



THE BIRKENHEAD PARK SCHOOL

Curriculum Plan 2016/2017 – Physical Education

Year	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 7	All groups will cover the following for each sport or activity:- <ul style="list-style-type: none"> • Sportsmanship • Leadership • Coaching • Teamwork • Rules of play • Officiating 					
Year 7E Boys Group 1	Rugby: Understand why it is important to warm up for activity. Use a range of tactics and strategies to overcome opponents in direct competition.	Football: Use a range of tactics and strategies to overcome opponents in direct competition.	Fitness: Understand and apply the long-term health benefits of physical activity. Handball: Develop their technique and improve their performance in other competitive sports.	Trampolining: Develop their technique and improve their performance in other competitive sports. Basketball: Develop their technique and improve their performance in other competitive sports.	Cricket: Develop their technique and improve their performance in other competitive sports. Athletics: Develop their technique and improve their performance in other competitive sports.	Softball: Develop their technique and improve their performance in other competitive sports. Athletics: Develop their technique and improve their performance in other competitive sports.



THE BIRKENHEAD PARK SCHOOL

Curriculum Plan 2016/2017 – Physical Education

Year	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 7E Boys Group 2	<p>Rugby: Understand why it is important to warm up for activity. Use a range of tactics and strategies to overcome opponents in direct competition.</p>	<p>Football: Use a range of tactics and strategies to overcome opponents in direct competition.</p> <p>Basketball: Use a range of tactics and strategies to overcome opponents in direct competition.</p>	<p>Fitness: Understand and apply the long-term health benefits of physical activity.</p> <p>Handball: Use a range of tactics and strategies to overcome opponents in direct competition.</p>	<p>Trampolining: Learn basic shapes and be able to link into routines.</p> <p>Table Tennis: Use a range of tactics and strategies to overcome opponents in direct competition.</p>	<p>Cricket: Develop their technique and improve their performance in other competitive sports.</p> <p>Athletics: Develop their technique and improve their performance in other competitive sports.</p>	<p>Softball: Develop their technique and improve their performance in other competitive sports.</p> <p>Athletics: Develop their technique and improve their performance in other competitive sports.</p>



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Year 7E Girls Group 1	<p>Netball: Understand why it is important to warm up for activity. Use a range of tactics and strategies to overcome opponents in direct competition.</p> <p>Dance: Perform dances using advanced dance techniques within a range of dance styles and forms.</p>	<p>Fitness: Use a range of tactics and strategies to overcome opponents in direct competition. Understand and apply the long-term health benefits of physical activity.</p> <p>Rugby: Use a range of tactics and strategies to overcome opponents in direct competition. Understand and apply the long-term health benefits of physical activity.</p>	<p>Trampolining: Learn basic shapes and be able to link into routines.</p>	<p>Rugby: Develop their technique and improve their performance in other competitive sports.</p> <p>Football: Develop their technique and improve their performance in other competitive sports.</p>	<p>Athletics: Develop their technique and improve their performance in other competitive sports.</p> <p>Rounders: Develop their technique and improve their performance in other competitive sports.</p>	<p>Athletics: Develop their technique and improve their performance in other competitive sports.</p> <p>Rounders: Develop their technique and improve their performance in other competitive sports.</p>



THE BIRKENHEAD PARK SCHOOL

Curriculum Plan 2016/2017 – Physical Education

Year	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 7W Boys Group 1	<p>Rugby: Understand why it is important to warm up for activity. Use a range of tactics and strategies to overcome opponents in direct competition.</p>	<p>Football: Use a range of tactics and strategies to overcome opponents in direct competition</p>	<p>Handball: Use a range of tactics and strategies to overcome opponents in direct competition.</p>	<p>Trampolining: Learn basic shapes and be able to link into routines.</p> <p>Basketball: Use a range of tactics and strategies to overcome opponents in direct competition.</p>	<p>Cricket: Develop their technique and improve their performance in other competitive sports.</p> <p>Athletics: Develop their technique and improve their performance in other competitive sports.</p>	<p>Softball: Develop their technique and improve their performance in other competitive sports.</p> <p>Athletics: Develop their technique and improve their performance in other competitive sports.</p>
Year 7W Girls Group 1	<p>Netball: Understand why it is important to warm up for activity. Use a range of tactics and strategies to overcome opponents in direct competition.</p> <p>Basketball: Understand why it is important to warm up for activity. Use a range of tactics and strategies to overcome opponents in direct competition.</p>	<p>Dance: Perform dances using advanced dance techniques within a range of dance styles and forms.</p>	<p>Trampolining: Learn basic shapes and be able to link into routines.</p> <p>Gymnastics: Learn basic shapes and be able to link into routines.</p>	<p>Rugby: Develop their technique and improve their performance in other competitive sports.</p> <p>Football: Develop their technique and improve their performance in other competitive sports.</p>	<p>Athletics: Develop their technique and improve their performance in other competitive sports.</p> <p>Rounders: Develop their technique and improve their performance in other competitive sports.</p>	<p>Athletics: Develop their technique and improve their performance in other competitive sports.</p> <p>Rounders: Develop their technique and improve their performance in other competitive sports.</p>



