



Intent

Our aim is to inspire all pupils to succeed and excel in physical activity and sport by developing their competence and confidence across a broad range of activities, ensuring enjoyment and participation that extends beyond school life. We promote physical fitness, health, and well-being by encouraging active engagement and instilling lifelong habits of regular exercise. Through competitive and cooperative activities, we emphasise teamwork, fairness, and respect, while also providing opportunities for pupils to take on roles such as performer, coach, and official to build leadership, communication, and analytical skills. Our curriculum supports personal and social development by teaching resilience, perseverance, and the ability to cope with both success and failure, alongside fostering self-improvement through evaluating their own and others' performances.

At Key Stage 4, we guide students in making informed choices about continued participation in physical activity, connecting to careers and healthy lifestyles. Ultimately, our goal is to instil a lasting love for physical activity and an appreciation of its lifelong benefits, ensuring students remain active, healthy, and confident throughout their lives

	HT1	HT2	HT3	HT4	HT5	HT6
Enquiry Question	Football & Basketball/Netball	Badminton & Handball	Table Tennis/Cricket & Fitness methods	Table Tennis & Fitness Testing	Athletics	Striking & fielding
Subject Content	To build on the fundamental skills required to perform at maximum levels in small sided games. Development of the basic principles of attack and defence. To develop the ability to use simple tactics and strategies to outwit the opposition.	To build on the basic principles of attack and defence for badminton. To develop the replication of the core skills necessary to outwit opponents with increasing pressure. To develop component of fitness which are transferrable to other activities. Students begin to accurately score and officiate mini badminton games.	To develop the basic principles of attack and defence and aim to get the ball to land in a target area so that the opponent cannot return it. To develop the replication of the core skills necessary to outwit opponents with increasing pressure. To begin to accurately score and officiate games using the correct terminology throughout.	To learn and accurately replicate specific techniques in a range of fitness based activities. To investigate the bodies' ability to exercise and the reasoning behind such principles. To gain an understanding of warm ups, cool downs and health related exercise through physical tasks.	To accurately replicate running, jumping and throwing skills for athletic events showing an improvement in performances. To explore variations in core techniques and use knowledge to become more technically proficient. To record and improve upon personal bests in relation to speed, height and distance.	To replicate and improve core skills in batting, bowling and fielding with the intention of outwitting opponents. To develop an ability to striking the ball using deception in a competitive context. To develop confidence and a competence in body movements relating to striking and fielding games and an understanding of the basic rules.
Disciplinary Knowledge/ Skills	Principles of attack and defence Finding and using space	Shot selection in a range of competitive contexts Using space Simple strategies to outwit opposition	Shot selection in a range of competitive contexts Use of deception and simple strategies to outwit opposition	• Skill replication in a range of fitness activities that test physical capacity. • Basic understanding of the way the body	• Skill replication in a range of competitive contexts • Basic biomechanics to aid core skill execution	• Application of techniques in a range of contexts • Sport specific terminology • Simple strategies to outwit opposition

