

PROGRAMME OF STUDY

CONTEXT

In 2022 the government released a research review paper on Physical Education. This review highlighted the importance of three main **'pillars of progression'** that are essential to pupil progression within PE. They were:

1. **Motor Competence** – pupils must develop a knowledge of the movements that become increasingly sport and physical activity specific. Pupils must learn to execute a variety of motor actions.
2. **Rules, Strategies and Tactics** – pupils must develop a knowledge of the different conventions of participation in different sports and physical activities. In short, teaching pupils about how to move, when to move and where to move.
3. **Healthy Participation** – Pupils must be taught how to connect important ideas about health to physical activity. For example, learning about the short and long term benefits of exercise or sports

Here at All Hallows we have designed our curriculum to ensure we allow the pupils to work on and develop these three main pillars. The colours on the programme of study highlight where the pillars are developed.

Blue – Motor Competence

Cream – Rules, Tactics and Strategies

Green – Healthy Participation

YEAR 7 2022 - 2023

WEEK		THEORY FOCUS	BOYS 1	BOYS 2	GIRLS 1	GIRLS 2	
2-3	THE CONNECTION BETWEEN PHYSICAL ACTIVITY, SPORT AND HEALTH	MUSCULAR SYSTEM AND TYPES OF MOVEMENT	BASE LINE TESTING	BASE LINE TESTING	BASE LINE TESTING	BASE LINE TESTING	
4			FITNESS	FITNESS	FITNESS	FITNESS	
5-8			FOOTBALL	FUNDAMENTAL MOVEMENT SKILLS – L1 HANDBALL Sports Hall 2	NETBALL Junior Yard	FUNDAMENTAL MOVEMENT SKILLS – L1 HANDBALL Sports Hall 1	
9		OCTOBER HALF TERM					
10		CV AND RESPIRATORY SYSTEMS AND THE BENEFITS OF EXERCISE	FITNESS	FITNESS	FITNESS	FITNESS	
11-13			INDOOR ATHLETICS Sports Hall 2	FUNDAMENTAL MOVEMENT SKILLS – L1 FOOTBALL	INDOOR ATHLETICS Sports Hall 2	FUNDAMENTAL MOVEMENT SKILLS – L1 GYMNASTICS Gym	
14-16			HANDBALL Sports Hall 1	FUNDAMENTAL MOVEMENT SKILLS – L1 INDOOR ATHLETICS Sports Hall 2	GYMNASTICS Gym	FUNDAMENTAL MOVEMENT SKILLS – L1 INDOOR ATHLETICS Sports Hall 2	
17+18		CHRISTMAS HOLIDAYS					
19		BENEFIT OF WARM UP / COOL DOWN	FITNESS	FITNESS	FITNESS	FITNESS	
20			RUGBY LEAGUE Outdoor	FUNDAMENTAL MOVEMENT SKILLS – L1 RUGBY LEAGUE Outdoor	HANDBALL Sports Hall 1	FUNDAMENTAL MOVEMENT SKILLS – L1 NETBALL Junior Yard	
21+22			ORIENTEERING	ORIENTEERING	ORIENTEERING	ORIENTEERING	
23-24		RUGBY LEAGUE	FUNDAMENTAL MOVEMENT SKILLS – L1 RUGBY LEAGUE	HANDBALL Sports Hall 1	FUNDAMENTAL MOVEMENT SKILLS – L1 NETBALL Junior Yard		
25		FEBRUARY HALF TERM					
26		THE EFFECTS OF EXERCISE	FITNESS	FITNESS	FITNESS	FITNESS	
27-29			BADMINTON S Hall 2	FUNDAMENTAL MOVEMENT SKILLS – L1 BASKETBALL Gym	BADMINTON S Hall 1	FUNDAMENTAL MOVEMENT SKILLS – L1 FOOTBALL	
30-32			BASKETBALL Gym	FUNDAMENTAL MOVEMENT SKILLS – L1 BADMINTON S Hall 2	FOOTBALL	FUNDAMENTAL MOVEMENT SKILLS – L1 BADMINTON S Hall 1	
33-34		EASTER HOLIDAYS					
35		METHODS OF TRAINING	FITNESS	FITNESS	FITNESS	FITNESS	
35-39			ATHLETICS	ATHLETICS	ATHLETICS	ATHLETICS	
40		MAY HALF TERM					
41+42		COMPONENTS OF FITNESS AND PRINCIPLES OF TRAINING	CRICKET	SOFTBALL	DANCE	DANCE	
43-44			DANCE	DANCE	ROUNDERS	CRICKET	
45-47			SOFTBALL	CRICKET	CRICKET	ROUNDERS	

