Curriculum

YEAR GROUP 10 (Due to limitation

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	Block 1				Block 2						Block 3					Block 4						Block 5					Block 6																			
AUTUMN 1					AUTUMN 2						SPRING 1					SPRING 2						SUMMER 1					SUMMER 2																			
	1	2 3	3	4	5	6	7	1	2	3		4	5	(5	1	2	3		4	5	6	1	1 2	2	3	4	5	6	5	1	2	3	, 4	. !	5	6	1	2	1	3	4	5	6	7	Ī
	Intent	•						Intent	•						lr	ntent	:						In	ntent						1	ntent							Inten	it							
	Building on the development of core and advanced skills, using deeper knowledge to select the right skill and tactic at the right time and taking responsibility for students' own development				dge he	Building on the development of core and advanced skills, using deeper knowledge to select the right skill and tactic at the right time and taking responsibility for students' own development					a k to	Building on the development of core and advanced skills, using deeper knowledge to select the right skill and tactic at the right time and taking responsibility for students' own development					Building on the development of core and advanced skills, using deeper knowledge to select the right skill and tactic at the right time and taking responsibility for students' own development					d d r t	Building on the development of core and advanced skills, using deeper knowledge to select the right skill and tactic at the right time and taking responsibility for students' own development					g e nt	Building on the development of core and advanced skills, using deeper knowledge to select the right skill and tactic at the right time and taking responsibility for students' own development																	
	Rugh	У						Foot	ball						H	łock	еу						Н	landba	ıll					1	enn	is						Soft	ball							
	Know							Know																														Knov	V							
	Strong	understa	andir	ng of	the rul	es so that	:1	Strong	under	standir	g of t	ne rule	s so th	nat I	lκ	now							Kr	now						l k	now							Stron	g unde	rstandi	ng of t	he rul	es so th	nat I cou	uld	

Dο

best out of them

Pass with speed and accuracy across all variations off of both hands Use the advanced skills with control and usually at the appropriate time A range of effective individual defensive skills Effective attacking skills, timing passes for maximum attacking advantage Take on leadership roles within my teams Take on difficult challenges in order to stretch myself

could effectively officiate a medium game

How to perform the advanced skills with

Which of the range attacking /defensive

strategies are most effective in each scenario

How to motivate my teammates to get the

Basketball

Know

Strong understanding of the rules so that I could effectively officiate a full sided game How to perform the advanced skills with

Which of the range attacking (slow build/fast break/use of screen)/defensive strategies (man to man/zone/full/half court press) are most effective in each scenario How to motivate my teammates to get the best out of them

Pass with power, speed and accuracy across all variations

Use the advanced skills with control and usually at the appropriate time

could effectively officiate How to perform the advanced skills with

Which of the range attacking/defensive strategies are most effective in each scenario How to motivate my teammates to get the best out of them

Advanced methods of passing such as driven pass, lofted pass, crossing, one touch passing Use the advanced skills with control and usually at the appropriate time A range of effective individual dribbling skills/turns to create space and evade a

defenders Scoring from a range of distances/angles Perform the right method of tackling at the right time

Take on leadership roles within my teams Take on difficult challenges in order to stretch myself

Dodgeball

Strong understanding of the rules so that I could effectively officiate How to perform the skills with control (overarm throw, catch, dodge) Which of the range attacking (co-ordinated attacks) /defensive strategies (blocking with the ball/team defensive co-operation) are most effective in each scenario How to motivate my teammates to get the best out of them

Throw with power, speed and accuracy

Strong understanding of the rules so that I could effectively officiate. Understanding of short and long corners. How to perform the advanced skills with

control Which of the range attacking/defensive strategies are most effective in a given

How to motivate my teammates to get the best out of them

scenario

Use the advanced skills with control and usually at the appropriate time A range of effective individual dribbling to create space and evade a defenders Shooting from a range of distances/angles Perform the right method of tackling at the right time

Take on leadership roles within my teams Take on difficult challenges to stretch myself

Badminton

Know

Strong understanding of the rules so that I could effectively officiate a singles or doubles game.