	Different marking, covering, delaying strategies Application of modified game rules • Passing/Receiving • Shooting • Dribbling • Ball control • Defending/Marking /Tackling Build on the basic principles of attack and defence while increasing the level of challenge. Involve progressive gameplay to allow for tactical planning. Allow students to take on different roles within practices and games using modified rules.	Application of modified game rules Footwork/stance and grip Shuttle control Sending/Receiving – forehand/backhand Clear Drop shot Service action Build upon the basic principles of attack and defence that increase in level of challenge. Involve progressive gameplay to allow for tactical planning. Allow students to take on different roles within practices and games using modified net game rules	Use of sport specific terminology Application of modified game rules Grip and stance Push – Backhand/Forehand Drive - Forehand Serve Experienced a range of sending and receiving skills that becomes progressively challenging. Involve basic gameplay to allow for tactical planning. Allow students to take on different roles within practices and games.	responses to exercise. • How to improve performances • Simple warm up & cool down routines/movements. • Warm up/cool down movements • Circuit movements • Tests for components of fitness • Boxercise techniques • Simple measurements of the body – heart rate • Introduce fitness related techniques in isolation and as part of a larger skill set. • Involve opportunities to show understanding of the body systems and the adaptations to exercise. • Introduce different roles to support own and peer learning. <i>i.e. coach.</i>	• Simple tactics to improve performances • Application of event rules • Health and safety guidelines when using equipment. • Sprinting • Pacing • Leg and arm drive • Take off, flight, landing • Throwing actions • Starts • Involve running, jumping and throwing in an athletic nature. • Incorporate the replication of basic techniques in a competitive situation. • Involve opportunities to tactically plan and refine this. • Allow students to take on different roles within practices and events.	• Application of a set of modified game rules • Batting • Bowling • Fielding - Sending/Receiving • Fielding - Barriers • Experienced a range of sending and receiving skills with progressive challenge • Involve basic gameplay to allow for tactical planning. • Allow students to take on different roles within practices and games.
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Theme (if applicable)						
SMSC	Spiritual PE can help students develop a connection between their mind, body, and spirit. Activities can include gymnastics, dance, and team sports. Moral PE can help students understand how PE can contribute to healthy living. Activities can include learning rules, fair play, and sportsmanship. Social PE can help students develop teamwork, communication, and respect for others. Activities can include team sports and working in groups. Cultural PE can help students learn about different cultures and traditions. Activities can include learning games and dances from different cultures.					
Careers	sports coaching, teacher, journalism, nutrition, sports psychology, management and business, biomechanics and injury/physiotherapy related.	sports coaching, teacher, journalism, nutrition, sports psychology, management and business, biomechanics and injury/physiotherapy related.	sports coaching, teacher, journalism, nutrition, sports psychology, management and business, biomechanics and injury/physiotherapy related.	sports coaching, teacher, journalism, nutrition, sports psychology, management and business, biomechanics and injury/physiotherapy related.	sports coaching, teacher, journalism, nutrition, sports psychology, management and business, biomechanics and injury/physiotherapy related.	sports coaching, teacher, journalism, nutrition, sports psychology, management and business, biomechanics and injury/physiotherapy related.



Durham Year 8
Academy

	HT1	HT2	HT3	HT4	HT5	HT6
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Enquiry Question	Football & Basketball/Netball	Badminton & Handball	Table Tennis/Cricket & Fitness methods	Table Tennis & Fitness Testing	Athletics	Striking & fielding
Subject Content	To focus on developing team attacking and defending strategies and associated core techniques required to support this. To encourage students to select and apply the appropriate core football skills, using them tactically with the intention of outwitting their opponents. To develop an improved knowledge of small sided competitive games and rules than underpin the game.	To develop consistency in replicating core skills through conditioned situations. To develop the ability to land the shuttle in a target area and refining game strategies with the intention of outwitting an opponent. Students will develop confidence in movement and demonstrate the ability to score and officiate games.	To develop consistency in replication of core skills through conditioned situations. To further develop the ability to land the ball in a target area with control and refine game tactics with the intention of outwitting an opponent. To develop confidence in movement and demonstrate the ability to score and officiate games.	To experience specific fitness based skills in a range of different contexts. To further develop an ability to evaluate and assess core techniques to produced refined outcomes. To investigate ways of warming up and understand the importance of health through completion of physical tasks.	To use knowledge of athletics events, strategies and core techniques to develop skill replication and performance. To develop an understanding of fitness and its relationship to performance. To improve core skills and personal bests in relation to speed, height, distance and accuracy. Develop confidence in movement and challenge mental capacity.	To provide opportunities to accurately replicate and further develop/refine techniques for batting, bowling and fielding. To develop the ability to place the ball in a target area and improve game tactics with the intention of outwitting an opponent. To build student confidence in movement and understand scoring and officiating systems.
Disciplinary Knowledge/ Skills	- Principles of attack and defence - Finding, using and denying space - Making decisions quickly and efficiently - Application of game rules - Understanding how to work as a team effectively - Passing/Receiving - Shooting - Dribbling	- Shot selection in a range of competitive contexts - Using space - More complex strategies to outwit opposition - Application of a set of game rules - Sending/Receiving – forehand/backhand - Clear	Knowledge: - Shot selection in a range of competitive contexts - Use of deception and more complex strategies to outwit opposition - Understanding of sequences of play - Use of specific terminology and application of game rules.	- Skill replication in a range of fitness activities that test physical capacity. - Use a range of health and fitness terminology. - Understanding of the way the body responds to exercise. - Warm up & cool down routines/movements.	- Skill replication in a range of competitive events - Application of a set of rules when competing - Understanding of own strengths and limitations - Knowledge of personal running, jumping & throwing capacity - Sprinting/Speed/Power	- Application of techniques in a competitive context - Sport specific terminology relating to a performer and official - Strategies to outwit opposition - Application of a set of modified game rules - Batting

