

MOOR PARK HIGH SCHOOL: CURRICULUM

Key Stage 3 Long Term Planning

Year 7

INTENT: To develop social, physical, mental and emotional skills through sport.

Faculty Area: PE

| Year 7 | Transition/Baseline Autumn 1 | Autumn 1 & 2 | Spring 1 | Spring 2 Summer 1 & Summer 2 | | |
|---|--|--|---|--|---|--|
| Knowledge | ‘Qualities of Success’ Resilience (Personal & Physical ME) Organisation (Social ME) Reflection (Thinking ME) Knowledge of safety rules and regulations. Knowledge of Moor Park Warm Up. Knowledge of ‘ME in PE’ assessment framework. | Netball & Football Knowledge of basic ball skills in isolation and competition. Rules of the game. Positions. | Table tennis Technique and performance of basic skills in isolation and competition. Rules of the game. Scoring. Basic tactics. Dance Knowledge of rhythm and timing e.g counting beats. Knowledge of basic dance steps and compositional ideas. | Volleyball Technique and performance of basic skills in isolation and competition. Rules of the game. Scoring. Positions. Basic tactics. | Athletics Technique and performance of basic skills in isolation and competition. Rules of the event | Rounders Technique and performance of basic skills in isolation and competition. Rules of the game |
| Skills | Establishing classroom and changing room routines. Baseline Development/assessment of social, physical, mental and personal skills. Alongside healthy behaviours. (Social ME, Physical ME, Thinking ME, Personal ME). | Netball Basic footwork (stick-step landing, pivot) Basic passing (chest & bounce) Basic marking (ball and person) Basic evasion (creating space) Basic shooting. Game play (positions, areas of the court, rules) Football Basic passing Basic control & dribbling Turning Basic defending – 1v1 Basic attacking – 1v1 Shooting Creating space and marking | Table tennis Basic tactics. Basic decision making. Basic problem solving. Basic evaluation. Dance Improve self-esteem Develop confidence Linking movements. Control & fluency Timing & Rhythm | Volleyball Ball control Basic Set Basic Dig Basic Serve | Athletics Self- management Resilience. Sustaining effort Confidence Determination | Rounders Cooperation Collaboration Listening skills Communication skills Sportsmanship Teamwork |
| Connections to previous learning | KS2 Locomotion skills i.e running, jogging, walking, hopping. KS2 Fundamental skills – balance, jumping, landing and turning. | Y7 Transition - Knowledge of the Moor Park Warm up. KS2 Locomotion skills – twisting, turning, balancing, running, jogging. KS2 Invasion games. /ball skills – throwing, catching, kicking. | KS2 problem solving and decision making. Y7 Transition – Thinking ME; decision making, problem solving, reviewing. | Knowledge of the Moor Park Warm up. KS2 net all wall sports. Y7 Autumn 1 Physical skills – physical literacy, | Knowledge of the Moor Park Warm up. KS2 athletic skills Y7 Dance Personal ME skills – confidence, resilience, | Knowledge of the Moor Park Warm up. KS2 Striking and fielding sports– throwing, catching, fielding, batting. Social skills – communication, |

MOOR PARK HIGH SCHOOL: CURRICULUM

| | | | | | | |
|---|---|--|---|---|---|---|
| | KS2 Ball skills – throwing, catching, kicking, rolling, striking. KS2 Social skills - Communication and teamwork skills. | | | movement, throwing, jumping. | determination. | cooperation and teamwork. |
| Assessment | Baseline assessment: Weekly assessment in each of the 4 'ME's in PE'. | Practical assessment – Physical ME. | Practical assessment – Thinking ME. | Practical assessment – Physical ME | Practical assessment – Personal ME. | Practical assessment – Social ME. |
| Homework | Remembering full Moor Park PE kit | Remembering full Moor Park PE kit | Remembering full Moor Park PE kit | Remembering full Moor Park PE kit | Remembering full Moor Park PE kit | Remembering full Moor Park PE kit |
| Cultural enrichment including Trips, Visits, Experiences, Extra-curricular | Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. | Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. Interform competition | Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. | Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. | Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. | Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. Sports day |
| Numeracy | Basic mathematical problem-solving calculations; addition, subtraction, multiplication. | Scoring, umpiring, calculating points totals. | Scoring, umpiring, calculating points totals. Counting beats. | Scoring, umpiring, calculating points totals. Basic Math's calculations for heart rate. | Measuring distances, recording times. | Scoring, umpiring, calculating points totals. |
| Literacy | Reading of learning objectives and success criteria. Use of formal talk. Use of keywords and spelling test. | Reading of learning objectives and success criteria. Written tasks. Recording results. Use of formal talk. Key words spelling test. | Reading of learning objectives and success criteria. Use of formal talk. Recording results. Key words spelling test. | Reading of learning objectives and success criteria. Use of formal talk. Key words spelling test. | Reading of learning objectives and success criteria. Use of formal talk. Recording results. Key words spelling test. | Reading of learning objectives and success criteria. Use of formal talk. Key words spelling test. |
| CIAG | | | Careers lesson – 1 x Sports Studies taster session | | | |

MOOR PARK HIGH SCHOOL: CURRICULUM

Key Stage 3 Long Term Planning

Year 8 INTENT: To embed social, physical, mental and emotional skills through sport.

