Newport Girls' High School



KS4 Learning Overview

Subject:PELead Teacher:Miss R SaundersYear:9, 10, 11

Curriculum organisation

Students are taught in class groups (9A, B1,B2, 10X, Y, Z and 11A, R, S of 30 for two hours per week. They are not grouped by ability.

They are taught one PE and one Games lesson per week.

Once students move to KS4 PE, some sports are repeated such as netball, athletics, fitness, rounders, cricket, dance and handball. This allows us to build upon and consolidate prior learning and skills, ensuring any 'gaps' in knowledge are addressed. But we also begin to introduce some alternative sports to the curriculum to increase variety as well.

Students have full access to the Physical Education National Curriculum which is differentiated to meet pupils' learning needs and styles. The Physical Education curriculum is designed to be challenging, appropriate to each pupil's stage of development.

- To be active physically, demonstrating knowledge and understanding mainly through physical activity.
- To promote health awareness and the value of adopting a healthy lifestyle.
- To provide high quality coaching and teaching within PE lessons and after-school clubs.
- Staff to deliver high quality PE lessons.
- To increase the amount of inter-school competitive sport opportunities for students.
- To increase the amount of intra-school competitive sport opportunities for students.
- To instil a sense of good sportsmanship, and encourage recognition of other students contribution.
- To develop leadership skills, responsibility and self-awareness.

We offer Y11 students the opportunity to have some say in the way their curriculum is taught. This allows them to select activities that they are most engaged with. They must select a new sport in PE and Games each half term to ensure that a range of activities are taken over the course of the year.

Overview of Topics & Key Information				How will your child be learning?	
Term	Unit(s) of Work	Key Enquiry Questions	Key Content/ Terminology	Skills developed	
Autumn Term	Y9 Games – Netball - Fitness - Spacing - Marking - Intercepting - Holding space - Teamwork - Tactics - Interhouse - Interhouse Y10 Games – Lacrosse - Scooping - Carry / running with the ball - Throwing and catching - Passing and moving - Attacking / defending	 How can I develop my knowledge and skills in this sport? How can I improve the skills that I use? Could I umpire or coach in this sport? Do I have the knowledge and skills to know how to train to improve my own fitness levels? Do I know what lifestyle factors impact my ability to train? How can I make my training easier / harder? 	 Tactics Positional play Rules Attacking Defending Sport specific terminology in each sport Aerobic endurance Stamina Speed Agility Reaction time Reps Sets Weight training 	 Passing skills Positional play Spacing Attacking and Defending skills Game Play Increase in fitness levels Knowledge of components of fitness Knowledge of ways to train for different components of fitness 	 Practical lessons Individual work Pair work Small group work Whole class work Problem-solving tasks

- Tactics - Interhouse Y11 Games – Fitness @ the Body Barn - 6 Lessons on technical - 3 lesson on Punch - 3 lessons on Open gym.	 How can I develop my technique in the gym environment? How can I improve the technique that I am using? Do I have the knowledge and skills to know how to train to improve my own fitness levels? Do I know what lifestyle factors impact my ability to train? How can I make my training easier / harder 	 Technique Strength Reps Sets Hinges Brace Spotting 	Knowledge of movement patterns Increased knowledge of form and technique Performance skills Evaluation skills. Confidence to train in a gym environment.	
Y9 PE – Dance - Musicals - 3 lessons teacher led to the greatest showman - 3 lessons interhouse dance practice - Interhouse dance performance Y10 PE – Dance - Street / contemporary dance - 2 taught lessons - 4 interhouse practice lessons - 1 interhouse dance performance	 Can you describe / demonstrate key dance actions used in 3 new dance styles? Can you learn a short phrase of dance in each style? Can you add actions to a short phrase of dance? Do I have the knowledge and skills to know how to train to improve my own fitness levels? Do I know what lifestyle factors impact my ability to train? How can I make my training easier / harder? 	• Actions • Principles (Levels, partner work, lifts,	Learn and remember a short phrase of dance Choreography skills Performance skills Evaluation skills	
Y11 – Class Choice Y9 Games – Football - Passing, control and turning - Shooting - Attacking / beating an opponent - Defensive tactics - Set plays - Interhouse Y10 Games – Netball - Attacking principles - Outwitting opposition - Defending principles - Tactics/ team strategies	 How can I develop my knowledge and skills in this sport? How can I improve the skills that I use? Could I umpire or coach in this sport? Do I have the knowledge and skills to know how to train to improve my own fitness levels? Can I work in a team? How can I make my training easier / harder? 	 Tactics Positional play Rules Attacking Defending Sport specific terminology in each sport Aerobic endurance Stamina Speed Agility Reaction time Reps Sets Weight training 	 Passing skills Positional play Spacing Attacking and Defending skills Game Play Increase in fitness levels Knowledge of components of fitness Knowledge of ways to train for different components of fitness 	