How to perform the advanced skills with

Which attacking and defensive strategies are most effective in each scenario How to motivate my partner to get the best out of them

Use a variety of shots effectively in a game situation

Strong understanding of the rules so that I could effectively officiate a full sided game How to perform the advanced skills with control

Which of the range attacking /defensive strategies are most effective in each

How to motivate my teammates to get the best out of them

Pass with power speed and accuracy across all variations Use the advanced skills with control and

usually at the appropriate time A range of effective individual dribbling skills to create space and evade a defenders

Scoring from a range of distances/angles Introduction to contact in defence Take on leadership roles within my teams Take on difficult challenges in order to stretch myself

Netball

Strong understanding of the rules so that I could effectively officiate. Use of circle edge for attacking and defending. How to perform the advanced skills with control

Which of the range attacking/defensive strategies are most effective in a given

How to motivate my teammates to get the best out of them

Do

Strong understanding of the rules so that I could effectively officiate a singles or doubles game, including official scoring system

How to perform the advanced skills with control

Which attacking and defensive strategies are most effective in each scenario

How to motivate my partner to get the best out of them

Do

Use a variety of shots effectively in a game situation, utilising spin / responding to spin where necessary Use overhead serve with some success

A range of effective shots to create space on the court and a winning opportunity.

Play doubles using different formations - side by side, front and

Take on leadership roles within in a Take on difficult challenges to stretch

myself **Athletics**

Know

Strong understanding of the rules so that I could effectively officiate How to perform the advanced skills with control

Devise strategies to improve my/may partner's performance across all

effectively officiate a full sided game How to perform the advanced skills with control Which of the range attacking/defensive strategies are most effective in each scenario How to motivate my teammates to get the best out

Advanced methods of hitting with power, placement and adjusting technique to the pitcher Use the advanced fielding skills with control and usually at the appropriate time Utilise a range or running strategies for attacking advantage and suited to the current scenario Showing high quality fielding skills, selecting and executing them with precision and speed Take on leadership roles within my teams Take on difficult challenges in order to stretch myself

Rounders

Strong understanding of the rules so that I could effectively officiate. Understanding the obstruction

How to perform the advanced skills with control Which of the range batting/fielding strategies are most effective in each scenario How to motivate my teammates to get the best out

of them

Use the advanced skills with control and usually at the appropriate time Batting effectively based on the fielding positions. Making the right fielding decisions at the right time Take on leadership roles within my teams Take on difficult challenges to stretch myself

