielding, Throwing and Catching, Tactical Awareness

Athletics - 3 lessons

Running - Short and Long Distance, Jumps, Throws

Autumn Term

- Individual activity grades
- 25% from each activity goes towards overall termly grade

Spring Term

- Individual activity grades
- 12.5% from each activity goes towards overall termly grade

Summer Term

- Individual activity grades
- 8.3% from each activity goes towards overall termly grade

End of Year Grade

- Each activity will be worth 8.3% of final end of year grade.



Curriculum

Outline of Content

Year 9



Assessment

Autumn Term

Netball - 3 lessons

Passing, Footwork, Shooting, Defending, Tactical Awareness

Football - 3 lessons

Passing, Dribbling, Shooting, Tackling, Tactical Awareness

Rugby - 3 lessons

Passing, Kicking, Tackling, Tactical Awareness

Basketball - 3 lessons

Passing, Footwork, Shooting, Defending, Tactical Awareness

Spring Term

Gymnastics - 3 lessons

Cartwheels, Handstands and Headstands, Vaulting (on, over, through), Handspring

Handball - 3 lessons

Passing, Dribbling, Shooting, Defending, Tactical Awareness

TableTennis - 3 lessons

Service, Push Shot, Drive Shot, Spin, Rules and Tactical Awareness

Summer Term

Tennis - 3 lessons

Forehand, Backhand, Service, Volley, Teactical awareness

Cricket - 3 lessons

Batting, Bowling, Fielding, Throwing and Catching, Tactical Awareness

Rounders - 3 lessons

Batting, Bowling, Fielding, Throwing and Catching, Tactical Awareness

Athletics - 3 lessons

Running - Short and Long Distance, Jumps, Throws

Autumn Term

- Individual activity grades
- 25% from each activity goes towards overall termly grade

Spring Term

- Individual activity grades
- 14.3% from each activity goes towards overall termly grade

Summer Term

- Individual activity grades
- 9% from each activity goes towards overall termly grade

End of Year Grade

- Each activity will be worth 9% of final end of year grade.