**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 / OAA  Invasion Games (e.g.handball, ultimate Frisbee, football)  Leadership/Officiating | Key Content:  Fitness  OR  Net/Wall Games (e.g. badminton, table tennis, dodgeball)  OR  Invasion Games (e.g. basketball, futsal)  Leadership/Officiating | Key Content:  Fitness  OR  Net/Wall Games (e.g. badminton, table tennis, dodgeball)  OR  Invasion Games (e.g. basketball, futsal)  Leadership/Officiating | Key Content:  Fitness  OR  Net/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:  Technical  Psychological  Physical  Social | Key Skills:  Technical  Psychological  Physical  Social | Key Skills:  Technical  Psychological  Physical  Social | Key Skills:  Technical  Psychological  Physical  Social | Key Skills:  Technical  Psychological  Physical  Social |  |
|  | **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/OAA  Invasion Games (e.g. netball, football)  Leadership | Key Content:  Invasion Games (e.g. basketball, handball)  OR  Fitness  OR  Net/Wall Games (e.g. badminton, table tennis, dodgeball)  Leadership | Key Content:  Invasion Games (e.g. basketball, handball)  OR  Fitness  OR  Net/Wall Games (e.g. badminton, table tennis, dodgeball)  Leadership | Key Content:  Invasion Games (e.g. basketball, handball)  OR  Fitness  OR  Net/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:  Technical  Psychological  Physical  Social | Key Skills:  Technical  Psychological  Physical  Social | Key Skills:  Technical  Psychological  Physical  Social | Key skills :  Technical  Psychological  Physical  Social | Key skills :  Technical  Psychological  Physical  Social | Key skills :  Technical  Psychological  Physical  Social |
| **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 / OAA  Invasion Games (e.g. Football, Netball)  Leadership | Key Content:  Fitness  OR  Net/Wall Games (e.g. badminton, table tennis, dodgeball) OR  Dance  OR  Invasion Games (e.g. handball, basketball, futsal)  Leadership | Key Content:  Fitness  OR  Net/Wall Games (e.g. badminton, table tennis, dodgeball) OR  Dance  OR  Invasion Games (e.g. handball, basketball, futsal)  Leadership | Key Content:  Fitness  OR  Net/Wall Games (e.g. badminton, table tennis, dodgeball) OR  Dance  OR  Invasion 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:  Technical  Psychological  Physical  Social | Key skills:  Technical  Psychological  Physical  Social | Key skills:  Technical  Psychological  Physical  Social | Key skills:  Technical  Psychological  Physical  Social | Key skills:  Technical  Psychological  Physical  Social | Key Skills:  Technical  Psychological  Physical  Social |
|  | **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 / OAA  Invasion Games (e.g. Football, Netball) | Key Content:  Fitness  OR  Net/Wall Games (e.g. badminton, table tennis, dodgeball)  OR  Dance  OR  Sports Hall Athletics | Key Content:  Fitness  OR  Net/Wall Games (e.g. badminton, table tennis, dodgeball)  OR  Dance  OR  Sports Hall Athletics | Key Content:  Fitness  OR  Net/Wall Games (e.g. badminton, table tennis, dodgeball)  OR  Dance  OR  Invasion 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:  Technical  Psychological  Physical  Social | Key Skills:  Technical  Psychological  Physical  Social | Key Skills:    Technical  Psychological  Physical  Social | Key Skills:    Technical  Psychological  Physical  Social | Key Skills:    Technical  Psychological  Physical  Social | Key Skills:  Technical  Psychological  Physical  Social |
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| Year 7 | Key Content:  Team Building / OAA  Invasion Games (e.g. Football, Netball) | Key Content:  Fitness  OR  Net/Wall Games (e.g. badminton, table tennis, dodgeball)  OR  Dance  OR  Sports Hall Athletics | Key Content:  Fitness  OR  Net/Wall Games (e.g. badminton, table tennis, dodgeball)  OR  Dance  OR  Sports Hall Athletics | Key Content:  Fitness  OR  Net/Wall Games (e.g. badminton, table tennis, dodgeball)  OR  Dance  OR  Invasion 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:  Technical  Psychological  Physical  Social | Key Skills:  Technical  Psychological  Physical  Social | Key Skills:  Technical  Psychological  Physical  Social | Key Skills:  Technical  Psychological  Physical  Social | Key Skills:  Technical  Psychological  Physical  Social | Key Skills:  Technical  Psychological  Physical  Social |
| **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**

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| **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 |
| **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 |