Faculty Area: PE

| Year 8 | Autumn 1 & 2 | Spring 1 | Spring 2 Summer 1 & Summer 2 | | |
|---|--|--|--|--|---|
| Knowledge | Netball & Football Knowledge of ball skills in isolation and competition. Rules of the game. Positions. Tactics. | Table tennis Technique and performance of basic skills in isolation and competition. Rules of the game. Umpiring. Intermediate tactics Fitness incl. Gymnastics Technique and performance of basic gymnastic/fitness exercises. Sequencing. Types of training. Effects of exercise. | Volleyball Technique and performance of basic skills in isolation and competition. Rules of the game. Scoring. Positions. Tactics. | Athletics Technique and performance of basic skills in isolation and competition. Rules of the event Basic tactics | Rounders Technique and performance of intermediate skills in isolation and competition. Rules of the game Basic tactics |
| Skills | Establishing classroom and changing room routines. Football Varied passing. Dribbling to beat a defender -strong and weak foot. Defending as a team. Attacking as a team. Finishing. Evasion. Netball Footwork (Pivot, two-foot landing) Passing & receiving (on the move) Marking (man to man) Evasion (losing a defender) Shooting (against a defender) Game play (positions, basic tactics) | Table tennis Use of tactics. Decision making. Problem solving. Evaluation. Giving feedback. Fitness incl. Gymnastics Fundamental movement skills. Balances (individual & partner), travel, jumps, turns & rolls. Fluency of movements and linking ideas. Developing Technique. Improving fitness. Personal best. | Volleyball Ball control Set Dig Serve Positions Tactics | Athletics Self- management Resilience. Sustaining effort Confidence Determination | Rounders Cooperation Collaboration Listening skills Communication skills Sportsmanship Teamwork |
| Connections to previous learning | Knowledge of the Moor Park Warm up. Y7 fundamental skills – running, jogging, turning, bending, reaching etc. | Y7 Table Tennis – techniques, rules and regulations, basic tactics, basic decision making, basic problem solving, | Knowledge of the Moor Park Warm up. Y7 Volleyball skills – basic dig, set, serve. Knowledge of rules. | Knowledge of the Moor Park Warm up. KS2 athletics – running, jumping, throwing, | Knowledge of the Moor Park Warm up. KS2/Y7 Rounders/cricket - batting, bowling, fielding, |

MOOR PARK HIGH SCHOOL: CURRICULUM

| | | | | | |
|---|---|---|---|---|---|
| | Y7 Physical skills – passing, dribbling, shooting, marking, defending, attacking. | basic evaluation. KS2 Gymnastics – balances, rolls, jumps and turns. | Y7 Physical/social skills – movement around court, teamwork, communication. | Y7 Personal ME skills – resilience, effort, commitment. | communication, teamwork. |
| Assessment | <i>Practical assessment – Physical ME.</i> | <i>Practical assessment – Thinking ME.</i> | <i>Practical assessment – Physical ME</i> | <i>Practical assessment – Personal ME.</i> | <i>Practical assessment – Social ME.</i> |
| Homework | Remembering full Moor Park PE kit | Remembering full Moor Park PE kit | Remembering full Moor Park PE kit | Remembering full Moor Park PE kit | Remembering full Moor Park PE kit |
| Cultural enrichment including Trips, Visits, Experiences, Extra-curricular | Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. | Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. | Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. | Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. | Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. Sports day |
| Numeracy | Scoring, umpiring, calculating points totals. | Scoring, umpiring, calculating points totals. | Scoring, umpiring, calculating points totals. | Measuring distances, recording times. | Scoring, umpiring, calculating points totals. |
| Literacy | Reading of learning objectives and success criteria. Written tasks. Recording results. Use of formal talk. Key words spelling test. | Reading of learning objectives and success criteria. Use of formal talk. Recording results. Key words spelling test. | Reading of learning objectives and success criteria. Use of formal talk. Key words spelling test. | Reading of learning objectives and success criteria. Use of formal talk. Recording results. Key words spelling test. | Reading of learning objectives and success criteria. Use of formal talk. Key words spelling test. |
| CIAG | | Careers lesson – 1 x Sports Studies taster session | | | |

MOOR PARK HIGH SCHOOL: CURRICULUM

Key Stage 3 Long Term Planning

Year 9 INTENT: To consolidate social, physical, mental and emotional skills through sport.