PE Faculty Curriculum

	A range of effective individual dribbling skills	Use the skills with control and usually at the	A range of effective shots to create space	Use the advanced skills with control and	The technical knowledge to review	Cricket
	to create space and evade a defenders	appropriate time	and a winning opportunity.	usually at the appropriate time	and adapt my technique	
	Scoring from a range of distances/angles	Catching throws at varying heights and speeds	Play doubles using different formations –	Use of the circle edge in attacking and	How to motivate my partner to get	Know
	Lay up in a 1 vs 1 situation	Perform a range of dodges which are usually	side by side, front and back,	defensive situations.	the best out of them	Strong understanding of the rules so that I could
	Boxing out on defence Take on leadership roles within my teams	effective Take on leadership roles within my teams	Take on leadership roles within in a game Take on difficult challenges to stretch	Shooting from a range of distances/angles Take on leadership roles within my teams		effectively officiate
	Take on difficult challenges in order to	Take on difficult challenges in order to stretch	myself	Take on difficult challenges to stretch	Do	How to perform the advanced skills with control
	stretch myself	myself	mysen	myself	Advanced methods of	Which of the range attacking/defensive strategies
		,	Volleyball	,22	throwing/jumping/running Use the advanced skills with control	are most effective in each scenario
			Volicyball	Health Related Fitness	and usually at the appropriate time	How to motivate my teammates to get the best out
			Know	Treater Helatea Fittless	Make incremental progress on my	of them
			Strong understanding of the rules so that I	Know	best through small adjustments in	
			could effectively officiate a full sided game	Strong understanding of a range of	technique e.g. adjustment of run up in	Do
			How to perform the advanced skills with	weighted exercises	LJ, angle of release in Shot	Advanced methods of batting (cover drive, playing behind square, coming down the wicket)
			control	How to perform the more advanced skills	Show progress across all of the	Use the advanced skills with control and usually at
			Which of the range attacking	with control and precision	athletic events	the appropriate time such as bowling variation.
			(dig/set/spike)/defensive strategies	Which of the methods of training are most	Take on leadership roles within my	Take on leadership roles within my teams
			(blockers and defending the sides of the	effective in each scenario	groups Take on difficult challenges in order to	Take on difficult challenges in order to stretch
			block) are most effective in each scenario How to motivate my teammates to get the	How to utilise training thresholds	stretch myself	myself
			best out of them	How to motivate my teammates to get the best out of them	·	
			acceptance and an enterm	best out of them		
			Do	Do		
			Pass with accuracy across all variations	Advanced methods of compound		
			Use the advanced skills with control and	weightlifting movements such as deadlift,		
			usually at the appropriate time	bench press and squat		
			A range of effective attacking shots (spike,	Use the advanced skills with control and		
			hit into space)	precision		
			Jumping spike with power and accuracy	Be comfortable working for sustained		
			Select and apply different serves for	periods time Calculate training thresholds and use them		
			attacking advantage Take on leadership roles within my teams	to organise my training		
			Take on difficult challenges to stretch	Take on leadership roles within my small		
			myself	groups		
			,	Take on difficult challenges in order to		
				stretch myself		
	Ongoing formative assessment in	Ongoing formative assessment in	Ongoing formative assessment in	Ongoing formative assessment in	Ongoing formative assessment	Ongoing formative assessment in lesson,
	lesson, individualised feedback	lesson, individualised feedback where	lesson, individualised feedback	lesson, individualised feedback	in lesson, individualised	individualised feedback where
	where appropriate and students are	appropriate and students are given	where appropriate and students	where appropriate and students	feedback where appropriate	appropriate and students are given the
	given the chance to reflect on their	the chance to reflect on their own	are given the chance to reflect on	are given the chance to reflect on	and students are given the	chance to reflect on their own behaviours
<u>+</u>	own behaviours and performance to	behaviours and performance to aid	their own behaviours and	their own behaviours and	chance to reflect on their own	and performance to aid their learning
ssment	aid their learning	their learning	performance to aid their learning	performance to aid their learning	behaviours and performance	
ST					to aid their learning	Students will be assessed across all 3
Ses	Students will be assessed across all 3	Students will be assessed across all 3	Students will be assessed across	Students will be assessed across	as and then realiting	strands in this block with one final, end of
455	strands to produce one 'best fit'	strands to produce one 'best fit'		1	Students will be assessed	year level awarded.
	-		all 3 strands to produce one 'best	all 3 strands to produce one 'best		yeur ievei uwurueu.
	grade for the year to date, against	grade for the year to date, against	fit' grade for the year to date,	fit' grade for the year to date,	across all 3 strands to produce	
	the End of Year criteria	the End of Year criteria	against the End of Year criteria	against the End of Year criteria	one 'best fit' grade for the	
					year to date, against the End	
					of Year criteria	
Additiona	Across all blocks the students w	ill also experience the following;				
iti	- Working at high intensit	ies for the duration of the lesson, t	to receive the associated health	benefits		
dd	- Performing safely with	good behaviour for learning which				
Ā	- Perjorning Sajery, With G	good bendviour jor learning Wnich	nenejits un			

PE Faculty

Curriculum

YEAR GROUP 11 (Due to limitations on spaces, groups may experience these activities in a different order)

