



Curriculum Overview 2022-23

Curriculum Area: Physical Education Year: 10 CORE

Year 10 Curriculum:

At Longridge High School we provide high-quality physical education curriculum that inspires all pupils to succeed in competitive sport for enjoyment and other physically demanding activities. We provide opportunities for pupils to become physically confident in a way which supports their health and fitness and provide them with the knowledge and opportunities to lead healthy and active lives.

All pupils in Year 10 will study the following curriculum content, which will be delivered on a rota throughout the year:

Health and fitness

Pupils will build on core knowledge of types of training and fitness tests that were covered in Year 9. Pupils will recap the types of training and recap the protocols for 10 fitness tests and be able to identify which specific component of fitness is related to training method and each test. Pupils will administer and participate in each training method and each test and compare their results to normative data.

Team sports

Pupils will recap the core knowledge covered in Year 9 and will then focus on developing a range of tactics and strategies in team sports such as team shape, pressure and fast break to overcome opponents in direct competition in team sports [for example, basketball, football and netball]. Pupils will also have secure knowledge of the rules in order to apply the rules in a game scenario.

Individual activities

Pupils will learn and practise a range of tactics and strategies using a range of shots such as the overhead clear and smash in badminton and using a top spin or chop in table tennis to overcome opponents in direct competition through individual sports. In athletics pupils will cover a range of track and field events including: 100m, 200m, 300m, 800m and 1500m, long jump and triple jump, javelin, discus and shot put.

Striking and fielding

Pupils will recap the core knowledge covered in Year 9 and consolidate more advanced skills such as the cut shot in cricket and the backhand in rounders. Pupils will also further develop bowling and fielding techniques including fast bowling and throwing from the outfield.

Links to National Curriculum

Our curriculum for physical education aims to ensure that all pupils have the core knowledge to:

- 1) Develop competence to succeed in a broad range of physical activities
- 2) Be physically active for sustained periods of time
- 3) Engage in variety of competitive sports and activities
- 4) Lead healthy, active lives.

Knowledge and understanding of this curriculum will be assessed by:

In Year 10, pupils will be formally assessed three times throughout the year. Pupils will be assessed in the following 3 strands:

Declarative knowledge:

This will assess what the pupils know through using a range of questioning techniques, mini-plenaries, pupil feedback, and a range of modelling techniques.

Procedural knowledge:

This will assess that the pupils know how to apply a range of skills, decision making and physical attributes when performing individually or as part of a team.

Personal development:

This will assess pupils in terms of their ability to build confidence, work as a team, as well as independently and problem-solving.

Powerful Knowledge/Cultural Capital Opportunities

In Physical Education, all pupils will be taught the importance of sport as a National Institution and be aware and understand the role of supporters and allegiances formed across sporting settings. Physical Education is a platform to teach pupils to cope with both success and failure in competitive, individual and team based physical activities, as well as understanding the importance of working within a team for social, physical and emotional well-being. Physical Education offers excellent opportunities to develop a healthy life-long love of physical activity through a wide variety of sport and physical skills which will enhance life-long fitness and life choices. All pupils will conduct themselves when they compete in a manner that will be tolerant of the different faiths and beliefs that contribute to team competitions locally, nationally and internationally.



Curriculum Overview 2022-23

Curriculum Area: Physical Education Year: 11 Core

Year 11 Curriculum:

At Longridge High School we provide high-quality physical education curriculum that inspires all pupils to succeed in competitive sport for enjoyment and other physically demanding activities. We provide opportunities for pupils to become physically confident in a way which supports their health and fitness and provide them with the knowledge and opportunities to lead healthy and active lives.

All pupils in Year 11 will study the following curriculum content, which will be delivered on a rota throughout the year:

Health and fitness

Pupils will build on core knowledge of types of training and fitness tests that were covered in Year 10. Pupils will recap the types of training and recap the protocols for 10 fitness tests and be able to identify which specific component of fitness is related to training method and each test. Pupils will administer and participate in each training method and each test and compare their results to normative data.

Team sports

Pupils will recap the core knowledge covered in Year 10 and will then focus on developing a range of tactics and strategies in team sports such as team shape, pressure and fast break to overcome opponents in direct competition in team sports [for example, basketball, football and netball]. Pupils will also have secure knowledge of the rules in order to apply the rules in a game scenario.

Individual activities

Pupils will learn and practise a range of tactics and strategies using a range of shots such as the overhead clear and smash in badminton and using a top spin or chop in table tennis to overcome opponents in direct competition through individual sports.

Links to National Curriculum

Our curriculum for physical education aims to ensure that all pupils have the core knowledge to:

- 1) Develop competence to succeed in a broad range of physical activities
- 2) Be physically active for sustained periods of time
- 3) Engage in variety of competitive sports and activities
- 4) Lead healthy, active lives.

Knowledge and understanding of this curriculum will be assessed by:

In Year 11, pupils will be formally assessed three times throughout the year. Pupils will be assessed in the following 3 strands:

Declarative knowledge:

This will assess what the pupils know through using a range of questioning techniques, mini-plenaries, pupil feedback, and a range of modelling techniques.

Procedural knowledge:

This will assess that the pupils know how to apply a range of skills, decision making and physical attributes when performing individually or as part of a team.

Personal development:

This will assess pupils in terms of their ability to build confidence, work as a team, as well as independently and problem-solving.

Powerful Knowledge/Cultural Capital Opportunities

In Physical Education, all pupils will be taught the importance of sport as a National Institution and be aware and understand the role of supporters and allegiances formed across sporting settings. Physical Education is a platform to teach pupils to cope with both success and failure in competitive, individual and team based physical activities, as well as understanding the importance of working within a team for social, physical and emotional well-being. Physical Education offers excellent opportunities to develop a healthy life-long love of physical activity through a wide variety of sport and physical skills which will enhance life-long fitness and life choices. All pupils will conduct themselves when they compete in a manner that will be tolerant of the different faiths and beliefs that contribute to team competitions locally, nationally and internationally.