

# Headlands School PE Sequencing of Learning

KS3

KS4

Year 7

Year 8

Year 9

Y10 and Y11

All strands will be taught through a broad range of sport and physical activity.

Practical Skills, Knowledge and understanding

Students will consolidate the foundation skills required for basic physical literacy and use these to learn and demonstrate the core skills required to play a wide variety of sports. Students will be challenged to demonstrate skills and basic tactics through isolated practices small sided games.

Students will develop their knowledge of the basic rules required to play and officiate sport in small sided games.

They will learn basic attack and defend tactics. Students will learn how to reflect on their own ability stating their strengths and weaknesses. Students will learn about the importance of a warm up and living a health active lifestyle.

All strands will be taught through a broad range of sport and physical activity.

Practical Skills, Knowledge and understanding

Students will recap and consolidate the core skills required to take part in a variety of sports. This will be applied through isolated drills and conditioned practices. They will be challenged within competitive games to see how pressure impacts their performance.

Students will deepen their knowledge of sport specific rules to understand and officiate games. They will learn more sports specific tactics which can be applied during competitive games. Students will develop the skills required to analyse their peers performances and identify their strengths and weaknesses. Students will learn about the short term effects of exercise on the body. They will also develop their knowledge of the benefits of taking part in sport

All strands will be taught through a broad range of sport and physical activity.

Practical Skills, Knowledge and understanding

Students will consolidate the core techniques and learn the advance sport specific skills required for taking part in specific sport. This will applied through isolated practices, conditioned practices and games.

Students will develop their officiating skills using verbal and non verbal communication to take charge of small sided games competitive games. Students knowledge and application of techniques and tactics will be deepened as they will take on coaching roles during small sided games and expected to impact the game with their decisions. Students will develop their knowledge of the components of fitness and how they can be improved.

All strands will be taught through a broad range of sport and physical activity. Students will have the opportunity to select sports they are more confident with in Y11 as they start make decisions about what sport and physical activity they will take part in once they leave school.

Practical skills, Knowledge of rules and tactics:

Students will consolidate all the core and advance sport specific skills learnt during KS3. They will develop these through isolated drills, small sided games and competitive and recreational situations.

Students will focus on developing and applying a range of tactics both as a player and a coach in recreational and competitive sport. They will have the opportunity to take charge of games as an official applying their knowledge of the rules in competitive situations. Where appropriate students will take responsibility for their own learning identifying and working on their own and peers strengths and weaknesses to develop sessions that are specific to their individual needs. Their knowledge of the human body, fitness training methods and principles of training will be consolidated and applied in personal fitness units.