

SJBC Curriculum Termly Plan: Y7 PE

Term	Topic(s) and links to other subjects	Core Knowledge	Core Vocabulary	Assessment	Resources
Autumn 1	<ul style="list-style-type: none"> • Baseline testing • Introduction to invasion games (Football, Tag rugby) and net and wall games (Badminton) and building physical literacy 	<ul style="list-style-type: none"> • Know how to perform a warmup and cool down and its associated benefits. • Know the basic principles of fitness testing. • Know the basic principles and rules of invasion games such as Football, Rugby and Netball. • Know the core skills and techniques used when performing in these invasion games. • Know when and why to apply these core skills in a game situation. • Knowledge and understanding of Heads, Hands and Heart within these games. • Know the basic components of fitness linked to invasion games. • Know the location of major bones in the body. 	<ul style="list-style-type: none"> • Warm up • Cool down • Pulse raiser • Dynamic Stretching • Skill rehearsal • Static Stretching • Heads • Hands • Heart • Possession • Pressure • Overload • Offload • Footwork • Zones • Heart rate 	<ul style="list-style-type: none"> • Practical Heads, Hands and Heart assessment at the end of a sport unit (Half termly) 	<ul style="list-style-type: none"> • Teacher modelling and peer demonstration • Youtube demonstrations • BBC bitesize • Peer assessment sheets • Homework booklets
Spring	<ul style="list-style-type: none"> • Developing Physical Literacy and developing tactics and strategies in Invasion games, 	<ul style="list-style-type: none"> • Know the basic principles and rules of invasion games such as Basketball and Tag Rugby • Know the core and advanced skills and the techniques used when performing these activities. • Know when and why to apply these skills in a game situation. 	<ul style="list-style-type: none"> • Pulse raiser • Dynamic Stretching • Static Stretching • Possession • Overload • Pressure • Positioning • Transition • Formations 	<ul style="list-style-type: none"> • Practical Heads, Hands and Heart assessment at the end of a sport unit (Half termly) 	<ul style="list-style-type: none"> • Teacher modelling and peer demonstration • Tactical diagrams • BBC bitesize

	<p>Basketball and tagged rugby.</p> <ul style="list-style-type: none"> Understanding the role of personal fitness and its benefit to long term physical well-being. 	<ul style="list-style-type: none"> Know the basic principles of fitness improvement. Knowledge and understanding of Heads, Hands and Heart within PE Know how and when to outwit an opponent within an invasion game. Know how to use tactics and strategies to outwit an opponent Know the location and names of major muscles in the human body. 	<ul style="list-style-type: none"> Evade Stride Stance Position React/Reaction Dribbling / Shooting / Passing / Layup Pivot Strategy Recovery Nutrition Endurance Cardiovascular Fitness goals Lifestyle wellness <p>Sportsmanship</p>		<ul style="list-style-type: none"> Peer assessment sheets
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SJBC Curriculum Termly Plan: Y8 PE

Term	Topic(s) and links to other subjects	Core Knowledge	Core Vocabulary	Assessment	Resources
Autumn 1	<ul style="list-style-type: none"> Baseline testing Developing Physical literacy further and introducing tactics and 	<ul style="list-style-type: none"> Know the basic principles and rules of invasion games such as Volleyball, Football and Tag Rugby Know the core and advanced skills and the techniques used when performing these activities. Know when and why to apply these skills in a game situation. 	<ul style="list-style-type: none"> Pulse raiser Dynamic Stretching Skill rehearsal Static Stretching Possession Overload Pressure Positioning 	<ul style="list-style-type: none"> Practical Heads, Hands and Heart assessment at the end of a sport 	<ul style="list-style-type: none"> Teacher modelling and peer demonstration Tactical diagrams BBC bitesize

