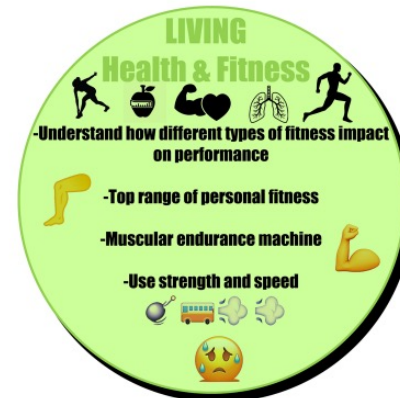


# PE curriculum

## Cardinal Langley RC High school

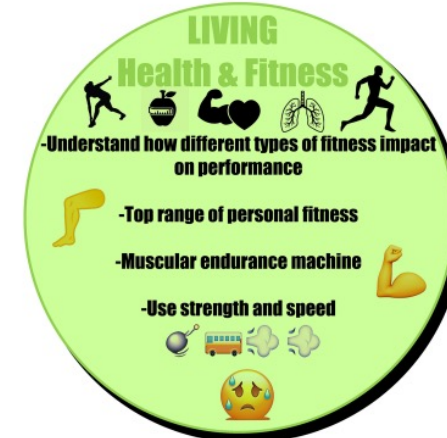
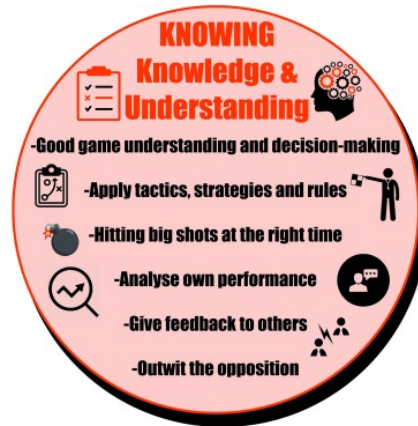


# Key stage 3 PE curriculum

1. PE groups are taught in groups which enable all learners to thrive and be supported and challenged to be the best they can be whilst enabling the more able to strive even further.
2. Activities are sequenced in a way which gives balance whilst ensuring that prior learning is built upon and transferable skills and knowledge can be applied to other activities.
3. Other considerations that affect curriculum activities and design are pupils KS2 experience and the impact of school closures and 'Covid measures on sporting experience'
4. To avoid a narrowing of our curriculum pupils may not experience the exact same range of sports but will experience the same types of sporting activities:

Type of sporting activity	Curriculum activity lessons
<b>Invasion games</b>	netball/rugby/football/ hockey/ handball/ basketball
<b>Net court games</b>	Badminton/ table tennis/ short tennis
<b>Quality of movement</b>	Trampolining/ Gymnastics Dance
<b>Fitness</b>	Circuit /Boxercise /HIIT/ Bootcamp
<b>Athletics</b>	Track & Field
<b>Striking &amp; Fielding</b>	Cricket/Rounders/ Softball
<b>OAA</b>	Orienteering

# The 4 PE STRANDS





# The 4 PE STRANDS

Pupils will develop their ability through **4 KEY PE strands**



- **Doing** - developing skills and applying them to a range of sporting situations



- **Connecting** – working well as a team and an individual



- **Knowing** – developing knowledge and understanding to outwit opponents , develop strategy for own improvements (choreography , routine development, coaching officiating )



- **Living** - Developing healthy habits for all , and understanding the impact of a positive active healthy lifestyle.

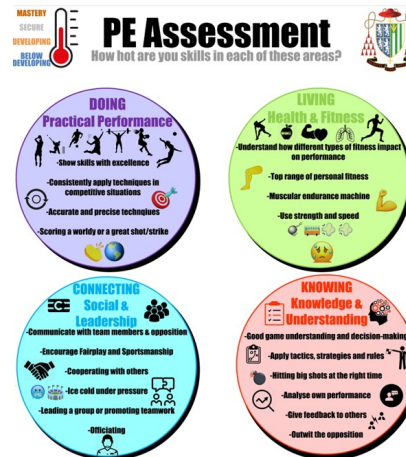
N.B We aim to use teacher expertise, sports facility, along with ensuring we meet pupils local needs and strengths and take into account pupil feedback when deciding on which activities pupils will experience in each year. This is reviewed and planned for each particular year group the summer prior to them starting in September.

# Assessment



Pupils are assessed during each activity and a score given for ability in each of the 4 strands

Doing - Secure  
Connecting –Mastery  
Knowing –Secure  
Living -Developing



This gives pupils an overall PE profile of areas of strengths which is shared with pupils and families throughout the academic year.

i.e. A pupils score overall may be secure for PE when we take into account all strands and activities.