	• Ball control • Defending/Marking /Tackling • Develop the principles of attack and defence in a directional game. • Use small sided game situations to allow for tactical planning and refinement. • Allow students to make decisions, assess outcome and suggest improvements.	• Drop shot • Flick shot • Smash • Service action – variety • Develop the principles of attack and defence. • Involve progressive gameplay to allow for tactical planning and refinement. • Allow students to make decisions, assess outcome and suggest improvements. • Develop confidence in movement relating to net games.	Skills: • Grip and stance • Push – Backhand/Forehand • Drive – Backhand/Forehand • Serve Sequencing: • Develop the principles of attack and defence. • Involve progressive gameplay (singles and doubles) to allow for tactical planning and refinement. • Allow students to make decisions, assess outcome and suggest improvements. • Develop confidence in movement relating to net games.	• Circuit movements • Tests for components of fitness • Boxercise techniques • Difference in running for speed/endurance • Develop a range of fitness technique to test an individual's physical capacity. • Involve opportunities to show understanding of the body systems and the adaptations to exercise. • Build a variety of different roles to support own and others' learning.	• Pacing/Cardiovascular endurance • Starts • Drive • Take off, flight, landing • Throwing actions • Relay • Develop running, jumping and throwing skills in a competitive context. • Encourage the replication of basic techniques in a range of contexts. • Build on opportunities to tactically plan and students encouraged to improve performance. • Allow students to active lead others in a range of capacities.	• Bowling • Fielding - Sending/Receiving • Fielding – Positioning • Build on a range of sending and receiving skills with progressive challenge • Involve gameplay to allow for tactical planning. • Allow students to make decisions, assess outcome and suggest improvements. • Develop confidence in movement relating to striking and fielding games.
Theme (if applicable)						
SMSC	Spiritual PE can help students develop a connection between their mind, body, and spirit. Activities can include gymnastics, dance, and team sports. Moral PE can help students understand how PE can contribute to healthy living. Activities can include learning rules, fair play, and sportsmanship.					

	Social PE can help students develop teamwork, communication, and respect for others. Activities can include team sports and working in groups. Cultural PE can help students learn about different cultures and traditions. Activities can include learning games and dances from different cultures.					
Careers	sports coaching, teacher, journalism, nutrition, sports psychology, management and business, biomechanics and injury/physiotherapy related.	sports coaching, teacher, journalism, nutrition, sports psychology, management and business, biomechanics and injury/physiotherapy related.	sports coaching, teacher, journalism, nutrition, sports psychology, management and business, biomechanics and injury/physiotherapy related.	sports coaching, teacher, journalism, nutrition, sports psychology, management and business, biomechanics and injury/physiotherapy related.	sports coaching, teacher, journalism, nutrition, sports psychology, management and business, biomechanics and injury/physiotherapy related.	sports coaching, teacher, journalism, nutrition, sports psychology, management and business, biomechanics and injury/physiotherapy related.