	<p>strategies in Invasion games (Football, Tag rugby) and net and wall games (Volleyball)</p>	<ul style="list-style-type: none"> • Know the basic principles of fitness testing. • Knowledge and understanding of Heads, Hands and Heart within PE • Know how and when to outwit an opponent within an invasion game. • Know how to use tactics and strategies to outwit an opponent • Know the location and names of major muscles in the human body. 	<ul style="list-style-type: none"> • Transition • Three-touch rule • Rally • Net play • Zones • Formations • Evade 	<p>unit (Half termly)</p>	<ul style="list-style-type: none"> • Peer assessment sheets • Homework booklets
Spring	<ul style="list-style-type: none"> • Developing Physical Literacy and developing tactics and strategies in Invasion games, Basketball and tagged rugby. • Understanding the role of personal fitness and its benefit to long term physical well-being. 	<ul style="list-style-type: none"> • Know the basic principles and rules of invasion games such as Basketball and Tag Rugby • Know the core and advanced skills and the techniques used when performing these activities. • Know when and why to apply these skills in a game situation. • Know the basic principles of fitness improvement. • Knowledge and understanding of Heads, Hands and Heart within PE • Know how and when to outwit an opponent within an invasion game. • Know how to use tactics and strategies to outwit an opponent • Know the location and names of major muscles in the human body. 	<ul style="list-style-type: none"> • Pulse raiser • Dynamic Stretching • Static Stretching • Possession • Overload • Pressure • Positioning • Transition • Formations • Evade • Stride • Stance • Position • React/Reaction • Dribbling / Shooting / Passing / Layup • Pivot 	<ul style="list-style-type: none"> • Practical Heads, Hands and Heart assessment at the end of a sport unit (Half termly) 	<ul style="list-style-type: none"> • Teacher modelling and peer demonstration • Tactical diagrams • BBC bitesize • Peer assessment sheets •

			<ul style="list-style-type: none"> • Strategy • Recovery • Nutrition • Endurance • Cardiovascular • Fitness goals • Lifestyle wellness • Sportsmanship 		
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SJBC Curriculum Termly Plan: Y9 PE

Term	Topic(s) and links to other subjects	Core Knowledge	Core Vocabulary	Assessment	Resources
Autumn 1	<ul style="list-style-type: none"> • Baseline testing • Apply advanced skills and strategies in Invasion games (Football and Netball) and athletics. • Begin to analyse and evaluate personal and team performances 	<ul style="list-style-type: none"> • Know the basic rules and regulations for netball, football, and tag rugby and how they influence gameplay and player roles. • Know advanced techniques and their tactical applications in each sport, including how to adapt these based on the opposition and game context. • Know different offensive and defensive strategies used in netball, football, and tag rugby, including when and how to apply them effectively. • Know the principles of leadership and teamwork and how to apply these in various sports contexts. • Know how to maintain sportsmanship and team spirit in competitive and training environments. 	<ul style="list-style-type: none"> • Pulse raiser • Dynamic Stretching • Skill rehearsal • Static Stretching • Counter attack • Zonal marking • Transitions • Pressing • Stride • Knowledge of performance • Knowledge of results • Performance analysis 	<ul style="list-style-type: none"> • Practical Heads, Hands and Heart assessment at the end of a sport unit (Half termly) 	<ul style="list-style-type: none"> • Teacher modelling and peer demonstration • Youtube demonstrations • BBC bitesize • Peer assessment sheets • Homework booklets • Peer filming • Leadership tasks • Match analysis templates • Normative data comparisons

		<ul style="list-style-type: none"> • Know how to analyse and evaluate personal and peer performances, identifying strengths and areas for improvement using video analysis and feedback 	<ul style="list-style-type: none"> • Components of fitness • Phase • Footwork 		
Spring	<ul style="list-style-type: none"> • Apply advanced skills and strategies in Invasion games of basketball and Tag Rugby • Begin to analyse and evaluate personal and team performance • Data analysis in health-related fitness looking at normative data 	<ul style="list-style-type: none"> • Know more advanced principles and rules of invasion games such as Basketball and Tag Rugby • Know the core and advanced skills and the techniques used when performing these activities. • Know when and why to apply these skills in a game situation. • Know the SPORT and FITT principles of fitness improvement. • Knowledge and understanding of Heads, Hands and Heart within PE • Know how and when to outwit an opponent within an invasion game. • Know how to use tactics and strategies to outwit an opponent • Know the location and names of major muscles in the human body. • Know how to analyse and evaluate personal and peer performances, identifying strengths and areas for improvement using video analysis and feedback 	<ul style="list-style-type: none"> • Pulse raiser • Dynamic Stretching • Cardiovascular Endurance • Power • Agility • Speed • Strength • Muscular endurance • Skill rehearsal • Static Stretching • Transitions • Pressing • Components of fitness • 	<ul style="list-style-type: none"> • Practical Heads, Hands and Heart assessment at the end of a sport unit (Half termly) • Fitness test data recorded 	<ul style="list-style-type: none"> • Teacher modeling and peer demonstration • Youtube demonstrations • BBC bitesize • Peer assessment sheets • Homework booklets • Peer filming • Leadership tasks • Match analysis templates • Normative data comparisons • Speaker • Music • Weights • Mats