	- Role of an				
	umpire/ coaching.				
	Y9 PE – Problem	• Can I work in a team?	Problem solving	Development of	
	Solving • 6 lessons with a	How can I develop my knowledge and skills in	• Overcoming	problem-solving skills	
	range of problem-	this sport?	challenges	Development of	
	solving activities	• How can I improve the	• Tactics	team work	
	• Student leadership activities	skills that I use?	Positional play	Development of	
	• Interhouse	• Could I umpire or coach in this sport?	• Rules	communication	
	problem solving	in uns sport:	Attacking Defending	skills	
	V10 DE - V-11111		• Sport specific	Passing skills	
	Y10 PE – Volleyball - Develop volley		terminology in each	Positional play	
	- Develop dig		sport	Spacing	
	- Serving			 Attacking and Defending skills 	
	- Spike - Block			Game Play	
	- Attacking and				
	defending - Interhouse				
	- Internouse				
	Y11 PE – Class				
Spring	Choice Year 9 Games – Tag	• How can I develop my	Tactics	Passing skills	
Term	Rugby	knowledge and skills in	Positional play	Positional play	
	- Catching and passing	this sport?	• Rules	Spacing	
	development	• How can I improve the skills that I use?	• Attacking	Attacking and Defending alville	
	- Attacking	Could I umpire or coach	DefendingSport specific	Defending skills • Game Play	
	DodgingDefending	in this sport?	terminology in each	Gaine Flay	
			sport		
	Year 10 Games – Handball				
	Deeper development				
	of				
	FamiliarisationPassing and				
	shooting				
	techniques				
	- Attacking team play				
	- Outwitting an				
	opponent				
	- Defending and goalkeeping				
	- Set plays and				
	officiating				
	Year 11 Games –				
	Class Choice				
	Year 9 PE – Fitness - Heart rate changes	Do I have the knowledge and skills to know how to	Aerobic endurance	• Learn and remember a short	
	during exercise	train to improve my own	• Stamina • Speed	phrase of dance	
	- Speed and reaction	fitness levels?	• Agility	Choreography skills	
	time training - Agility training	• Can I work in a team?	• Reaction time	Performance skills	
	- Co-ordination	• How can I make my training easier / harder?	• Reps	• Evaluation skills	
	training	cuoter / marden	• Sets	• Increase in fitness levels	
	- Muscular endurance training		Weight training	10.010	
L	chairming training	<u> </u>	<u> </u>	1	

## Standard Components of finness Standard Components of finness Standard Components of finness					• Va avvladas af	
Passing schniques Pass		@ the Body BarnIntroduction to the ways to train at the body barn (punch, weights, cardio etc)			fitness • Knowledge of ways to train for different components of	
Year 9 Cames Uliomate Frisbee Passing etchniques Flow can 1 Idevelop my Invovement Evoting Passing development Pivoting Atracking skills Defending skills Interhouse Personal play Rules Sport specific						
Ultimate Frisbee Development of skills - Passing techniques - Catching - Passing development - Pivoting - Attacking skills - Defending skills - Defending skills - Interhouse Year 11 Games — Class Choice Year 9 PE — Cricket - Fielding fundamentals - Barting — defensive shots - Batting — cutting - Bowling — spin / pace - Wicket keeping - Interhouse Year 10 PE — Fitness @ the Body Barn - Open gym — opportunity for students to plan and carry out their own training programme Year 11 PE — Class - Choice Year 11 PE — Class - Choice - Chriques - Choice		Year 9 Games – Ultimate Frisbee - Passing techniques - Catching - Passing development - Pivoting - Attacking skills - Defending skills - Interhouse	knowledge and skills in this sport? • How can I improve the skills that I use? • Could I umpire or coach	 Positional play Rules Attacking Defending Sport specific terminology in each 	Positional playSpacingAttacking and Defending skills	
Class Choice Year 9 PE – Cricket - Fielding fundamentals - Batting – defensive shots - Batting – cutting - Bowling – spin / pace - Wicket keeping - Interhouse Year 10 PE – Fitness @ the Body Barn - Open gym – opportunity for students to plan and carry out their own training programme Year 11 PE – Class choice Summer Term Class Choice Year 9 PE – Cricket - Fielding stechniques can I use? - Why would I use different batting techniques can I use? - Why would I use different batting batting / fielding techniques - Why would I use different batting batting / fielding techniques - Why would I use different batting batting / fielding techniques - Fielding skills - Fielding skills - Catching		Ultimate Frisbee Development of skills - Passing techniques - Catching - Passing development - Pivoting - Attacking skills - Defending skills				
Year 9 PE - Cricket		Year 11 Games –				
Term Rounders opponent to achieve opponent to achieve success? • Stance • Fielding skills • Throwing catching fielding skills		Year 9 PE – Cricket - Fielding fundamentals - Batting – defensive shots - Batting – cutting - Bowling – spin / pace - Wicket keeping - Interhouse Year 10 PE – Fitness @ the Body Barn • Open gym – opportunity for students to plan and carry out their own training programme Year 11 PE – Class	 techniques can I use? Why would I use different batting / fielding techniques Do I have the knowledge and skills to know how to train to improve my own fitness levels? Can I work in a team? How can I make my 	 Stance Body position Follow through Mechanics of movement Attacking and defensive strokes Batting order Bowling techniques Field placements Aerobic endurance Stamina Speed Agility Reaction time Reps Sets 	 Fielding skills Throwing skills Catching skills Game play Increase in fitness levels Knowledge of components of fitness Knowledge of ways to train for different components of 	
- Throwing catching success? - Throwing catching success? - Body position - Throwing skills					- C	
	Term	- Throwing catching		 Body position 	• Throwing skills	