	HT1	HT2	HT3	HT4	HT5	HT6
Enquiry Question	Football & Basketball/Netball	Badminton & Handball	Table Tennis/Cricket & Fitness methods	Table Tennis & Fitness Testing	Athletics	Striking & fielding

Subject Content	To focus on developing, implementing and refining team and individual game plans to outwit opponents. Students will be expected to use core skills, implement them in different competitive situations and refine unsuccessful attempts. To understand games rules, play a number of roles and physically exert themselves throughout.	To develop more advanced techniques and implement and refine strategic play to outwit opponents. Students will demonstrate the essential elements of attack and defence in competitive situations. To develop confidence in directing the shuttle to land in a target area so that the opponent cannot return it. Students will independently score and officiate badminton games unassisted.	To develop more advanced techniques and implement and refine game tactics to outwit opponents. Confidently demonstrate the essential elements of attack and defence in competitive situations. To understand the games rules and accurately score/officiate unassisted. To replicate skills consistently and physically exert themselves throughout.	To further develop specific fitness based skills in a range of different contexts. To evaluate and refine movements to produce a more effective performance. To understand the broad range of training methods and different outcomes. To develop knowledge of the immediate effects of exercise and reasoning for these bodily responses	To allow students to accurately replicate techniques across a range of disciplines. To develop a detailed understanding of fitness and its effect on performance. To allow planning and preparation prior to competing in a range of athletic events. To develop an understanding of the immediate effects of exercise and fatigue factors.	To demonstrate consistency, timing and fluency in the execution of core skills for batting, bowling and fielding. To improve the skill of outwitting an opponent as a batting and fielding team and develop decision making skills through game play. Students to work independently and demonstrate an ability to score and officiate small sided games.
Disciplinary Knowledge/ Skills	- Principles of attack and defence - Using deception to create space and opportunities for others - Decision making for skill execution - Working effectively as a team while applying a set of game rules - Passing/Receiving - Shooting - Dribbling - Ball control - Defending/Marking/Tackling	- Shot selection in a range of competitive contexts - Using space - Use of tactics and strategies to outwit opposition - Application of a set of game rules - Service action – variety - Clear – forehand/backhand - Drop shot with deception - Flick shot - Smash	Knowledge: - Shot selection in a range of competitive contexts - Use of deception and more complex strategies to outwit opposition - Understanding of sequences of play - Understanding of terminology and accurate application of game rules. Skills: - Grip and stance	- Skill replication in a range of fitness activities. - Use a range of health and fitness terminology. - Understanding of the way the body responds to exercise using appropriate terminology. - Lead warm up & cool down routines. - Circuit movements	- Skill replication in a range of competitive events - Experienced a number of sprint & pacing races. - Understanding of own strengths and limitations - Knowledge of the effect of exercise and ways to improve - Sprinting/Speed/Power - Pacing/Cardiovascular endurance - Starts/Drive Phase - Stride length	- Application of techniques in a range of competitive context - Sport specific terminology - Strategies to outwit opposition - Application of game rules as a performer and official - Batting – Variations - Bowling – Variations - Fielding - Sending/Receiving

	• Build upon fundamentals but increase in speed and level of challenge. • Develop the principles of attack and defence while working with others. • Involve pressurised game situations to allow for tactical planning and refinement. • Allow students to make decisions, assess outcome and suggest improvements.	• Build upon fundamental skills but increase in speed and level of challenge. • Develop the principles of attack and defence while working with others. • Involve pressurised game situations to allow for tactical planning and refinement. • Allow students to make decisions, assess outcome and suggest improvements.	• Push – Backhand/Forehand • Backhand Drive – application of spin • Forehand Drive – application of spin • Serve Sequencing: • Build upon fundamental skills but increase in speed and level of challenge. • Develop the principles of attack and defence while working with others. • Involve pressurised game situations to allow for tactical planning and refinement. • Allow students to make decisions, assess outcome and suggest improvements.	• Tests for components of fitness • Running for speed/endurance • Build upon the range of fitness techniques learnt to further test an individual's physical capacity. Encourage the replication of techniques in a range of contexts. • Involve opportunities to show understanding of the body systems and the adaptations to exercise. • Allow students to make decisions, assess outcome and suggest improvements.	• Take off, flight, landing • Throwing actions • Relay • Build on running, jumping and throwing skills in a competitive context. • Encourage the replication of techniques in a range of events. • Allow students to make decisions, assess outcome and suggest improvements.	• Fielding – Positioning • Build upon fundamental skills but increase complexity and level of challenge. • Develop the principles of placement and deception. • Involve pressurised game situations to allow for tactical planning and refinement. • Allow students to make decisions, assess outcome and suggest improvements.
Theme (if applicable)						
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	HT1	HT2	HT3	HT4	HT5	HT6
Enquiry Question	Unit R185: Performance and leadership in sports activities	Unit R185: Performance and leadership in sports activities	Unit R185: Performance and leadership in sports activities	Unit R185: Performance and leadership in sports activities	Unit R185: Performance and leadership in sports activities	R186: Sport and the media