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Curriculum Plan 2016/2017 – Physical Education

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Year 8	All groups will cover the following for each sport or activity:- <ul style="list-style-type: none"> • Sportsmanship • Leadership • Coaching • Teamwork • Rules of play • Officiating 					
Year 8E Boys Group 1	Rugby: Develop their technique and improve their performance in other competitive sports.	Football: Develop their technique and improve their performance in other competitive sports.	Trampolining: Learn basic shapes and be able to link into routines. Handball: Develop their technique and improve their performance in other competitive sports.	Basketball: Develop their technique and improve their performance in other competitive sports. Fitness: Understand and apply the long-term health benefits of physical activity.	Cricket: Develop their technique and improve their performance in other competitive sports. Athletics: Develop their technique and improve their performance in other competitive sports.	Softball: Develop their technique and improve their performance in other competitive sports. Athletics: Develop their technique and improve their performance in other competitive sports.
Year 8E Boys Group 2	Rugby: Develop their technique and improve their performance in other competitive sports.	Football: Develop their technique and improve their performance in other competitive sports.	Fitness: Understand and apply the long-term health benefits of physical activity. Handball: Develop their technique and improve their performance in other competitive sports.	Trampolining: Learn basic shapes and be able to link into routines. Table Tennis: Develop their technique and improve their performance in other competitive sports.	Cricket: Develop their technique and improve their performance in other competitive sports. Athletics: Develop their technique and improve their performance in other competitive sports.	Softball: Develop their technique and improve their performance in other competitive sports. Athletics: Develop their technique and improve their performance in other competitive sports.



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Curriculum Plan 2016/2017 – Physical Education

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Y8E Girls Group 1	<p>Netball: Develop their technique and improve their performance in other competitive sports.</p> <p>Dance: Perform dances using advanced dance techniques within a range of dance styles and forms.</p>	<p>Fitness: Understand and apply the long-term health benefits of physical activity.</p> <p>Rugby: Develop their technique and improve their performance in other competitive sports.</p>	<p>Football: Develop their technique and improve their performance in other competitive sports.</p> <p>Badminton: Develop their technique and improve their performance in other competitive sports.</p>	<p>Tennis: Develop their technique and improve their performance in other competitive sports.</p> <p>Trampolining: Learn basic shapes and be able to link into routines.</p>	<p>Rounders: Develop their technique and improve their performance in other competitive sports.</p> <p>Athletics : Develop their technique and improve their performance in other competitive sports.</p>	<p>Rounders : Develop their technique and improve their performance in other competitive sports.</p> <p>Athletics : Develop their technique and improve their performance in other competitive sports.</p>
Y8W Boys Group 1	<p>Rugby: Develop their technique and improve their performance in other competitive sports.</p>	<p>Football: Develop their technique and improve their performance in other competitive sports.</p>	<p>Handball: Develop their technique and improve their performance in other competitive sports.</p>	<p>Trampolining: Learn basic shapes and be able to link into routines.</p> <p>Basketball: Develop their technique and improve their performance in other competitive sports.</p>	<p>Cricket: Develop their technique and improve their performance in other competitive sports.</p> <p>Athletics: Develop their technique and improve their performance in other competitive sports.</p>	<p>Softball: Develop their technique and improve their performance in other competitive sports.</p> <p>Athletics: Develop their technique and improve their performance in other competitive sports.</p>



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Curriculum Plan 2016/2017 – Physical Education