I 5 "		T .	T -	1
 Bowling development Batting development Fielding roles Evaluation of tactics Interhouse Year 10 Games	 How do I warm up and cool down in this sport? How do I choose which batting technique to use when? 	 Mechanics of movement Attacking and defensive strokes Batting order Bowling techniques Field placements 	Game play	
Cricket - Ball familiaris: - Fielding development - Bowling development - Batting development - Game situatio	ntion			
Class Choice Year 9 PE — Athletics - Sprint running - Middle distand running - Triple jump - Shot putt - Javelin - Race walking Year 10 PE — Sp. Leadership - Introduction to course.	cool down in this sport?	 Sportsmanship Stance Body position Follow through Mechanics of movement Techniques Run up Take off Landing Angle 	Increased running jumping and throwing skills	
- Communication verbal and nonverbal x2 - How to deliver warm up - Planning a ware and delivering to peersUse of equipment and space Year 11 PE – Cl Choice	make a good leader? When would verbal and non-verbal communication be effective? What component are needed for a warm up?	Verbal communication Non-verbal communication Leadership qualities	Listening Communication Team work Planning Leading a fun warm up session	
Year 9 Games – Danish Longball - Throwing and game rules - Catching and fielding - Batting - Game variatio - Interhouse Year 10 Games Rounders	skills in these sports? How do I warm up and cool down in this sport? How do I choose which batting technique to use when?	 Sportsmanship Stance Body position Follow through Mechanics of movement Attacking and defensive strokes Batting order Bowling techniques Field placements 	 Batting skills Fielding skills Throwing skills Catching skills Game play 	

Equipment needed for lessons	How will learning and progress be assessed?
 Full School PE kit Trainers Shin pads Gum guards. 	 Students will peer-assess during performance-based lessons (dance / gymnastics/ cheerleading). Assessment is continuous and is based on: Development of skills practically. Their ability to make and apply decisions in changing game / choreographic situations. Their development of physical and mental capacity to excel and challenge themselves to improve further.
	• Their evaluation skills in order to continue to improve.

Extension & Enrichment opportunities	What can you do to support your child?	
 Regular fixtures in a wide array of sports Year 8-10 Netball weekend. Year 11 and Sixth Form netball weekend. Tibberton Friday night netball club. Leading extra-curricular clubs. 	 Ensure that they have full PE kit to be able to participate in indoor and outdoor sports in all weathers (layers for the winter, sun protection for the summer). Make sure that if they are injured that a note is provided to explain the injury, how long they will be unable to participate, a supporting doctors / physio note if a longer-term injury and PE kit for them to change into so that they can still take on a role during the lesson. Encourage students to participate in the extra-curricular opportunities that exist for PE. 	

Inclusion Inclusion within KS4 PE

- Teachers follow student passports to ensure that the needs of all students with SEND are met.
- Work is enlarged to the necessary size for visually impaired students.
- Teachers will ensure that classrooms are quiet learning environments where possible and will dim lights to support students with sensory needs.
- Students have the use of laptop if they have a SEND need whereby use of a laptop supports them.
- Hearing impaired students are supported through use a radio aid and teachers ensure that students can lip read at all times during lessons.
- Dyslexic students are encouraged to use coloured overlays when they are required to read long passages.
- Use of dyslexic friendly fonts and coloured backgrounds used in PowerPoints/resources.
- Students with ADHD are given movement breaks, fidget toys and lessons are 'chunked' to aid concentration.
- Students are seated according to their needs, students work with the SENDCo to decide upon this

- Within different sports students learn about a range of performers/coaches/officials with a full range of backgrounds, including those with disabilities.
- Students are supported practically by the teacher if a student requires this.
- Equipment is adapted where necessary to accommodate the needs of the students with SEND – e.g. A bigger ball/bat.
- Modified rules and regulations can be implemented to aid inclusion and accessibility.
- Where necessary students are given frequent demonstrations to revisit previous techniques taught to support their understanding.
- Keywords/ subject specific vocabulary displayed on sports hall walls to aid memory.
- Groupings are designed to support students when practicing their isolated skills or competitive games.

Rosenshine's Principles – Individual needs

- Equipment Differentiated where necessary.
- Demonstrate and showcase students to demonstrate correct technique support peers.
- Questioning in lessons Open and closed questions- Probing and Funnel questions (Evaluation, analysis and application).
- Peer assessment Technique WWW and EBI support peers- technology and performance analysis.
- Groupings when students are completing isolated drills or in a competitive situation.
- Standards Opportunities for students to evaluate their own performance- use of standardised tables- set targets.

If you have any questions about this Learning Overview, please contact the named Teacher above.