



At St Peter's we believe that a broad and balanced curriculum with a strong academic core is a right for all pupils. We seek to encourage pupils to explore subjects of interest around their in-school learning and to enhance their curriculum experience through enrichment.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit of Work/Big Question	Unit of Work/Big Question	Unit of Work/Big Question	Unit of Work/Big Question	Unit of Work/Big Question	Unit of Work/Big Question
What is effective leadership in sport and physical activity? What is leadership and what are the different leadership roles in sport?	What is effective leadership in sport and physical activity? How can we fulfil our leadership potential?	What is effective leadership in sport and physical activity? What makes an effective team?	What is effective leadership in sport and physical activity? What makes an effective team? (2)	What is effective leadership in sport and physical activity? Why is self-reflection important to leadership?	What is effective leadership in sport and physical activity? What is the importance of behaviours and attitudes to successful leadership?
Rugby and volleyball(10Pe1/10Pe2) Football and badminton (10Pe3/10Pe4)	Football and Badminton (10Pe1/10Pe2) Netball and volleyball (10Pe3/10Pe4)	Basketball and Netball (10Pe1/10Pe2) Basketball and Fitness (10Pe3/10Pe4)	Athletics and Fitness (10Pe1/10Pe2) Basketball and Tag (10Pe3/10Pe4)	Athletics activities (10Pe1/10Pe2) (10Pe3/10Pe4)	Striking and fielding Tennis (10Pe1/10Pe2) (10Pe3/10Pe4)
Knowledge	Knowledge	Knowledge	Knowledge	Knowledge	Knowledge
<p><i>Head (Declarative knowledge)</i> To know when and where to pass in an invasion game including the direction, weight and speed of pass.</p> <p>To know how and when to move with the ball in an invasion game understanding the rules of moving with the ball.</p> <p>To know when and where to score in an invasion game including the target, weight and speed of shot (if shooting).</p> <p>To understand the term "attacking" and know when to apply attacking techniques in an invasion game.</p> <p>To know when and how to apply defending techniques in an invasion game.</p> <p>To know areas of the court/pitch</p>	<p><i>Head (Declarative knowledge)</i> To know when and where to pass in an invasion game including the direction, weight and speed of pass.</p> <p>To know how and when to move with the ball in an invasion game understanding the rules of moving with the ball.</p> <p>To know when and where to score in an invasion game including the target, weight and speed of shot (if shooting).</p> <p>To understand the term "attacking" and know when to apply attacking techniques in an invasion game.</p> <p>To know when and how to apply defending techniques in an invasion game.</p> <p>To know areas of the court/pitch and apply game rules and tactics as a team in an invasion game.</p>	<p><i>Heart (conditional knowledge)</i> Roles - To understand why assuming roles within a team is important to achieving positive outcomes in PE and beyond.</p> <p>Communication - To understand a range of communication techniques and to develop the ability to communicate effectively within a team.</p> <p>Problem solving - To understand what problem solving is and to explore a range of problem solving techniques within a team context.</p>	<p><i>Heart (conditional knowledge)</i> Embracing Collaboration Students will understand the importance of cooperation and being a good team player.</p> <p>Shared vision/goal - To understand the importance of a vision or goal and how to achieve that alongside others.</p> <p>Conflict resolution - To understand a range of conflict management skills and to develop strategies to solve conflicts and disagreements</p>	<p><i>Heart (conditional knowledge)</i> Self-Reflection - to understand what is meant by the term 'self-reflection and to be able to apply this knowledge to PA, Sport and further aspects of life.</p> <p>Self-Improvement - to understand what is meant by the term 'self-improvement' and to be able to apply this knowledge to PA, Sport and further aspects of life.</p> <p>Self-Care - to understand what is meant by the term 'self-care' and to be able to apply this knowledge to PA, Sport and further aspects of life.</p> <p>Self-Efficacy Students will understand what is meant by the term 'self-efficacy' and be able to apply this knowledge to PA, Sport and further aspects of life.</p> <p>Self-Appraisal - Students will gain an understanding of the term</p>	<p><i>Heart (conditional knowledge)</i> Attitude - understand what is meant by and the importance of attitude and behaviour in all aspects of life. Honesty - understand the importance of demonstrating honesty and being able to respond positively to honest and constructive feedback. Confidence - understand confidence and connect this concept to positive attitude and behaviour. Commitment - understand what is meant by and demonstrate commitment. Enthusiasm- understand what is meant by and demonstrate enthusiasm. Positivity - understand what is meant by and demonstrate positivity.</p>