	Block 1	Block 2	Block 3	Block 4	Block 5		
	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUI	MMER 1	SUMMER 2
	1 2 3 4 5 6 7	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3	4 5 6	1 2 3 4 5 6 7
	Intent	Intent	Intent	Intent	Options	Exam period	
	Drawing on all the skills, tactics, knowledge and personal qualities learned to produce effective outcomes in challenging circumstances. Rugby Know Deep understanding of the rules How to perform the core and advanced in the most challenging situations to	Drawing on all the skills, tactics, knowledge and personal qualities learned to produce effective outcomes in challenging circumstances. Football Know Deep understanding of the rules How to perform the core and advanced in the most challenging situations to produce effective outcomes	Drawing on all the skills, tactics, knowledge and personal qualities learned to produce effective outcomes in challenging circumstances. Hockey Know Deeper understanding of the rules How to perform the core and advanced in the most challenging situations to produce effective outcomes	Drawing on all the skills, tactics, knowledge and personal qualities learned to produce effective outcomes in challenging circumstances. Handball Know Deep understanding of the rules How to perform the core and advanced in the most challenging situations to produce effective outcomes	Intent Students will make decisions on their final lessons in core PE, selecting activities in which they can utilise the skills and		
	produce effective outcomes How to innovate when using tactics The level of discipline required to make progress in basketball	How to innovate when using tactics The level of discipline required to make progress in football	How to innovate when using tactics The level of discipline required to make progress in hockey	How to innovate when using tactics The level of discipline required to make progress in Handball	knowledge learned over the course of their PE		
Unit description	Do Perform the whole range of passes in challenging/competitive scenarios Often, select the right skill and execute it Carry the ball into dangerous areas with confidence and respond to how the opponents defend Use a range of defensive strategies with confidence and competence Show high levels of commitment to progress in rugby	The whole range of passes in challenging/competitive scenarios Often, select the right skill and execute it Carry the ball into dangerous areas with confidence and respond to how the opponents defend High level of success when finishing, using a range of different techniques, usually making the keeper save Use a range of defensive strategies with confidence and competence Show high levels of commitment to progress in football	The whole range of passes in challenging/competitive scenarios Often, select the right skill and execute them. Carry the ball into dangerous areas with confidence and respond to how the opponents defend High level of success when finishing, using a range of different techniques. Use a range of defensive strategies with confidence and competence Show high levels of commitment to progress in hockey.	Perform the whole range of passes in challenging/competitive scenarios Often, select the right skill and execute it Carry the ball into dangerous areas with confidence and respond to how the opponents defend High level of success when shooting, using a range of different techniques, including fakes Use a range of defensive strategies with confidence and competence Show high levels of commitment to progress in handball	experience, taking ownership of their future active lifestyles		
	Row Deep understanding of the rules How to perform the core and advanced in the most challenging situations to produce effective outcomes How to innovate when using tactics The level of discipline required to make progress in basketball	Table Tennis Know Strong understanding of the rules How to perform the core and advanced in the most challenging situations to produce effective outcomes How to innovate when using tactics	Badminton Know Deep understanding of the rules How to perform the core and advanced skills in the most challenging situations to produce effective outcomes How to innovate when using tactics The level of discipline required to make	Netball Know Deeper understanding of the rules How to perform the core and advanced in the most challenging situations to produce effective outcomes How to innovate when using tactics The level of discipline required to make			
	Perform the whole range of passes in challenging/competitive scenarios Often, select the right skill and execute it Carry the ball into dangerous areas with confidence and respond to how the opponents defend High level of success when shooting, using a range of different techniques Use a range of defensive strategies with confidence and competence	The level of discipline required to make progress in table tennis Do Perform the core and and advanced (drop, smash, various types of spin and service) shots in challenging/competitive scenarios effectively Often, select the right skill and execute it Adapt my game to my opponents strengths and weaknesses High level of success when serving and playing attacking shots Use a range of defensive strategies with confidence and competence	Do Perform the whole range of shots in challenging/competitive scenarios Often, select the right skill and execute it Play attacking shots with confidence and respond to how the opponents defend High level of success when using a range of different techniques Use a range of defensive strategies with confidence and competence	Do The whole range of passes in challenging/competitive scenarios Often, select the right skill and execute them. Pass the ball into dangerous areas with confidence and respond to how the opponents defend High level of success using a range of different techniques. Use a range of defensive strategies with confidence and competence			

