

SUBJECT OVERVIEW BY YEAR GROUP

CURRICULUM AREA: Health and Welfare

SUBJECT: Physical Education

The table below gives the themes within the subject taught and studied in different year groups. For further information about this subject area, see the relevant policy.

Year Group/s	Themes
<p>Year R/1/2 Students follow one topic per half term</p>	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending • perform dances using simple movement patterns
<p>Year 3-6 Students follow one topic per half term</p>	<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to achieve their personal best
<p>Year 7/8 Students follow one topic per half term</p>	<ul style="list-style-type: none"> • use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] • develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics] • perform dances using advanced dance techniques in a range of dance styles and forms • take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group • analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best • take part in competitive sports and activities outside school through community links or sports clubs
<p>Years 9/10/11 (rolling programme)</p>	<ul style="list-style-type: none"> • use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] • develop their technique and improve their performance in

	<p>other competitive sports [for example, athletics and gymnastics] or other physical activities [for example, dance]</p> <ul style="list-style-type: none">• take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group• evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best• continue to take part regularly in competitive sports and activities outside school through community links or sports clubs
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