Subject Content	Topic Area 2: Applying practice methods to support improvement in a sporting activity	Topic Area 3: Organising and planning a sports activity session	Topic Area 4: Leading a sports activity session	Topic Area 5: Reviewing your own performance in planning and leading a sports activity session	Topic Area 1: Key components of performance	Topic Area 1: The different sources of media that cover sport
Disciplinary Knowledge/ Skills	Course introduction/ identifying chosen sports AOP introduction Identifying Skills of chosen Sport AOP Table of Strengths/ Weaknesses Explaining Strengths (x2) Explaining Weaknesses (x2) Creating drills to improve weaknesses Creating drills to improve	Action plan table How will I measure improvement? Conclusion Lesson plan/Risk assessment/ practical Lesson plan/Risk assessment/ Leadership practise practical	Lesson plan/Risk assessment Practical session delivery & assessment Reflection and recording strengths & areas for development for use when writing session evaluation. Analysis of the session observation sheet and marking band criteria.	Coaching session evaluations. How to write an evaluation and what needs to be included in the write-up. Developing detail and specific examples and the impact on the session and learning.	Task 1- types of media Relationship between sport and media Positives/ negatives of media. Introduction to task 1 assessment. Practical assessments for two sports/student	Distinguish between different media sources and how they cover sport Identify chosen sport/club to focus research on. Apply media types to that sport Apply media types to that sport Club implementation/ recommendations Conclusion Practical catch up sessions

	weaknesses					
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Year 11

	HT1	HT2	HT3	HT4	HT5	HT6
Enquiry Question	R186: Sport and the media	R186: Sport and the media	Unit R184: Contemporary issues in sport	Unit R184: Contemporary issues in sport	Unit R184: Contemporary issues in sport	
Subject Content	Topic Area 2: Positive effects of the media in sport Topic Area 3: Negative effects of the media in sport	Topic Area 1: Issues which affect participation in sport Revision & exam preparation	Topic Area 2: The role of sport in promoting values Topic Area 3: The implications of hosting a major sporting event for a city or country	Topic Area 4: The role National Governing Bodies (NGBs) play in the development of their sport Topic Area 5: The use of technology in sport	Catch up on coursework. Revision of R186 Exam preparation	
Disciplinary Knowledge/ Skills	Task 2- The positive relationship between the media and sport Introduction/ revenue Participation/ role model/ raise profile of the sport Participation/ role	User groups Possible barriers Possible barrier solutions actors which can positively and negatively impact upon the popularity of sport in the UK	Sport values The Olympic and Paralympic movement Sporting values initiative and campaigns The importance of etiquette AND sporting	National Governing Bodies (NGBs). What NGBs do for their sport: The role of technology in sport Positive and negative effects of the use of	Exam revision Exam question practise and analysis Re-visit misconceptions The PE Classroom Examiner tool for exam	

	model/ raise profile of the sport Lottery grant Task 3- A range of negative effects of the media on sport in relation to spectators and live sport Negative impacts of the media on sports and sports performers	Emerging/new sports in the UK Exam revision Exam question practise and analysis The PE Classroom Examiner tool for exam questions & quizzes.	behaviour The use of Performance Enhancing Drugs (PEDs) in sport The features of a major sporting event Positive and negative pre-event aspects of hosting a major sporting event Potential positive and negative aspects of hosting a major sporting event	technology in sport	questions & quizzes.	
Theme (if applicable)						
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