<p>and apply game rules and tactics as a team in an invasion game.</p>	<p><i>Heart (conditional knowledge)</i> Employability - understand the term employability and demonstrate skills related to this term.</p> <p>Managing Time - understand the skills most desired by employers and reflect on their own skills.</p> <p>Commitment to Development - understand how you can take steps to improve and develop their employability skills.</p> <p>Managing Time - understand the skills most desired by employers and reflect on their own skills.</p> <p>Analysing & Investigating-understand the skills most desired by employers and reflect on their own skills.</p> <p>Teamwork & Communication - understand the skills most desired by employers and reflect on their own skills.</p>			<p>'self-appraisal and will be able to apply this knowledge to PA, Sport and further aspects of life.</p> <p>Self-Help- Students will understand what is meant by the term 'self-help' and be able to apply this knowledge to PA, Sport and further aspects of life.</p>	
<p>Skills & Procedural Knowledge</p>	<p>Skills & Procedural Knowledge</p>	<p>Skills & Procedural Knowledge</p>	<p>Skills & Procedural Knowledge</p>	<p>Skills & Procedural Knowledge</p>	<p>Skills & Procedural Knowledge</p>
<p>Hands (procedural knowledge)</p> <ul style="list-style-type: none"> - To show a variety of passing techniques with hands/feet over a variety of distances varying weight and speed. - To show methods of moving with the ball (dribbling) in invasion games. - To show a variety of scoring techniques including with feet, hands and at a target in an invasion game. - To show effective attacking techniques including dodge, spin dodge and change of speed and invasion game. - To show defending techniques including marking, shadowing and intercepting in an invasion game. - To show effective team strategy with application of tactics and rules in an invasion game. 	<p>Hands (procedural knowledge)</p> <ul style="list-style-type: none"> - To show a variety of passing techniques with hands/feet over a variety of distances varying weight and speed. - To show methods of moving with the ball (dribbling) in invasion games. - To show a variety of scoring techniques including with feet, hands and at a target in an invasion game. - To show effective attacking techniques including dodge, spin dodge and change of speed and invasion game. - To show defending techniques including marking, shadowing and intercepting in an invasion game. - To show effective team strategy with application of tactics and rules in an invasion game. 	<p>Hands (procedural knowledge)</p> <ul style="list-style-type: none"> -To show proper form and technique in exercises to prevent injury and maximise effectiveness. -To show endurance through sustained aerobic activities like running or cycling. -To show strength and endurance in resistance training exercises. -To show flexibility and range of motion in stretching routines. -To show balance and coordination in stability exercises. -To show agility and quickness in dynamic movements. 	<p>Hands (procedural knowledge)</p> <ul style="list-style-type: none"> -To show proper form and technique in exercises to prevent injury and maximise effectiveness. -To show endurance through sustained aerobic activities like running or cycling. -To show strength and endurance in resistance training exercises. -To show flexibility and range of motion in stretching routines. -To show balance and coordination in stability exercises. -To show agility and quickness in dynamic movements. 	<p>Hands (procedural knowledge)</p> <ul style="list-style-type: none"> -To show speed and acceleration in sprinting events. -To show strength and power in throwing or jumping disciplines. -To show precise technique and coordination in field events like long jump or javelin throw. -To show endurance and stamina in long-distance running or multi-event competitions. -To show strategic thinking and adaptability in team sports like relay races -To show mental toughness and resilience in overcoming challenges and pressure situations. 	<p>Hands (procedural knowledge)</p> <ul style="list-style-type: none"> -To show proficiency in batting techniques to consistently make solid contact with the ball. -To show accuracy and control in bowling to strategically place deliveries and deceive batters. -To show agility and speed to field balls efficiently and make quick, accurate throws. -To show strategic thinking and decision-making to assess game situations and adjust tactics accordingly. -To show teamwork and communication to coordinate fielding positions and execute strategic plays. -To show mental resilience and focus to handle pressure situations and maintain concentration throughout the game.



