

OPA Curriculum Explained – Year 7 PE

What will my child be learning in Spring Term 2024
(Thursday 4th January 2024 to Thursday 28th March 2024)

Year 7 PE Spring Term Curriculum Focus

Spring Y7		
	Badminton Fitness Football Gymnastics Handball Table Tennis	Basketball Gymnastics Handball Netball Table Tennis Tag Rugby

Classes will be assigned 2 sports for each half term. They will be completing 2 of the sports assigned to their year group this will depend on their class code and group they are in.

Year 7 Spring Term Assessment Focus

(Including resources to help students prepare for the assessment)

Area of concentration	
Spring Y7	<p>Students assessed practically in the core skills of each sport:</p> <p>Table Tennis: Push shot -forehand/backhand, drive shot – forehand/backhand/ serving/ Knowledge of rules.</p> <p>Handball: Dribbling/passing, footwork/shooting/defending/ knowledge of rules.</p> <p>Fitness: Heart rate, warm up, cool down, calories, training methods and zones, testing, bones, muscles, respiratory system, heart.</p> <p>Gymnastics: Rotations, jumps, balances – individual and partner, types of locomotion.</p> <p>Football: Passing/dribbling/tackling/shooting/knowledge of rules.</p> <p>Badminton: Serving, overhead clear shot, net shot, drop shot, knowledge of rules.</p> <p>Rugby/Tag Rugby: Passing, Breakdown Play/ Rucking/ Scrummaging/ Defensive Lines/ Attacking Lines/ Knowledge of Rules</p> <p>Basketball: Passing, footwork, shooting, layup, defending, dribbling</p>

OPA Curriculum Explained – Year 8 PE

What will my child be learning in Spring Term 2024
(Thursday 4th January 2024 to Thursday 28th March 2024)

Year 8 PE Spring Term Curriculum Focus

Spring Y8		
	Badminton Fitness Gymnastics Handball Table Tennis	Basketball Gymnastics Handball Netball Tag Rugby

Classes will be assigned 2 sports for each half term. They will be completing 2 of the sports assigned to their year group. This will depend on their class code and group they are in.

Year 8 Spring Term Assessment Focus

(Including resources to help students prepare for the assessment)

	Area of concentration
Year 8	<p>Students assessed practically in the core skills of each sport:</p> <p>Netball: Application of set plays and tactics in addition to the core skills developed in year 7 and year 8.</p> <p>Table Tennis: Smash shot, lob shot and application of tactics and strategy in addition to the core skills developed in year 7 and year 8.</p> <p>Handball: Application of set plays and tactics in addition to the core skills developed in year 7 and 8.</p> <p>Gymnastics: Application of skills developed in Y7 whilst being able to sequence them into a routine which consists of key choreographic skills – cannon, unison, travel, floor patterns, levels etc.</p> <p>Fitness: Lead a warm up and cool down, aerobic and anaerobic zones, design and complete different methods of training, link fitness to a range of sports, understand how body systems work together.</p> <p>Tag Rugby/Rugby: Recap passing and defensive/attacking lines. To apply correct techniques at break downs and recycle the ball to in order to keep possession and score. To develop understanding in set plays – line outs, scrums etc.</p> <p>Badminton: Smash shot, backhand and forehand serving, overhead clear – backhand and forehand, net shot – backhand and forehand, drop shot, knowledge of rules and tactics of singles and doubles.</p> <p>Basketball: Application of set plays (3 man weave, lay up, transition from attack to defence, half court press and full court press) and tactics in addition to the core skills developed in year 7 and year 8.</p>

OPA Curriculum Explained – Year 9 PE

What will my child be learning in Spring Term 2024
(Thursday 4th January 2024 to Thursday 28th March 2024)

Year 9 PE Spring Term Curriculum Focus

Spring Y9		
	Badminton Fitness Gymnastics Handball Netball	Badminton Basketball Fitness Gymnastics Handball Netball Tag Rugby

Classes will be assigned 2 sports for each half term. They will be completing 2 of the sports assigned to their year group this will depend on their class code and group they are in.

Year 9 Spring Term Assessment Focus

(Including resources to help students prepare for the assessment)

	Area of concentration
Year 9	<p>Students assessed practically in the core skills of each sport:</p> <p>Assessment in ability to evaluate individual and team performance and strategy in addition to core skills and tactics developed in year 7/8/9.</p> <p>Being able to evaluate an opponent and identify strengths and weaknesses and play competitively whilst outwitting them. E.g. weak on backhand in table tennis so able to manipulate the point to get the ball to their opponents backhand.</p>

OPA Curriculum Explained – Year 10 PE

What will my child be learning in Spring Term – 2024

(Thursday 4th January 2024 to Thursday 28th March 2024)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Spring						
	Muscles and movement	Respiratory systems	Gas exchange	Circulatory systems(vessels)	Cardiac Cycle	Aerobic & Anaerobic/Training Zones

	Week 7	Week 5	Week 6	Week 7	Week 8
Spring					
	Exam	Aerobic & Anaerobic Practical / Effects of Exercise	Warm up and Cool Down	Practical Warm up and Cool down / methods of training theory	Methods of training practical

Assessment

Exam questions to be used in most lessons to ensure application of content is being used
Sport examples and scenarios to be used in every lesson to broaden knowledge in a variety of sports

Q & A

Homework tasks to assess knowledge

Lesson tasks to assess knowledge and understanding

Anatomy & Physiology Assessment – GAP analysis to be used to identify and areas of development

Homework

Homework will be set every week. This will be set in a variety of ways, please see below:

- Seneca
- Work Sheets
- BBC Bitesize
- ZigZag Resources
- Exam Questions

GCSE PE Practical – Follow the GCSE spec to level students based on skills and full context. Areas included are as follows.

Spring 1 - Handball – Scheme of Assessment

Outfield

Passing – shoulder, side wrist, bounce, feint (stationary and on the move).

Receiving – making a target (signalling), one/two handed catch – stationary and on the move, intercepting.

Shooting – standing, jump, hip.

Moving with the ball – dribbling/dodging.

Jockeying/marketing/blocking/tackling.

Goalkeeper

Positioning and narrowing the angle, anticipating.

Catching the ball at a variety of heights.

Blocking.

Avoiding rebounds/keeping/holding/possession of the ball.

Passing/throwing, directing, starting attacks.

Spring 2 – Netball – Scheme of Assessment

Passing and receiving (chest pass, shoulder pass, one/two handed passing).

Dodging – single/double/sprint.

Marking a player.

Shooting (close/distance) or rebounding (attacking or defending) or marking a pass/intercepting (centre court players).

Footwork and movement – landing on one/two feet, pivoting