

# PE

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The PE department provides pupils the opportunity to participate in a variety of sports and promote healthy lifestyles. We provide a safe, supportive, and stimulating learning environment for pupils to flourish in a broad range of physical activities which are essential in supporting their physical, emotional, psychological, spiritual, social and moral development. Students are taught to observe and produce the conversations of sportsmanship, fair play, honest competition, and good sporting behaviour as individual participants, team members and spectators. Thus, embedding life-long values such as cooperation, collaboration and equality of play. We aim for students to develop the necessary knowledge and skills which will have a positive impact on their future by becoming physically active citizens to benefit their long-term health and well-being.

## Schemes of work:

Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
<p>Football</p> <ol style="list-style-type: none"> <li>1. Dribbling/moving with the ball e.g. using both feet, control the ball, different speeds</li> <li>2. Passing – Chip, driven pass, half volley, crossing, placement, power, use of both feet.</li> <li>3. Shooting – Half volley/ volley, chip, driven, curling, placed, power, use of both feet.</li> <li>4. Receiving/heading – Chest/feet/knee, defensive and attacking headers.</li> <li>5. Defending – Tackling, jockeying, closing down, intercepting, marking, outnumbered.</li> <li>6. Game situations – Adapting to the changing aspects of the game and effectively adapt.</li> </ol>	<p>Hockey</p> <ol style="list-style-type: none"> <li>1. Dribbling/ moving with the puck/ball, e.g. open and reverse stick, change of pace, dodging.</li> <li>2. Passing e.g. slap, push, hit</li> <li>3. Shooting e.g. flick, push, hit, slap, placement and power.</li> <li>4. Receiving e.g. stationary, on the move, open and reverse stick.</li> <li>5. Defending e.g. marking, intercepting, tackling, jockeying, open and reverse stick tackles.</li> <li>6. Game situations – Adapting to the changing aspects of the game and effectively adapt.</li> </ol>	<p>Basketball</p> <ol style="list-style-type: none"> <li>1. Dribbling e.g. using both hands, change of pace and direction, dodging</li> <li>2. Passing e.g. chest, javelin, bounce, overhead</li> <li>3. Receiving/ intercepting e.g. 1 and 2 handed, stationary and on the move, differing speeds and heights, rebounding.</li> <li>4. Shooting e.g. lay-up, set shot, jump shot, free shot</li> <li>5. Footwork and marking e.g. stopping, pivoting, getting free, tackling</li> <li>6. Game situations – Adapting to the changing aspects of the game and effectively adapt.</li> </ol>	<p>Badminton</p> <ol style="list-style-type: none"> <li>1. Service e.g. grip, high, low, flick (forehand and backhand)</li> <li>2. Overhead e.g. clear, drop, smash (forehand and backhand where appropriate)</li> <li>3. Underarm e.g. clear, net drop (forehand and backhand where appropriate)</li> <li>4. Drives e.g. forehand and backhand</li> <li>5. Footwork – e.g. movement around the court, change of pace and direction, when hitting the shuttle, lunging.</li> <li>6. Game situations – Adapting to the changing aspects of the game and effectively adapt.</li> </ol>	<p>Rugby League/ TAG Rugby</p> <ol style="list-style-type: none"> <li>1. Ball handling e.g. holding and protecting the ball, running with the ball, changing pace and direction – swerve and side step, playing the ball, handing off, bumping off, touching down.</li> <li>2. Passing e.g. swing pass, loop pass, spin pass, one-handed pass, dummy pass</li> <li>3. Receiving e.g. one/two handed catch – stationary and on the move, catching the high ball, falling on the ball, picking the ball up on the move, intercepting</li> <li>4. Tackling e.g. front, rear, side, smother</li> <li>5. Kicking e.g. punt, place, grubber, drop, cross kick, up and under</li> <li>6. Game situations – Adapting to the changing aspects of the game and effectively adapt.</li> </ol>	<p>Cricket</p> <ol style="list-style-type: none"> <li>1. Batting e.g. use of power, placement, running to bases</li> <li>2. Bowling/pitching e.g. variations of pace, spin, height</li> <li>3. Throwing e.g. close, distance, using power and accuracy</li> <li>4. Fielding e.g. Close, moving and running to field, ball stopping techniques</li> <li>5. Backstop/catcher/base e.g. coping with deliveries, stumping</li> <li>6. Game situations – Adapting to the changing aspects of the game and effectively adapt.</li> </ol> <p>Athletics (Sports Day):</p> <p>50m</p> <p>100m</p> <p>4 x 50m Relay</p> <p>Foam Javelins</p> <p>Discus</p> <p>Shot Put</p>

Syllabus materials KS4:

[Entry Level - Physical Education - R463 \(from 2016\) - OCR](#)

Careers in PE:

[1438 PE FINAL.pdf \(careersandenterprise.co.uk\)](#)