St Paul's Way

Education • Foundation • Trust

Vision

A SPWT PE graduate will be a confident and proficient sportsperson with the knowledge, understanding and skills to lead a healthy, active lifestyle. They will be capable of adapting to a variety of sports and activities, demonstrating accurate skills, tactical understanding, resilience and appropriate fitness levels. They will perform with sportsmanship and integrity and develop Into a positive citizen.

Teaching and Learning

There are four main strands: skills, tactics, rules and fitness.

Skills: In every lesson, students will be given the opportunity to practise core and advanced skills in isolation and in competitive situations. There will also always be a range of tasks set so students can work on the appropriate level of their skill development. Practising in isolation allows the time to develop the accuracy of the skill and then transferring it into a competitive situation puts them under more pressure, which enables them to develop their proficiency at a higher level.

Tactics: In every lesson, students will be exposed to a variety of different competitive situations. These will gradually build up the necessity to think tactically: defensively and offensively. These situations develop to a point that students are capable of participating in a full-size game.

Rules: One of the most important factors linked to performance levels is knowledge of rules. Students will be taught increasingly complex rules in the core sports to enable them to excel. They will be expected to apply these rules independently in lessons, showing good sportsmanship.

Fitness: There will always be an emphasis on fitness throughout all lessons. Students will be expected to be physically active for sustained periods of time to improve their fitness level and their physical health.

Aspirational Curriculum

As well as the core strands taught within PE, we aspire to teach beyond the national curriculum by introducing students to anatomy and physiology concepts throughout KS3. These concepts have been carefully plotted to build up progressively throughout KS3 and develop students' understanding of how the body works.

	Autumn 1 (7 weeks)	Autumn 2 (7 weeks)	Spring 1 (6 weeks)	Spring 2 (6 weeks)	Summer 1 (6 weeks)	Summer 2 (6 weeks)

Y7	**Football** Skills in isolation and in competitive situations. Defending strategies Attacking strategies Assessment	**Handball** Skills in isolation and in competitive situations. Defending strategies Attacking strategies Assessment	**Trampoline** Bouncing Shapes Landings Combinations Routines Assessment	**Athletics** Sprinting Middle distance Relay Throwing events Jumping events Assessment	**Cricket** Skills in isolation and in competitive situations. Defending strategies Attacking strategies Assessment	**Table Tennis/Hockey** Skills in isolation and in competitive situations. Defending strategies Attacking strategies Assessment
	Y7 Anatomy & Physiology Focus					
	1. Components of the cardiovascular system.	1. Muscular system.	1. Skeletal system functions.	1. Breathing mechanics.	1. Aerobic and anaerobic activities.	1. Effects of exercise on the cardiovascular system.
Y8	**Football** Skills in isolation and in competitive situations. Defending strategies Attacking strategies Assessment	**Handball** Skills in isolation and in competitive situations. Defending strategies Attacking strategies Assessment	**Trampoline** Shapes Landings Twists Combinations Somersault Routines Assessment	**Athletics** Sprinting Middle distance Relay Throwing events Jumping events Assessment	**Cricket** Skills in isolation and in competitive situations. Defending strategies Attacking strategies Assessment	**Table Tennis/Hockey** Skills in isolation and in competitive situations. Defending strategies Attacking strategies Assessment
	Y8 Anatomy & Physiology Focus					
	1. Components of the cardiovascular system. 2. Functions of the cardiovascular system	1. Muscular system. 2. Antagonistic pairs.	1. Skeletal system functions. 2. Bone names.	1. Breathing mechanics. 2. Diffusion.	1. Aerobic and anaerobic activities. 2. Aerobic energy release.	1. Effects of exercise on the cardiovascular system. 2. Effects of exercise on the respiratory system.
Y9	**Football** Advanced skills in isolation and in competitive situations. Advanced defending strategies Advanced attacking strategies Assessment	**Handball** Advanced skills in isolation and in competitive situations. Advanced defending strategies Advanced attacking strategies Assessment	**Trampoline** Shapes Landings Twists Combinations Somersault Routines Assessment	**Athletics** Sprinting Middle distance Relay Throwing events Jumping events Assessment	**Cricket** Advanced skills in isolation and in competitive situations. Advanced defending strategies Advanced attacking strategies Assessment	**Table Tennis/Hockey** Advanced skills in isolation and in competitive situations. Advanced defending strategies Advanced attacking strategies Assessment
	Y9 Anatomy & Physiology Focus					

	1. Components of the cardiovascular system. 2. Functions of the cardiovascular system 3. Components of blood	1. Muscular system. 2. Antagonistic pairs. 3. Muscle fibre types.	1. Skeletal system functions. 2. Bone names. 3. Movement types.	1. Breathing mechanics. 2. Diffusion. 3. Gaseous exchange.	1. Aerobic and anaerobic activities. 2. Aerobic energy release. 3. Energy release and by-products.	1. Effects of exercise on the cardiovascular system. 2. Effects of exercise on the respiratory system. 3. Effects of exercise on the muscular system.

Enriched Curriculum:

To complement the core activities taught, the curriculum is further enriched by an extensive extra-curricular offer, with a further emphasis placed on:

- Badminton
- Basketball
- Tennis
- Cross-country
- Fitness