



THE BIRKENHEAD PARK SCHOOL

Curriculum Plan 2017/2018 – Physical Education

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



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| <b>Year 7<br/>Girls</b> | <p><b>Netball:</b><br/>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><b>Dance:</b><br/>Perform dances using advanced dance techniques within a range of dance styles and forms.</p> | <p><b>Fitness:</b><br/>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><b>Rugby:</b><br/>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><b>Trampolining:</b><br/>Learn basic shapes and be able to link into routines.</p> | <p><b>Rugby:</b><br/>Develop their technique and improve their performance in other competitive sports.</p> <p><b>Football:</b><br/>Develop their technique and improve their performance in other competitive sports.</p> | <p><b>Athletics:</b><br/>Develop their technique and improve their performance in other competitive sports.</p> <p><b>Rounders:</b><br/>Develop their technique and improve their performance in other competitive sports.</p> | <p><b>Athletics:</b><br/>Develop their technique and improve their performance in other competitive sports.</p> <p><b>Rounders:</b><br/>Develop their technique and improve their performance in other competitive sports.</p> |



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



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|---------------------|--|--|---|---|--|---|
| <b>Y8<br/>Girls</b> | <b>Netball:</b><br>Develop their technique and improve their performance in other competitive sports.<br><br><b>Dance:</b><br>Perform dances using advanced dance techniques within a range of dance styles and forms. | <b>Fitness:</b><br>Understand and apply the long-term health benefits of physical activity.<br><br><b>Rugby:</b><br>Develop their technique and improve their performance in other competitive sports. | <b>Football:</b><br>Develop their technique and improve their performance in other competitive sports.<br><br><b>Badminton:</b><br>Develop their technique and improve their performance in other competitive sports. | <b>Tennis:</b><br>Develop their technique and improve their performance in other competitive sports.<br><br><b>Trampolining:</b><br>Learn basic shapes and be able to link into routines. | <b>Rounders:</b><br>Develop their technique and improve their performance in other competitive sports.<br><br><b>Athletics :</b><br>Develop their technique and improve their performance in other competitive sports. | <b>Rounders :</b><br>Develop their technique and improve their performance in other competitive sports.<br><br><b>Athletics :</b><br>Develop their technique and improve their performance in other competitive sports. |
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|---------------------|--|--|--|---|--|--|
| <b>YEAR 9</b>       | All groups will cover the following for each sport or activity:- <ul style="list-style-type: none"> <li>• Sportsmanship</li> <li>• Leadership</li> <li>• Coaching</li> <li>• Teamwork</li> <li>• Rules of play</li> <li>• Officiating</li> </ul> |  |  |   |  |  |
| <b>Year 9E Boys</b> | <b>Rugby:</b><br>Develop their technique and improve their performance in other competitive sports.  | <b>Football:</b><br>Develop their technique and improve their performance in other competitive sports. | <b>Handball:</b><br>Develop their technique and improve their performance in other competitive sports. | <b>Cricket:</b><br>Develop their technique and improve their performance in other competitive sports.<br><br><b>Trampolining:</b><br>Re-cap basic shapes and create own routines. | <b>Athletics:</b><br>Develop their technique and improve their performance in other competitive sports.<br><br><b>Cricket:</b><br>Develop their technique and improve their performance in other competitive sports. | <b>Softball:</b><br>Develop their technique and improve their performance in other competitive sports. |



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





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





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