## KS3 Year 7

**Key SS = super sport / inter class competition week**

No. of weeks Set	4	4	1	4	1	5	1	5	1	5	5 Swap after 6 lessons/3week !	1
<b>Boys 1</b>	<b>Starting Point Assessment</b>  SPA  Rugby, football, Fitness  Gymnastics Netball football	Rugby Field	<b>SS</b>	Gymnastics/ Fitness Gym	<b>SS</b>	Football 3G	<b>SS</b>	Badminton SH	<b>SS</b>	Ath'	S&F Cricket Field/3G	<b>SS</b>
<b>Girls 1</b>		Netball Yard		Badminton SH		Dance /Gymnastics Gym		Rugby/ football 3G		Ath	S&F Rounders Field	
<b>Boys 2</b>		Badminton SH		Football 3G		Rugby Field		Gymnastics / fitness Gym		S&F Softball Field/3G	Ath'	
<b>Girls 2</b>		Dance/ Gym Gym		Rugby/ football 3G		Badminton SH		Netball		S&F Rounders Field	Ath	
<b>Week activity commencing</b>	6 sept	4 <sup>th</sup> Oct	8 <sup>th</sup> Nov	15 <sup>th</sup> Nov	13 <sup>th</sup> Dec	3 <sup>rd</sup> Jan	14 <sup>th</sup> Feb	28 <sup>th</sup> Feb	4 <sup>th</sup> Apr	25 <sup>th</sup> Apr	6 <sup>th</sup> June	13 <sup>th</sup> July
<b>Assessment week</b>	27 Sept	1 <sup>st</sup> Nov		6 <sup>th</sup> Dec		7 <sup>th</sup> Feb		28 <sup>th</sup> Mar		23 <sup>rd</sup> May	6 <sup>th</sup> July	

**SS Boys = Supersport Dance Focus**

**SS Girls = Invasion games focus**

## KS3 Year 8

No. of weeks Set	4	4	1	4	1	5	1	5	1	4	1	6 Swap after 3week	1	
Boys 1	Football 3G	Rugby Field	SS	Gymnastics/ Fitness Gym	SS	Football 2 3G	SS	Badminton SH	SS	Athletics	Orienteering	S&F -Cricket 3G	SS	
Girls 1	Netball Yard	Football 3G		Badminton SH		Dance/ Gymnastics Gym		Rugby/ football 3G		Athletics		S&F Rounders /cricket Field		
Boys 2	Rugby Field	Badminton SH	SS	Football 3G	SS	Rugby Field	SS	Gymnastics / fitness Gym	SS	Orienteering	Athletics	S&F Softball /cricket Field	SS	
Girls 2	Gymnastics /fitness	Dance Gym		Netball Yard		Badminton SH		Rugby/ Football 3G			Athletics	Short Tennis / Rounders SH / field		
Week activity commencing	6 Sept	4 <sup>th</sup> Oct	8 <sup>th</sup> Nov	15 <sup>nd</sup> Nov	13 <sup>t h</sup> Dec	3 <sup>rd</sup> Jan	14 <sup>th</sup> Feb	28 <sup>th</sup> Feb	4 <sup>th</sup> Apr	25 <sup>th</sup> Apr	2 <sup>nd</sup> May	23 <sup>rd</sup> May	6 <sup>th</sup> June	18 <sup>th</sup> July
Assessment week	27 Sept	1 <sup>st</sup> Nov		6 <sup>th</sup> Dec		7 <sup>th</sup> Feb		28 <sup>th</sup> Mar		23 <sup>rd</sup> May		11 <sup>th</sup> July		

## KS3 Year 9

No. of weeks Set	4	5	1	4	1	5	1	5	1	5	5 Swap after 6 lessons !	1
<b>Boys 1</b>	Rugby Field	Boxercise/ Fitness Gym	SS	Football 3G	SS	Basketball  SH	SS	Handball 3G	SS	Ath'	S&F Cricket Field/3G	SS
<b>Girls 1</b>	Football /rugby 3G	Badminton SH		Netball Yard		Dance Gym		Trampolining $\frac{1}{2}$ SH		Ath	S&F Rounders Field	
<b>Boys 2</b>	Badminton/ basketball SH	Football 3G	SS	Table tennis Gym	SS	Rugby Field	SS	Boxercise/ fitness Gym	SS	S&F Softball Field/3G	Ath'	SS
<b>Girls 2</b>	Dance Gym	Netball Yard		Badminton SH		Football/ rugby 3G		Boxercise/ Fitness $\frac{1}{2}$ SH		S&F Rounders Field	Ath	
<b>Week activity commencing</b>	2 Sept	30 <sup>th</sup> Sept	11 <sup>th</sup> Nov	18 <sup>th</sup> Nov	16 <sup>th</sup> Dec	6 <sup>th</sup> Jan	10 <sup>th</sup> Feb	17h Feb March	6th Apr	27 <sup>th</sup> Apr	8 <sup>th</sup> June	13 <sup>th</sup> July
<b>Assessment week</b>	23 Sept	4 <sup>th</sup> Nov		9th Dec		3 <sup>rd</sup> Feb		30 <sup>th</sup> Mar		1 <sup>st</sup> June	6 <sup>th</sup> July	