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Year 8W Girls Group 1	<p>Netball: Use a range of tactics and strategies to overcome opponents in direct competition.</p> <p>Basketball : Use a range of tactics and strategies to overcome opponents in direct competition.</p>	<p>Dance: Perform dances using advanced dance techniques within a range of dance styles and forms.</p>	<p>Trampolining: Learn basic shapes and be able to link into routines.</p> <p>Gymnastics: Learn basic shapes and be able to link into routines.</p>	<p>Rugby: Use a range of tactics and strategies to overcome opponents in direct competition.</p> <p>Football: Use a range of tactics and strategies to overcome opponents in direct competition.</p>	<p>Athletics: Develop their technique and improve their performance in other competitive sports.</p> <p>Rounders: Develop their technique and improve their performance in other competitive sports.</p>	<p>Athletics: Develop their technique and improve their performance in other competitive sports.</p> <p>Rounders: Develop their technique and improve their performance in other competitive sports.</p>



THE BIRKENHEAD PARK SCHOOL

Curriculum Plan 2016/2017 – Physical Education

Year	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
YEAR 9	All groups will cover the following for each sport or activity:- <ul style="list-style-type: none"> • Sportsmanship • Leadership • Coaching • Teamwork • Rules of play • Officiating 					
Year 9E Boys Group 1	Rugby: Develop their technique and improve their performance in other competitive sports.	Football: Develop their technique and improve their performance in other competitive sports.	Handball: Develop their technique and improve their performance in other competitive sports.	Cricket: Develop their technique and improve their performance in other competitive sports. Trampolining: Re-cap basic shapes and create own routines.	Athletics: Develop their technique and improve their performance in other competitive sports. Cricket: Develop their technique and improve their performance in other competitive sports.	Softball: Develop their technique and improve their performance in other competitive sports.



THE BIRKENHEAD PARK SCHOOL

Curriculum Plan 2016/2017 – Physical Education

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Year 9W Boys Group 2	<p>Rugby: Develop their technique and improve their performance in other competitive sports.</p>	<p>Football: Develop their technique and improve their performance in other competitive sports.</p>	<p>Handball: Develop their technique and improve their performance in other competitive sports.</p>	<p>Cricket: Develop their technique and improve their performance in other competitive sports.</p> <p>Trampolining: Re-cap basic shapes and create own routines.</p>	<p>Cricket: Develop their technique and improve their performance in other competitive sports.</p> <p>Athletics: Develop their technique and improve their performance in other competitive sports.</p>	<p>Softball: Develop their technique and improve their performance in other competitive sports.</p> <p>Athletics: Develop their technique and improve their performance in other competitive sports.</p>
Year 9E Girls Group 1	<p>Netball: Develop their technique and improve their performance in other competitive sports.</p> <p>Dance: Perform dances using advanced dance techniques within a range of dance styles and forms.</p>	<p>Badminton: Develop their technique and improve their performance in other competitive sports.</p>	<p>Trampolining: Re-cap basic shapes and create own routines.</p>	<p>Fitness: Understand why it is important to lead a healthy lifestyle and apply the long term health benefits of activity.</p> <p>Football: Use a range of tactics and strategies to overcome opponents in direct competition.</p>	<p>Athletics: Develop their technique and improve their performance in other competitive sports.</p> <p>Rounders: Develop their technique and improve their performance in other competitive sports.</p>	<p>Athletics: Develop their technique and improve their performance in other competitive sports.</p> <p>Rounders: Develop their technique and improve their performance in other competitive sports.</p>



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Curriculum Plan 2016/2017 – Physical Education

