



Curriculum Overview – Physical Education (Years 7 – 11)

Year	Overview	Autumn 1 (Weeks 1 – 7)	Autumn 2 (Weeks 8 – 14)	Spring 1 (Weeks 15 - 20)	Spring 2 (Weeks 21 - 26)	Summer 1 (Weeks 27 - 32)	Summer 2 (Weeks 33 - 38)	Student Resources
7	Across Year 7, students will develop their fundamental skills in a range of different sports from basic motor skills to more advance movement skills.	Development of a range of different sports from football, badminton, rugby and gymnastics.		Development of a range of sports from handball, health related fitness, basketball and sports education.		Development of a range of different sports from cricket, Rounders, softball and athletics.		Extra-curricular clubs.
		Assessments: Students are assessed in 4 key areas, skills techniques and performance, knowledge and understanding, health and well-being and my personal best.						
		Students will be expected to attend a range of extra-curricular clubs and activities.	The extra-curricular timetable will follow in suit with the north Lowestoft competition calendar.	Within Year 7, students have the option of the Year 7 trip, sport for boys, Holland football tour, ski trip or Rockley water sports trip.	Students will get the chance to visit the sports department at the UEA.	We enter our students in every sports competition available in the Lowestoft area as well as the Ormiston Cup.	Homework in KS3 is to attend extra-curricular clubs.	
8	Across Year 8, students will start to develop their tactical awareness in each sport and understand how to outwit their opponent to gain an advantage.	Development of a range of different sports from football, badminton, rugby and gymnastics.		Development of a range of sports from handball, health related fitness, basketball and sports education.		Development of a range of different sports from cricket, Rounders, softball and athletics.		Extra-curricular clubs.
		Students are assessed in 4 key areas, skills techniques and performance, knowledge and understanding, health and well-being and my personal best.						
		Students will be expected to attend a range of extra-curricular clubs and activities.	The extra-curricular timetable will follow in suit with the north Lowestoft competition calendar.	Within Year 8, students have the option of the Holland football tour, ski trip or Rockley water sports trip.	Students will get the chance to visit the sports department at the UEA.	We enter our students in every sports competition available in the Lowestoft area as well as the Ormiston Cup.	Homework in KS3 is to attend extra-curricular clubs.	
9	Within Year 9, students will take on the role of a leader and within PE and sports science understand the skills, qualities and responsibilities involved in becoming a sports leader.	Development of a range of different sports from football, badminton, rugby and gymnastics.		Development of a range of sports from handball, health related fitness, basketball and sports education.		Development of a range of different sports from cricket, Rounders, softball and athletics.		Extra-curricular clubs.
		Students are assessed in 4 key areas, skills techniques and performance, knowledge and understanding, health and well-being and my personal best.						
		Students will be expected to attend a range of extra-curricular clubs and activities.	The extra-curricular timetable will follow in suit with the north Lowestoft competition calendar.	Within Year 9, students have the option of the Holland football tour, ski trip or Rockley water sports trip.	Students will get the chance to visit the sports department at the UEA.	We enter our students in every sports competition available in the Lowestoft area as well as the Ormiston Cup.	Homework in KS3 is to attend extra-curricular clubs.	
10	Students will take part in over 12 different sports throughout the academic year and will decide which sports they want to take part in through a specialised pathways programme.	Development of a range of different sports from football, badminton, rugby and gymnastics.		Development of a range of sports from handball, health related fitness, basketball and sports education.		Development of a range of different sports from cricket, Rounders, softball and athletics.		Extra-curricular clubs.
		Students are assessed in 4 key areas, skills techniques and performance, knowledge and understanding, health and well-being and my personal best.						
		Students will be expected to attend a range of extra-curricular clubs and activities.	The extra-curricular timetable will follow in suit with the north Lowestoft competition calendar.	Within Year 10, students have the option of the Holland football tour, ski trip or Rockley water sports trip.	Students will get the chance to visit the sports department at the UEA.	We enter our students in every sports competition available in the Lowestoft area as well as the Ormiston Cup.	Homework in KS4 is to attend extra-curricular clubs.	
11	In Year 11, students take part in Period 5 PE on a Friday afternoon. Students get a wide variety of choice from rock climbing, yoga, spinning or dodgeball, to name a few.	Students will be split between school site and Water Lane Leisure Centre, where they get to choose the activities they take part in. The school invests a lot of money to provide a wide variety of sports which our young people may continue to take part in once they leave Ormiston Denes Academy.						Extra-curricular clubs.
Notes: This is the current curriculum overview for 2018/2019 and is subject to change in the next academic year.			Examination Specification: Pearson’s Btec Sport level 2 Award.			Homework Portal: Attendance at extra-curricular clubs.		
						Further resources: e.g. subscriptions, websites, revision materials, additional reading.		