PE Faculty Curriculum

	Show high levels of commitment to progress in basketball	Show high levels of commitment to progress in table tennis	Show high levels of commitment to progress in badminton	Show high levels of commitment to progress in netball.			
			Volleyball	Health Related Fitness			
				Treatti Neiateu Fitness			
			Know Deep understanding of the rules	Know Deep understanding of the range of			
			How to perform the core and advanced in the	weighted exercises			
			most challenging situations to produce	How to perform the core and advanced in			
			effective outcomes How to innovate when using tactics	the most challenging situations to produce effective outcomes			
			The level of discipline required to make	How to plan innovate and adapt in a			
			progress in volleyball	communal gym environment.			
				The level of discipline required to make progress in HRF			
			Perform the whole range of passes in	broBress arrive			
			challenging/competitive scenarios effectively	Do			
			Often, select the right skill and execute it	High levels of success when performing advanced methods of compound			
			Adapt my game to my opponents strengths and weaknesses	weightlifting movements such as deadlift,			
			High level of success when setting and spiking	bench press and squat			
			Use a range of defensive strategies with confidence and competence	Perform a range of accessory based lifts e.g bicep curls, overhead pull overs, tricep			
			Show high levels of commitment to progress in	pushdowns, ab rollouts with confidence			
			volleyball	Show creativity in devising individualised			
				workout plans Show high levels of commitment/positive			
				attitude to progress in HRF			
	Ongoing formative assessment	Ongoing formative assessment in	Ongoing formative assessment in	Ongoing formative assessment in			
	in lesson, individualised	lesson, individualised feedback where	lesson, individualised feedback where	lesson, individualised feedback			
	feedback where appropriate and	appropriate and students are given the	appropriate and students are given	where appropriate and students			
t.	students are given the chance to reflect on their own behaviours	chance to reflect on their own behaviours and performance to aid	the chance to reflect on their own behaviours and performance to aid	are given the chance to reflect on their own behaviours and			
ien	and performance to aid their	their learning	their learning	performance to aid their learning			
Assessment	learning	then rearring	then learning	perjormance to an attentical ming			
ses		Students will be assessed across all 3	Students will be assessed across all 3	Students will be assessed across			
As	Students will be assessed across	strands to produce one 'best fit' grade	strands in this block with one final,	all 3 strands in this block with one			
	all 3 strands to produce one	for the year to date, against the End of	end of year level awarded.	final, end of year level awarded.			
	'best fit' grade for the year to	Year criteria					
	date, against the End of Year						
-	Across all blocks the student	s will also experience the fellowing:			l		
ion		s will also experience the following;		h			
Additional		nsities for the duration of the lesson		penejits			
Ă	- Performing safely, wi	ith good behaviour for learning whic	cn penefits all				

Curriculum

>Something More?

Curriculums at BSS are designed to nurture not only intellectual and physical development but also the spiritual growth of students. This will be through:

Encouraging Self-Reflection and Personal Growth:

PE involves setting goals, overcoming challenges and reflecting on personal progress. This promotes self-awareness, resilience and a deeper understanding of one's strengths and areas to improve.

Fostering a Sense of Purpose and Meaning:

Engaging in physical activities can help students find joy, fulfilment and meaning in movement and health, which supports a sense of purpose.

Promoting Respect and Sportsmanship:

Learning fair play, respect for others and teamwork builds moral values and empathy. These qualities contribute to a sense of interconnectedness and ethical behaviour which benefits everyone in our community.

Enhancing Mind-Body Connection:

Direct links are made between physical and cognitive domains in PE, understanding not only how we improve our motor skills and effectiveness but also how movement can positively affect our mindset and well-being.

Experiencing Awe and Transcendence:

Being active in nature can inspire feelings of wonder and connection to something larger than oneself — whether that be nature, life, or a higher power.

Developing Inner Strength and Integrity:

Pushing through physical difficulty or showing courage in competition helps cultivate inner strength, a key component of spiritual resilience.

Building Community and Belonging:

Team sports and group activities foster a sense of belonging, shared goals, and unity, supporting the spiritual need for community and connection.

How does our curriculum do >Something More?

KS4 PE:

- Fostering a Sense of Purpose and Meaning:
 - ✓ Students take greater ownership of their learning and experience in PE lessons, finding something that they can continue to do once compulsory PE is over, that they connect with and value
- Enhancing Mind-Body Connection
 - ✓ Students' knowledge and understanding is at an enhanced stage where they are able to recognise and feel their competency growing in the activities, which develops their self-confidence as they work towards mastery, encouraging them to seek out those positive feeling through being active.
- Developing Inner Strength and Integrity:
 - ✓ Students are challenged in every lesson to push themselves beyond their comfort zone, sometimes achieving it and sometimes not quite getting there but learning from all these experiences and embedding the resilience to seek out and rise to all challenges