## KS4 core Year 10

**Key SS = super sport / inter class competition week**

No. of weeks Set	4	4	1	4	1	5	1	5	1	5	5 Swap after 6 lessons/3week!	1
<b>Boys 1</b>	Rugby Field	Table Tennis Gym	<b>SS</b>	Handball SH	<b>SS</b>	Football 3G	<b>SS</b>	Boxercise fitness Gym	<b>SS</b>	Ath'	S&F Cricket Field/3G	<b>SS</b>
<b>Girls 1</b> <b>Competitive pathway</b>	Netball Yard	Handball SH		Football 3G		Boxercise Fitness /Dance Gym		Rugby/ hockey 3G		S&F Rounders Field	Ath'	
<b>Boys 2</b>	Badminton/ Handball SH	Football 3G	<b>SS</b>	Boxercise /Fitness Gym	<b>SS</b>	Rugby Field	<b>SS</b>	Handball 3G	<b>SS</b>	Ath'	S&F Softball Field	<b>SS</b>
<b>Girls</b> <b>Choreography &amp; wellbeing pathway</b>	Boxercise Fitness/ Dance Gym	Netball Yard		Football/rugby 3G		Badminton SH		Trampolinin g/ Dance SH		Short Tennis/ rounders SH	Ath	
<b>Week activity commencing</b>	6 sept	4 <sup>th</sup> Oct	8 <sup>th</sup> Nov	15 <sup>th</sup> Nov	13 <sup>th</sup> Dec	3 <sup>rd</sup> Jan	14 <sup>th</sup> Feb	28 <sup>th</sup> Feb	4 <sup>th</sup> Apr	25 <sup>th</sup> Apr	6 <sup>th</sup> June	13 <sup>th</sup> July
<b>Feedback week</b>	27 Sept	1 <sup>st</sup> Nov		6 <sup>th</sup> Dec		7 <sup>th</sup> Feb		28 <sup>th</sup> Mar		23 <sup>rd</sup> May	6 <sup>th</sup> July	

## KS4 core Year 11

No. of weeks Set	4	4	1	4	1	5	1	5	1	5
Boys 1	Rugby	Handball/ badminton SH	SS	Rugby Field	SS	Football	SS	Fitness /table tennis Gym	SS	Football / softball
Girls 1  Competitive pathway	Football/rugby 3G	Netball yard		Badminton SH		Fitness/dance $\frac{1}{2}$ SH		Netball 3G		Basketball/ handball SH
Boys 2	Badminton/ Volleyball SH	Football 3G	SS	Fitness /boxing GYM	SS	Table Tennis Gym	SS	Football 3G	SS	Rugby/fitness Field /GYM
Girls  Choreography& wellbeing pathway	Bootcamp fitness Field /Gym	Dance/table tennis Gym		Football 3G		Trampolining /fitness $\frac{1}{2}$ SH		Badminton SH		Netball /rounders
Week activity commencing	6 sept	4 <sup>th</sup> Oct	8 <sup>th</sup> Nov	15 <sup>th</sup> Nov	13 <sup>th</sup> Dec	3 <sup>rd</sup> Jan	14 <sup>th</sup> Feb	28 <sup>th</sup> Feb	4 <sup>th</sup> Apr	25 <sup>th</sup> Apr
Feedback week	27 Sept	1 <sup>st</sup> Nov		6 <sup>th</sup> Dec		7 <sup>th</sup> Feb		28 <sup>th</sup> Mar		23 <sup>rd</sup> May

## Year 10 GCSE & CNat

No. of weeks Set	8 (4 lessons)	1	4 (2 lessons)	1	4 (2 lessons)	1		4 (2 lessons)	1	5 (3 lessons)	5 (3 lessons)	1
	GCSE & CNAT taught separately						Boys' and girls' groups GCSE & CNat mixed					
GCSE	Badminton SH	Fitness test	Handball SH	Fitness test	Handball SH	Fitness test	Boys	Football 3G	Fitness test	Football 3G	Athletics	Fitness test
CNAT	Circuits /HIIT		Weight training / Cardio		Weight training / Cardio		Girls	Netball SH		Netball SH	Athletics	
Week activity commencing	6 sept	8 <sup>th</sup> Nov	15 <sup>th</sup> Nov	13 <sup>th</sup> Dec	3 <sup>rd</sup> Jan	14 <sup>th</sup> Feb		28 <sup>th</sup> Feb	4 <sup>th</sup> Apr	25 <sup>th</sup> Apr	6 <sup>th</sup> June	13 <sup>th</sup> July
Assessment week	1 <sup>st</sup> Nov		6 <sup>th</sup> Dec		7 <sup>th</sup> Feb			28 <sup>th</sup> Mar		23 <sup>rd</sup> May	6 <sup>th</sup> July	