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Year 10 BTEC Sport Pathway	<p>Learning aim A:</p> <ul style="list-style-type: none"> Know about the components of fitness and the principles of training <p>Learning aim B:</p> <ul style="list-style-type: none"> Explore different fitness training methods <p>Learning aim C:</p> <ul style="list-style-type: none"> Investigate fitness testing to determine fitness levels 	<p>Learning aim A:</p> <ul style="list-style-type: none"> Know about the components of fitness and the principles of training <p>Learning aim B:</p> <ul style="list-style-type: none"> Explore different fitness training methods <p>Learning aim C:</p> <ul style="list-style-type: none"> Investigate fitness testing to determine fitness levels 	<p>Learning aim A:</p> <ul style="list-style-type: none"> Know about the components of fitness and the principles of training <p>Learning aim B:</p> <ul style="list-style-type: none"> Explore different fitness training methods <p>Learning aim C:</p> <ul style="list-style-type: none"> Investigate fitness testing to determine fitness levels 	<p>Learning aim A:</p> <ul style="list-style-type: none"> Design a personal fitness training programme <p>Learning aim B:</p> <ul style="list-style-type: none"> Know about exercise adherence factors and strategies for continued training success <p>Learning aim C:</p> <ul style="list-style-type: none"> Implement a self-designed personal fitness training programme to achieve own goals and objectives 	<p>Learning aim A:</p> <ul style="list-style-type: none"> Design a personal fitness training programme <p>Learning aim B:</p> <ul style="list-style-type: none"> Know about exercise adherence factors and strategies for continued training success <p>Learning aim C:</p> <ul style="list-style-type: none"> Implement a self-designed personal fitness training programme to achieve own goals and objectives 	<p>Learning aim A:</p> <ul style="list-style-type: none"> Design a personal fitness training programme <p>Learning aim B:</p> <ul style="list-style-type: none"> Know about exercise adherence factors and strategies for continued training success <p>Learning aim C:</p> <ul style="list-style-type: none"> Implement a self-designed personal fitness training programme to achieve own goals and objectives



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Curriculum Plan 2016/2017 – Physical Education

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Year 11 Core PE Pathway	<ul style="list-style-type: none"> To engage in activity/sport To understand why it is important to lead an active and healthy lifestyle To take part in competitive sport To understand teamwork and leadership 	<ul style="list-style-type: none"> To engage in activity/sport To understand why it is important to lead an active and healthy lifestyle To take part in competitive sport To understand teamwork and leadership 	<ul style="list-style-type: none"> To engage in activity/sport To understand why it is important to lead an active and healthy lifestyle To take part in competitive sport To understand teamwork and leadership 	<ul style="list-style-type: none"> To engage in activity/sport To understand why it is important to lead an active and healthy lifestyle To take part in competitive sport To understand teamwork and leadership 	<ul style="list-style-type: none"> To engage in activity/sport To understand why it is important to lead an active and healthy lifestyle To take part in competitive sport To understand teamwork and leadership 	<ul style="list-style-type: none"> To engage in activity/sport To understand why it is important to lead an active and healthy lifestyle To take part in competitive sport To understand teamwork and leadership
Year 11 BTEC Sport Pathway	<p>Learning aim A:</p> <ul style="list-style-type: none"> Understand the rules, regulations and scoring systems for selected sports <p>Learning aim B:</p> <ul style="list-style-type: none"> Practically demonstrate skills, techniques and tactics in selected sports <p>Learning aim C:</p> <ul style="list-style-type: none"> Be able to review sports performance 	<p>Learning aim A:</p> <ul style="list-style-type: none"> Understand the rules, regulations and scoring systems for selected sports <p>Learning aim B:</p> <ul style="list-style-type: none"> Practically demonstrate skills, techniques and tactics in selected sports <p>Learning aim C:</p> <ul style="list-style-type: none"> Be able to review sports performance 	<p>Learning aim A:</p> <ul style="list-style-type: none"> Understand the rules, regulations and scoring systems for selected sports <p>Learning aim B:</p> <ul style="list-style-type: none"> Practically demonstrate skills, techniques and tactics in selected sports <p>Learning aim C:</p> <ul style="list-style-type: none"> Be able to review sports performance 	<p>Learning aim A:</p> <ul style="list-style-type: none"> Know the attributes associated with successful sports leadership <p>Learning aim B:</p> <ul style="list-style-type: none"> Undertake the planning and leading of sports activities <p>Learning aim C:</p> <ul style="list-style-type: none"> Review the planning and leading of sports activities 	<p>Learning aim A:</p> <ul style="list-style-type: none"> Know the attributes associated with successful sports leadership <p>Learning aim B:</p> <ul style="list-style-type: none"> Undertake the planning and leading of sports activities <p>Learning aim C:</p> <ul style="list-style-type: none"> Review the planning and leading of sports activities 	<p>Learning aim A:</p> <ul style="list-style-type: none"> Know the attributes associated with successful sports leadership <p>Learning aim B:</p> <ul style="list-style-type: none"> Undertake the planning and leading of sports activities <p>Learning aim C:</p> <ul style="list-style-type: none"> Review the planning and leading of sports activities