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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2 (Exams)
Unit of Work/Big Question	Unit of Work/Big Question	Unit of Work/Big Question	Unit of Work/Big Question	Unit of Work/Big Question	
How can I achieve a lifelong healthy, active lifestyle?	How can I achieve a lifelong healthy, active lifestyle?	How can I achieve a lifelong healthy, active lifestyle?	How can I achieve a lifelong healthy, active lifestyle?	How can I achieve a lifelong healthy, active lifestyle?	
Rugby and volleyball (11Pe1/11Pe2) Football and badminton (11Pe3/11Pe4)	Football and Badminton (11Pe1/11Pe2) Netball and volleyball (11Pe3/11Pe4)	Basketball and Netball (11Pe1/11Pe2) Basketball and volleyball (11Pe3/11Pe4)	Athletics and Fitness (11Pe1/11Pe2) Basketball and Tag (11Pe3/11Pe4)	Athletics activities (11Pe1/11Pe2) (11Pe3/11Pe4)	
Knowledge	Knowledge	Knowledge	Knowledge	Knowledge	
<p><i>Head (Declarative knowledge)</i> Achieving a lifelong healthy active lifestyle involves:</p> <p>Understanding the timing, location, direction, weight, and speed of passes in invasion games.</p> <p>Mastering movement with the ball while adhering to the rules</p> <p>Identifying opportunities to score based on target location, shot weight, and speed.</p> <p>Grasping the concept of "attacking" and employing attacking strategies effectively.</p> <p>Knowing when and how to execute defensive techniques.</p> <p>Familiarising yourself with the different areas of the court/pitch and implementing game rules and</p>	<p><i>Head (Declarative knowledge)</i> Understanding the timing, location, direction, weight, and speed of passes in invasion games.</p> <p>Knowing the appropriate movements with the ball while adhering to game rules.</p> <p>Identifying scoring opportunities based on target location, shot weight, and speed.</p> <p>Grasping the concept of "attacking" and effectively applying attacking techniques.</p> <p>Knowing when and how to execute defensive techniques during an invasion game.</p> <p>Familiarity with the different areas of the court/pitch and the ability to apply game rules and tactics collaboratively as a team.</p>	<p><i>Heart (conditional knowledge)</i> To achieve a lifelong healthy active lifestyle, it's essential to nurture the following conditional knowledge:</p> <p>Roles: Understanding the significance of assuming roles within a team to foster positive outcomes in physical education (PE) and other aspects of life.</p> <p>Communication: Developing proficiency in various communication techniques and effectively conveying ideas within a team setting.</p> <p>Problem Solving: Grasping the concept of problem solving and exploring diverse problem-solving techniques within a team context to overcome challenges efficiently.</p>	<p><i>Heart (conditional knowledge)</i> To foster a lifelong healthy active lifestyle, it's crucial to embrace collaboration by:</p> <p>Understanding Cooperation: Recognising the significance of cooperation and cultivating skills to be a valuable team player.</p> <p>Shared Vision/Goal: Grasping the importance of having a shared vision or goal and learning how to work alongside others to achieve it.</p> <p>Conflict Resolution: Developing a repertoire of conflict management skills and implementing strategies to effectively resolve conflicts and disagreements within a collaborative environment.</p>	<p><i>Heart (conditional knowledge)</i> To achieve a lifelong healthy active lifestyle, it's essential to focus on self-awareness and personal development through:</p> <p>Self-Reflection: Understanding the concept of self-reflection and applying it to physical activity, sports, and various aspects of life.</p> <p>Self-Improvement: Grasping the notion of self-improvement and utilising it to enhance performance in physical activity, sports, and other areas of life.</p> <p>Self-Care: Recognising the importance of self-care and integrating it into one's routine in physical activity, sports, and beyond.</p> <p>Self-Efficacy: Understanding self-efficacy and harnessing it to overcome challenges and achieve goals in physical activity, sports, and</p>	

<p>tactics collaboratively as a team in invasion games.</p>				<p>other endeavours.</p> <p>Self-Appraisal: Gaining insight into self-appraisal and utilising it to assess progress and set goals in physical activity, sports, and other aspects of life.</p> <p>Self-Help: Comprehending the concept of self-help and applying it to seek resources and support for personal growth in physical activity, sports, and beyond.</p>	
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