



**Ridgewood High School – Curriculum Overview.**

**SUBJECT Core Physical Education**

Year Group	The Key Skills to be developed are... <i>(Assessment Objectives?)</i>	The Key Knowledge that will be explored is...	This will be assessed by... <i>(Formative or Summative?)</i>
7	<p><b>Creating a Love for Physical Education</b> Students will study 7 blocks of activity per year. This will cover the fundamentals in a range of sports</p> <ul style="list-style-type: none"> <li>-Invasion games such Football, Netball, Basketball, Rugby</li> <li>-Gymnastics</li> <li>-Striking activities such as</li> <li>-Rounders, Cricket, Softball</li> <li>-Dance</li> <li>-Outdoor Education</li> <li>-Net/Wall activities such as Volleyball and Badminton</li> <li>-Athletic activities</li> </ul>	<p><b>HEAD</b>-Students will be taught a range of thinking and creative skills  <b>HEART</b>-Students will be taught the correct social and emotional behaviours  <b>HANDS</b>-Students will be taught a range of skills in different activities</p>	<p>Formative- Student feedback, will be predominantly verbal.</p> <p>Summative-Head-Heart-Hands assessment at the end of each block of work  <u><b>Head-Cognitive skills</b></u>  <u><b>Heart- Social and emotional skills</b></u>  <u><b>Hands-Physical/ Psychomotor skills</b></u></p>
8	<p><b>Broadening Sporting Experience and Refining Skills</b> Students will study 7 blocks of activity per year. This will cover the refining of fundamentals in a range of sports</p> <ul style="list-style-type: none"> <li>-Invasion games such Football, Netball, Basketball, Rugby</li> <li>-Gymnastics</li> <li>-Striking activities such as</li> <li>-Rounders, Cricket, Softball</li> <li>-Dance</li> <li>-Outdoor Education</li> <li>-Net/Wall activities such as Volleyball and Badminton</li> <li>-Athletic activities</li> </ul>	<p><b>HEAD</b>-Students will be broadening and refine their thinking and creative skills.  <b>HEART</b>-Students will be broadening and refining the correct social and emotional.  <b>HANDS</b>-Students will be broadening and refining their range of skills in different activities.</p>	<p>Formative- Student feedback, will be predominantly verbal.</p> <p>Summative-Head-Heart-Hands assessment at the end of each block of work  <u><b>Head-Cognitive skills</b></u>  <u><b>Heart- Social and emotional skills</b></u>  <u><b>Hands-Physical/ Psychomotor skills</b></u></p>
9	<p><b>Embedding the skills, knowledge and application within Physical Education</b> Students will study 7 blocks of activity per year. This will cover embedding the fundamentals in a range of sports</p> <ul style="list-style-type: none"> <li>-Invasion games such Football, Netball, Basketball, Rugby</li> <li>-Gymnastics</li> <li>-Striking activities such as</li> <li>-Rounders, Cricket, Softball</li> <li>-Dance</li> <li>-Outdoor Education</li> <li>-Net/Wall activities such as Volleyball and Badminton</li> <li>-Athletic activities</li> </ul>	<p><b>HEAD</b>-Students will be embedding their knowledge and application of their thinking and creative skills  <b>HEART</b>-Students will be embedding the correct social and emotional behaviours.  <b>HANDS</b>-Students will be embedding their range of skills in different activities</p>	<p>Formative- Student feedback, will be predominantly verbal.</p> <p>Summative-Head-Heart-Hands assessment at the end of each block of work  <u><b>Head-Cognitive skills</b></u>  <u><b>Heart- Social and emotional skills</b></u>  <u><b>Hands-Physical/ Psychomotor skills</b></u></p>

<p><b>10</b></p>	<p><b><u>Striving and thriving in Physical Education</u></b>  Students will study 7 blocks of activity per year. This will cover the fundamentals in a range of sports  - Invasion games such Football, Netball, Basketball, Rugby, Handball and Dodgeball  - Gymnastics  - Striking activities such as  - Rounders, Cricket, Softball  - Dance  - Outdoor Education  - Net/Wall activities such as Volleyball and Badminton  - Athletic activities</p>	<p><i>Develop their knowledge and understanding of the different tactics and formations used in games</i></p> <p><i>Experience a variety of competitive games/ situations</i></p> <p><i>Widen the skills and knowledge of games and develop their knowledge of Health-related activities</i></p>	<p><i>Formative- Student feedback, will be predominantly verbal but may involve some written feedback- dependent on the nature of the activity</i></p>
<p><b>11</b></p>	<p><b><u>Creating healthy and active futures</u></b>  Students will have the opportunity to opt into different activities throughout the year.</p> <p>- Invasion games such Football, Netball, Basketball, Rugby, Handball and Dodgeball  - Gymnastics  - Dance  - Net/Wall activities such as Volleyball and Badminton</p>	<p><i>Sport Education-Students will experience a variety of roles whilst facilitating their own activities. These will include being leaders, captains, officials and role models.</i></p>	<p><i>Formative- Student feedback, will be predominantly verbal but may involve some written feedback dependent on the nature of the activity. Students will get feedback in small groups if they organise and run a session.</i></p>