

Physical Education

Theme/Concept	Year 7	Year 8	Year 9	Year 10	Year 11
Range of sports and activities	Tag Rugby, Football, Basketball, Netball, Badminton, Fitness, Gymnastics, Dance, Athletics, Tennis, Rounders, Cricket, Softball, Orienteering, Inter house.			Football, Basketball, Fitness, Netball, Badminton, Table Tennis, Handball, Volleyball, Boxing, Tennis, Athletics, Rounders, Cricket, Softball, Inter house.	Option based lessons
Quality of skills and tactics	Acquiring knowledge through drills/practice on key fundamental skills of each sport or activity e.g. running, throwing catching, movement and gameplay	Applying skills from year 7 and developing these. Applying advanced skills and use of tactics and strategy in competition.	Development of tactics and strategies in competition. Analyse the tactics and skills used as individual or team.	Tactics and strategies applied in competition. Individual activities are analysing performance and how to improve participation.	Gameplay
Healthy Active lifestyles and Wider benefits	<p>These two strands are taught and sequenced across a range of sports which are identified on our curriculum map for key stage 3 and 4.</p> <p>Healthy Active Lifestyles refers to the knowledge students need to do exactly that, lead a healthy active lifestyle. Our curriculum builds over time with students studying each part of healthy active lifestyle across a range of sports in each year. Knowledge taught to students within 'Healthy Active Lifestyle' includes health and fitness, heart rate, fitness testing, goal setting, effects of an unhealthy lifestyle, club links, components of fitness and the effects of exercise.</p> <p>Wider Benefits includes the study of knowledge that will ensure our students leave knowing more about how lessons within sport can benefit their life beyond Noel Baker Academy. Knowledge taught in this includes quality of movement and posture, evaluation of movement, self-confidence, empathy, problem solving and critical thinking, leadership and organisation, competitiveness, mental determination, resilience, perseverance, sportsmanship, nutrition and encouragement.</p>				
Sports leadership	Students are encouraged to lead warm ups, organise team mates and design their own learning in certain sports.	Students are encouraged to lead warm ups, organise team mates and design their own learning in certain sports.	Students are encouraged to lead warm ups, organise team mates and design their own learning in certain sports. Students will have opportunity to access the sports leaders UK course.	Sports leaders UK and Derby County Community will lead training of students who complete the Cambridge National Sports Science.	
Assessment	Students will be assessed at three points over the academic year to monitor progress. They will be assessed against the PE assessment criteria in line with the National Curriculum.			Students complete the Level1/2 Cambridge National Sports Science GCSE.	Students complete the Level1/2 Cambridge National Sports Science GCSE.



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