**Ormiston Park Academy Curriculum Overview Years 7-11 Department: PE Curriculum Leader: Ellen Fairest**

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|  | **Half Term 1 - 7 weeks** | **Half Term 2 - 7 weeks** | **Half Term 3 - 6 weeks** | **Half Term 4 - 5 weeks** | **Half Term 5 - 7 weeks** | **Half Term 6 - 6 weeks** |
| Year 11 | Key Content: Team Building / OAAInvasion Games (e.g.handball, ultimate Frisbee, football)Leadership/Officiating | Key Content: FitnessORNet/Wall Games (e.g. badminton, table tennis, dodgeball)OR Invasion Games (e.g. basketball, futsal)Leadership/Officiating | Key Content: FitnessORNet/Wall Games (e.g. badminton, table tennis, dodgeball)OR Invasion Games (e.g. basketball, futsal)Leadership/Officiating | Key Content: FitnessORNet/Wall Games (e.g. badminton, table tennis, dodgeball)OR Invasion Games (e.g. basketball, futsal)Leadership/Officiating | Key Content: Striking & Fielding (e.g.longball, rounders baseball) | Key Content: N/A |
|  | Key Skills:TechnicalPsychologicalPhysicalSocial | Key Skills:TechnicalPsychologicalPhysicalSocial | Key Skills:TechnicalPsychologicalPhysicalSocial | Key Skills:TechnicalPsychologicalPhysicalSocial | Key Skills:TechnicalPsychologicalPhysicalSocial |  |
|  | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** |  |
| Year 10 | Key Content: Team Building/OAAInvasion Games (e.g. netball, football)Leadership | Key Content: Invasion Games (e.g. basketball, handball)ORFitnessORNet/Wall Games (e.g. badminton, table tennis, dodgeball)Leadership  | Key Content: Invasion Games (e.g. basketball, handball)ORFitnessORNet/Wall Games (e.g. badminton, table tennis, dodgeball)Leadership |  Key Content: Invasion Games (e.g. basketball, handball)ORFitnessORNet/Wall Games (e.g. badminton, table tennis, dodgeball)Leadership | Key Content: Athletics (Track and field events)Leadership | Key Content**:** Striking & Fielding (e.g. baseball, softball)Leadership |
| Key Skills:TechnicalPsychologicalPhysicalSocial | Key Skills:TechnicalPsychologicalPhysicalSocial | Key Skills:TechnicalPsychologicalPhysicalSocial | Key skills :TechnicalPsychologicalPhysicalSocial | Key skills :TechnicalPsychologicalPhysicalSocial | Key skills :TechnicalPsychologicalPhysicalSocial |
| **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** |
|  Year 9 | Key Content: Team Building / OAAInvasion Games (e.g. Football, Netball)Leadership | Key Content: Fitness ORNet/Wall Games (e.g. badminton, table tennis, dodgeball) ORDance ORInvasion Games (e.g. handball, basketball, futsal)Leadership | Key Content: Fitness ORNet/Wall Games (e.g. badminton, table tennis, dodgeball) ORDance ORInvasion Games (e.g. handball, basketball, futsal)Leadership | Key Content: Fitness ORNet/Wall Games (e.g. badminton, table tennis, dodgeball) ORDance ORInvasion Games (e.g. handball, basketball, futsal)Leadership | Key Content: Athletics (including track and field events)Leadership | Key Content: Striking & Fielding (e.g. rounders, Kwik Cricket, longball)Leadership |
| Key skills:TechnicalPsychologicalPhysicalSocial | Key skills:TechnicalPsychologicalPhysicalSocial | Key skills:TechnicalPsychologicalPhysicalSocial | Key skills:TechnicalPsychologicalPhysicalSocial | Key skills:TechnicalPsychologicalPhysicalSocial | Key Skills:TechnicalPsychologicalPhysicalSocial |
|  | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** |
| Year 8 | Key Content: Team Building / OAAInvasion Games (e.g. Football, Netball) | Key Content: Fitness ORNet/Wall Games (e.g. badminton, table tennis, dodgeball) ORDance ORSports Hall Athletics | Key Content: Fitness ORNet/Wall Games (e.g. badminton, table tennis, dodgeball) ORDance ORSports Hall Athletics | Key Content: Fitness ORNet/Wall Games (e.g. badminton, table tennis, dodgeball) ORDance ORInvasion Games (e.g. handball, basketball, futsal) | Key Content: Athletics (including track and field events) | Key Content: Striking & Fielding (e.g. rounders, Kwik Cricket) |
| Key Skills:TechnicalPsychologicalPhysicalSocial  | Key Skills:TechnicalPsychologicalPhysicalSocial  | Key Skills: TechnicalPsychologicalPhysicalSocial | Key Skills: TechnicalPsychologicalPhysicalSocial | Key Skills: TechnicalPsychologicalPhysicalSocial | Key Skills:TechnicalPsychologicalPhysicalSocial |
| **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** |
|  Year 7 | Key Content: Team Building / OAAInvasion Games (e.g. Football, Netball) | Key Content: Fitness ORNet/Wall Games (e.g. badminton, table tennis, dodgeball) ORDance ORSports Hall Athletics | Key Content: Fitness ORNet/Wall Games (e.g. badminton, table tennis, dodgeball) ORDance ORSports Hall Athletics | Key Content: Fitness ORNet/Wall Games (e.g. badminton, table tennis, dodgeball) ORDance ORInvasion Games (e.g. handball, basketball, futsal) | Key Content: Athletics (including track and field events) | Key Content: Striking & Fielding (e.g. rounders, Kwik Cricket) |
| Key Skills:TechnicalPsychologicalPhysicalSocial | Key Skills:TechnicalPsychologicalPhysicalSocial | Key Skills:TechnicalPsychologicalPhysicalSocial | Key Skills:TechnicalPsychologicalPhysicalSocial | Key Skills:TechnicalPsychologicalPhysicalSocial | Key Skills:TechnicalPsychologicalPhysicalSocial |
| **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** | **Assessment opportunities:****Observations****Q&A****Self assessment****Peer assessment****Personal Bests** |

**Key Skills**

|  |  |
| --- | --- |
| **Technical** | **Psychological** |
| * Embed skills
* Apply principles of attacking and defending
* Effectively use running, jumping, throwing and catching skills
* Develop expertise and competency with technique
* Participate in a range of sports
* Develop technique and improve performance
* Tackle complex activities
* Develop a variety of tactics and strategies
 | * Understand what makes performance effective
* Compete in sports, with self and others
* Analyse and improve performance
* Develop confidence
* Achieve personal bet
* Take part in demanding activities
* Evaluate own performance
* Compare performances to achieve personal best
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| **Physical** | **Social** |
| * Take part in a range of physical activities
* Be involved in exercise
* Understand short and long term effects of exercise
* Understand long-term health benefits of physical activity
* Develop personal fitness, both health and skill related
* Physical challenge through taking part in activities
* Develop movement skills
 | * Take part in team games
* Continue to develop values of fairness and respect
* Communicate with others
* Review effective performance of peers
* Work in a team and collaborate with others
* Build trust to solve problems
* Take part in community activities or sports clubs
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