Faculty Area: PE

| Year 9 | Autumn 1 & Autumn 2 | Spring 1 | Spring 2 Summer 1 & Summer 2 | | |
|------------------|---|---|---|---|---|
| Knowledge | <p>Netball Knowledge of intermediate ball skills in isolation and competition. Rules of the game. Positions. Tactics.</p> <p>Football Knowledge of ball skills in isolation and competition. Rules of the game. Positions. Tactics.</p> | <p>Table tennis Technique and performance of intermediate skills in isolation and competition. Rules of the game. Umpiring. Styles of play.</p> <p>Orienteering Knowledge of safety rules and regulations. Knowledge of competition rules and regulations. Features of a map. Points of a compass. Terrain. Orienteering techniques; thumbing, handrailing.</p> | <p>Volleyball Knowledge of Basic ball skills in isolation and competition. Rules of the game. Positions.</p> | <p>Athletics Technique and performance of intermediate skills in isolation and competition. Rules of the event/game. Tactics</p> | <p>Rounders Technique and performance of advanced skills in isolation and competition. Rules of the game Tactics</p> |
| Skills | <p>Establishing classroom and changing room routines.</p> <p>Netball Footwork at speed (Pivot, two-foot landing) Passing & receiving (movement patterns & positions) Marking (man to man) Evasion (losing a defender) Shooting (creating space in the 'D') Game play (positions, basic tactics)</p> <p>Football Varied passing. Dribbling to beat a defender -strong and weak foot. Defending as a team. Attacking as a team. Finishing. Evasion.</p> | <p>Table tennis Use of tactics. Decision making. Problem solving. Planning. Analysis. Goal setting. Giving feedback. Officiating</p> <p>Orienteering Map reading. Navigation. Decision making. Problem solving. Planning. Analysis. Goal setting.</p> | <p>Volleyball Ball control Set Dig Serve Linking shots Positions & rotation</p> | <p>Athletics Self- management Resilience. Sustaining effort Confidence Determination</p> | <p>Rounders Organisation Communication Teamwork Leadership Officiating Analysing Goal setting</p> |

MOOR PARK HIGH SCHOOL: CURRICULUM

| | | | | | |
|---|---|--|--|--|--|
| Connections to previous learning | <p>Knowledge of the Moor Park Warm up.</p> <p>Y8 fundamental skills – running, jogging, turning, bending, reaching etc.</p> <p>Y8 Social ME skills – cooperation, teamwork & communication.</p> <p>Y8 Physical skills – throwing, catching, jumping, dodging, marking, attacking, defending, shooting, passing etc.</p> | <p>Y8 Table Tennis – techniques, rules and regulations. Thinking ME skills - tactics, decision making, problem solving, evaluation.</p> <p>Y8 Orienteering – map reading, decision making, problem solving and cooperation/teamwork.</p> | <p>Knowledge of the Moor Park Warm up.</p> <p>Y7/8 net games – scoring, serving, boundary rules.</p> <p>Y8/9 Physical ME – Movement around court, control, physical literacy, special awareness, tactical awareness.</p> | <p>Knowledge of the Moor Park Warm up.</p> <p>Y8 athletic skills – running, jumping, throwing, pacing, resilience.</p> <p>Y8 Personal ME skills – Confidence, effort, determination, resilience.</p> | <p>Knowledge of the Moor Park Warm up.</p> <p>Y8 striking sports - batting, bowling, fielding.</p> <p>Y8/9 Social Me skills - communication, teamwork.</p> |
| Assessment | <i>Practical assessment – Physical ME.</i> | <i>Practical assessment – Thinking ME.</i> | <i>Practical assessment – Physical ME.</i> | <i>Practical assessment – Personal ME.</i> | <i>Practical assessment – Social ME.</i> |
| Homework | Remembering full Moor Park PE kit | Remembering full Moor Park PE kit | Remembering full Moor Park PE kit | Remembering full Moor Park PE kit | Remembering full Moor Park PE kit |
| Cultural enrichment including Trips, Visits, Experiences, Extra-curricular | <p>Weekly extra-curricular sports clubs at lunch time and after school.</p> <p>District competitions, tournaments and league fixtures.</p> | <p>Weekly extra-curricular sports clubs at lunch time and after school.</p> <p>District competitions, tournaments and league fixtures.</p> | <p>Weekly extra-curricular sports clubs at lunch time and after school.</p> <p>District competitions, tournaments and league fixtures.</p> | <p>Weekly extra-curricular sports clubs at lunch time and after school.</p> <p>District competitions, tournaments and league fixtures.</p> | <p>Weekly extra-curricular sports clubs at lunch time and after school.</p> <p>District competitions, tournaments and league fixtures.</p> <p>Sports day</p> |
| Numeracy | Scoring, umpiring, calculating points totals. | Scoring, umpiring, calculating points totals. | Scoring, umpiring, calculating points totals. | Measuring distances, recording times. | Scoring, umpiring, calculating points totals. |
| Literacy | <p>Reading of learning objectives and success criteria.</p> <p>Written tasks.</p> <p>Recording results.</p> <p>Use of formal talk.</p> <p>Key words spelling test.</p> | <p>Reading of learning objectives and success criteria.</p> <p>Use of formal talk.</p> <p>Recording results.</p> <p>Key words spelling test.</p> <p>Map reading.</p> | <p>Reading of learning objectives and success criteria.</p> <p>Use of formal talk.</p> <p>Key words spelling test.</p> | <p>Reading of learning objectives and success criteria.</p> <p>Use of formal talk.</p> <p>Recording results.</p> <p>Key words spelling test.</p> | <p>Reading of learning objectives and success criteria.</p> <p>Use of formal talk.</p> <p>Key words spelling test.</p> |
| CIAG | | Careers lesson – 1 x Sports Studies taster session | | | |

