



Harrow Way
Community School
Learning for life, success for all



Curriculum Overview

PHYSICAL EDUCATION

Curriculum Overview - PE								
<i>These will be brief topic headlines</i>								
Key Stage 3								
Year 7: Exploring Physical Literacy	Autumn Term		Spring Term		Summer Term			
	The following activities will act as a vehicle for delivering our Concept Curriculum							
	Netball, Rugby, Football, Badminton, Hockey, Basketball and Gymnastics				Athletics, Cricket, Rounders, Softball, Ultimate Frisbee and Tennis			
	Unit 1: Knowledge and Understanding		Unit 2: Confidence		Unit 3: Movement Competence		Unit 4: Motivation	
	<i>Students will explore the concept and understand the importance of 'physical literacy'. Competence, confidence, knowledge & understanding and motivation are covered to help students realise what underpins physical literacy and how it can be developed.</i>							
Year 8: Personal Development	Autumn Term		Spring Term		Summer Term			
	The following activities will act as a vehicle for delivering our Concept Curriculum							
	Netball, Rugby, Football, Badminton, Hockey and Basketball				Athletics, Cricket, Rounders, Softball, Ultimate Frisbee and Tennis			
	Unit 1: Communication		Unit 2: Resilience		Unit 3: Emotional Intelligence		Unit 4: Intra-personal Skills	
	<i>Students will experience the true power of sport and physical activity when it comes to their personal development. Schemes of work including 'Communication', 'Resilience', 'Emotional Intelligence' and 'Intra-personal skills' help students to understand their own personal qualities and explore ways to develop these further.</i>							
Year 9: Character Building	Autumn Term		Spring Term		Summer Term			
	The following activities will act as a vehicle for delivering our Concept Curriculum							
	Netball, Rugby, Football, Badminton, Hockey and Basketball				Athletics, Cricket, Rounders, Softball, Ultimate Frisbee and Tennis			
	Unit 1: Sporting Values		Unit 2: Redefining Competition		Unit 3: Problem Solving		Unit 4: Power of Positivity	
	<i>Students will build a connection with and understand how characters can be developed through PE and Sport. Exploring concepts such as 'Sporting Values', 'Competition', 'Problem Solving' and 'the Power of Positivity', students will realise the sheer value of PE and how it can be instrumental in developing positive personal characteristics.</i>							
How can parents help?	<p>Encourage students to participate in sports clubs outside of school. We want to encourage a life-long love of participation in sport and physical activity, getting students involved in a club outside of school may allow them to find their passion and/or enjoyment in exercising.</p> <p>Watch sport regularly on TV and expose students to role models across a range of sports. This will strengthen their connection with the key concepts from our lessons.</p> <p>Ensure students are well prepared for lessons – consider the weather and additional layers to stay warm for outdoor sports.</p> <p>Discuss with students the reasons why PE is on the National Curriculum (Physical, Mental and Social Wellbeing).</p>							

Key Stage 4					
Year 10	Autumn Term		Spring Term		Summer Term
	Volleyball, Lacrosse, Netball, Football, Health and Well-being, Hockey and Basketball				Athletics, Rounders, Softball, Ultimate Frisbee, Health and Well-being and Tennis
	<i>Development of advanced shots and technique building on skill development from Key Stage 3. Developing further knowledge and application of game play and scoring of net/wall games as well as opportunities to officiate sports and become take on leadership roles within lessons. Aim is to play the full recognised game within age group regulations</i>				
Year 11	Autumn Term		Spring Term		Summer Term
	Volleyball, Lacrosse, Netball, Football, Health and Well-being, Hockey and Basketball				Athletics, Rounders, Softball, Ultimate Frisbee, Health and Well-being and Tennis
	<i>Further development of key skills and knowledge allowing students to enhance their ability to participate competitively and non-competitively in each activity. Emphasis on participation for life and finding their passion to take beyond Key Stage 4</i>				
How can parents help?	Encourage sporting excellence. If your child is taking part in competitive sport, ensure they are committed to their team, attending training regularly and competing with sportsmanship and respect. Seek opportunities for students to utilise and develop leadership skills. For example; participating in the Duke of Edinburgh programme or coaching or refereeing younger year clubs. Encourage young people to lead a healthy active lifestyle and find activities to do together. Look for opportunities for young people to continue physical activity in to young adulthood.				
Key Stage 4 2023-2024					
Year 10: Leadership Skills	Autumn Term		Spring Term		Summer Term
	The following activities will act as a vehicle for delivering our Concept Curriculum				
	Volleyball, Lacrosse, Netball, Football, Health and Well-being, Hockey and Basketball				Athletics, Rounders, Softball, Ultimate Frisbee, Health and Well-being and Tennis
	Unit 1: Fulfilling Potential	Unit 2: Effective Teams	Unit 3: Self-reflection	Unit 4: Attitudes and Behaviours	
	<i>Students will understand how sport and physical activity can be an important tool to developing their leadership skills. Schemes of work including 'Fulfilling Potential', 'Effective Teams', 'Self-reflection' and 'Attitudes and Behaviours' will support students to understand their own leadership qualities and experience what makes an effective leader.</i>				
Year 11: Active for Life	Autumn Term		Spring Term		Summer Term
	The following activities will act as a vehicle for delivering our Concept Curriculum				
	Volleyball, Lacrosse, Netball, Dodgeball, Leisure Centre, Football, Health and Well-being, Hockey and Basketball				
	Unit 1: Health and Wellbeing	Unit 2: Engagement Post-16	Unit 3: Remaining Active		
	<i>Students will gain a deeper understanding of what it means to have good health and wellbeing and will explore different ways to keep active as they leave school. Through 'Active for Life', students will embed their understanding of the importance of physical activity and the many benefits associated to allow students to remain active for the rest of their lives.</i>				
How can parents help?	Encourage sporting excellence. If your child is taking part in competitive sport, ensure they are committed to their team, attending training regularly and competing with sportsmanship and respect. Seek opportunities for students to utilise and develop leadership skills. For example; participating in the Duke of Edinburgh programme or coaching or refereeing younger year clubs. Encourage young people to lead a healthy active lifestyle and find activities to do together. Look for opportunities for young people to continue physical activity in to young adulthood.				