

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		THE EFFECTS OF EXERCISE	RUGBY LEAGUE	FUNDAMENTAL MOVEMENT SKILLS – L1 RUGBY LEAGUE	HANDBALL Sports Hall 1	FUNDAMENTAL MOVEMENT SKILLS – L1 NETBALL Junior Yard
25			FEBRUARY HALF TERM			
26			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 Techniques/FMS Junior Yard
14-16			BADMINTON Sports Hall 1	BADMINTON Sports Hall 2	FOOTBALL	TAG RUGBY
17+18			CHRISTMAS HOLIDAYS			
19+20		BENEFIT OF WARM UP / COOL DOWN	INDOOR ATHLETICS Sports Hall 2	TABLE TENNIS Gym	BADMINTON Sports Hall 1	NETBALL (Tactics + Strategies) Junior Yard
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			FOOTBALL Tactics + Strategies Outdoor	BASKETBALL Sports Hall 1	GYMNASTICS Gym	BADMINTON S Hall 2
30-32			BASKETBALL Sports Hall 1	FOOTBALL Tactics + Strategies Outdoor	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
11-13			BASKETBALL Gym	HANDBALL Sports Hall 2	NETBALL Junior Yard	HANDBALL Sports Hall 1
14-16			RUGBY Outdoor	RUGBY Outdoor	INDOOR ATHLETICS Sports Hall 2	NETBALL Junior Yard
17+18			CHRISTMAS HOLIDAYS			
19 + 20		PSYCHOLOGICAL BENEFITS OF EXERCISE	FITNESS INDOOR ATHLETICS Sports Hall 2	FITNESS INDOOR ATHLETICS Sports Hall 2	FITNESS CIRCUITS Sports Hall 1	FITNESS CIRCUITS Gym
21-22			ORIENTEERING	ORIENTEERING	ORIENTEERING	ORIENTEERING
23-24			RUGBY	RUGBY	BADMINTON Sports Hall	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