YEAR 8-9 2022 - 2023

WEEK		THEORY FOCUS	BOYS 1	BOYS 2	GIRLS 1	GIRLS 2
2	THE CONNECTION BETWEEN PHYSICAL ACTIVITY, SPORT AND HEALTH	MUSCULAR SYSTEM AND TYPES OF MOVEMENT	FITNESS	FITNESS	FITNESS	FITNESS
3-5			FOOTBALL	HANDBALL Sports Hall 2	HANDBALL Sports Hall 1	FOOTBALL
6-8			HANDBALL Sports Hall 2	FOOTBALL	NETBALL Junior Yard	HANDBALL Sports Hall 1
9			OCTOBER HALF TERM			
10		CV AND RESPIRATORY SYSTEMS AND THE BENEFITS OF EXERCISE	FITNESS	FITNESS	FITNESS	FITNESS
11-13			RUGBY Outdoor	RUGBY Outdoor	INDOOR ATHLETICS Sports Hall 2	NETBALL Junior Yard
14-16			HANDBALL Sports Hall 1	HANDBALL Sports Hall 2	FOOTBALL	TAG RUGBY
17+18			CHRISTMAS HOLIDAYS			
19		BENEFIT OF WARM UP / COOL DOWN	FITNESS	FITNESS	FITNESS	FITNESS
20			INDOOR ATHLETICS Sports Hall 2	TABLE TENNIS Gym	BADMINTON Sports Hall 1	INDOOR ATHLETICS Sports Hall 2
21+22	ORIENTEERING		ORIENTEERING	ORIENTEERING	ORIENTEERING	
23-24		TABLE TENNIS Gym	INDOOR ATHLETICS Sports Hall 2	BADMINTON Sports Hall 1	INDOOR ATHLETICS Sports Hall 2	
25		FEBRUARY HALF TERM				
26	THE EFFECTS OF EXERCISE	FITNESS	FITNESS	FITNESS	FITNESS	
27-29		FUTSAL S Hall 2	BASKETBALL Gym	GYMNASTICS Gym	BADMINTON S Hall 1	
30-32		BASKETBALL Gym	FUTSAL S Hall 2	TAG RUGBY	GYMNASTICS Gym	
32-33		EASTER HOLIDAYS				
34	METHODS OF TRAINING	FITNESS	FITNESS	FITNESS	FITNESS	
35-39		ATHLETICS	ATHLETICS	ATHLETICS	ATHLETICS	
40		MAY HALF TERM				
41	COMPONENTS OF FITNESS AND PRINCIPLES OF TRAINING	FITNESS	FITNESS	FITNESS	FITNESS	
42-43		DANCE	DANCE	ROUNDERS	CRICKET	
44-45		CRICKET	SOFTBALL	DANCE	DANCE	
46-47		SOFTBALL	CRICKET	CRICKET	ROUNDERS	

YEAR 10 + 11 2022 - 2023

WEEK		LINK TO HEALTH + PHYSICAL ACTIVITY	BOYS 1	BOYS 2	GIRLS 1	GIRLS 2	
2	THE CONNECTION BETWEEN PHYSICAL ACTIVITY, SPORT AND HEALTH	PHYSICAL BENEFITS OF EXERCISE	FITNESS	FITNESS	FITNESS	FITNESS	
3-5			FOOTBALL	FOOTBALL	NETBALL Junior Yard	BADMINTON Sports Hall 2	
6-8			HANDBALL Sports Hall 2	BASKETBALL Gym	HANDBALL S Hall 1	NETBALL Junior Yard	
9		OCTOBER HALF TERM					
10		SOCIAL BENEFITS OF EXERCISE	FITNESS	FITNESS	FITNESS	FITNESS	
11-12			BASKETBALL Gym	HANDBALL Sports Hall 2	NETBALL Junior Yard	HANDBALL Sports Hall 1	
15+16			RUGBY Outdoor	RUGBY Outdoor	YOGA/PILATES Gym	NETBALL Junior Yard	
17+18		CHRISTMAS HOLIDAYS					
19		PSYCHOLOGICAL BENEFITS OF EXERCISE	FITNESS	FITNESS	FITNESS	FITNESS	
20			INDOOR ATHLETICS Sports Hall 2	INDOOR ATHLETICS Sports Hall 2	BADMINTON Sports Hall 1	YOGA/PILATES Gym	
21-22			ORIENTEERING	ORIENTEERING	ORIENTEERING	ORIENTEERING	
23-24			FOOTBALL	FOOTBALL	INDOOR ATHLETICS Sports Hall 2	INDOOR ATHLETICS Sports Hall 2	
25		FEBRUARY HALF TERM					
26		LOCAL PROVISION	FITNESS	FITNESS	FITNESS	FITNESS	
27-29			BADMINTON S Hall 2	BASKETBALL Sports Hall 1	BASKETBALL Gym	FOOTBALL Outdoor	
30-31			BASKETBALL Sports Hall 1	BADMINTON S Hall 2	FOOTBALL Outdoor	BASKETBALL Gym	
32+33		EASTER HOLIDAYS					
34		ACHIEVING A HEALTHY ACTIVE LIFESTYLE	FITNESS	FITNESS	FITNESS	FITNESS	
35-39			ATHLETICS	ATHLETICS	ATHLETICS	ATHLETICS	
40		MAY HALF TERM					
41		SIDE EFFECTS OF A SEDENTARY LIFESTYLE	FITNESS	FITNESS	FITNESS	FITNESS	
42-44			CRICKET	SOFTBALL	ROUNDERS	CRICKET	
45-47			SOFTBALL	CRICKET	CRICKET	ROUNDERS	