MOOR PARK HIGH SCHOOL: CURRICULUM

Key Stage 4 Long Term Planning

Year 10 INTENT: To promote social, physical, mental and emotional well-being and develop leadership skills through a concept curriculum.

Curriculum Area: PE

| Year 10 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 Summer 1 & Summer 2 | | |
|---|---|--|--|---|---|--|
| Knowledge | <u>Effective teams</u> through Invasion Games (i.e Netball/Basketball) Knowledge of roles. Rules of the game. Tactics Goal setting | <u>Self-Reflection</u> through Orienteering Knowledge of self-assessment, self-improvement, self-care, self-efficacy, self-appraisal, self-help. | <u>Officiating</u> through Table tennis/Football (Pupil Choice) Knowledge of the rules, positions, tactics. Knowledge of fair play, sportsmanship and gamesmanship. | <u>Communication</u> through Volleyball Knowledge of effective communication (verbal/nonverbal). Praise and reward. Motivation techniques and conflict resolution. | <u>Fulfilling Potential</u> through Athletics Knowledge of employability skills. Knowledge of how to self-develop. | <u>Decision Making</u> through Striking and Fielding -Pupil Choice (I.e Rounders, Cricket) Knowledge of tactics and rules. Knowledge of growth mindset & critical thinking. |
| Skills | Positive contributions Problem solving Communication Collaboration Conflict management Resolution | Evaluation Reflection Decision making Problem solving Leadership Confidence | Cooperation Effective communication Leadership Confidence Resilience Decision making | Effective communication Verbal Communication Non-verbal communication Active listening Conflict resolution Feedback Motivation Teamwork Cooperation Leadership Confidence | Time management Personal development Analysing Investigating Teamwork Communication | Critical thinking Growth mindset Adaptability Analysis Evaluation |
| Connections to previous learning | Knowledge of the Moor Park Warm up. KS3 fundamental skills – running, jogging, turning, bending, reaching etc. KS3 Social ME skills – cooperation, teamwork & | Knowledge of the Moor Park Warm up. Autumn 1 & KS3 Social ME skills – cooperation, teamwork & communication. KS3 Orienteering skills: | Y10 Autumn 1 – Communication, problem solving, conflict management and resolution. KS3 Table Tennis – techniques, rules and regulations. Thinking ME | Y10 Autumn 1 & Spring 1 – Communication, problem solving, conflict management and resolution. KS3 net games – scoring, serving, boundary rules. | Knowledge of the Moor Park Warm up. KS3 athletic skills – running, jumping, throwing, pacing, resilience. | KS3 Thinking ME skills – problem solving, decision making, evaluation. KS3 Social ME skills - communication, teamwork, collaboration. |

MOOR PARK HIGH SCHOOL: CURRICULUM

| | | | | | | |
|---|---|---|---|---|---|---|
| | communication. KS3 Invasion games – passing, defending, attacking etc. | map reading, route planning, problem solving. | skills - tactics, decision making, problem solving, evaluation. KS3 Social ME skills - communication, teamwork, collaboration. | KS3 Thinking ME – decision making, problem solving, tactical awareness. | | |
| Homework | Remembering full Moor Park PE kit | Remembering full Moor Park PE kit | Remembering full Moor Park PE kit | Remembering full Moor Park PE kit | Remembering full Moor Park PE kit | |
| Cultural enrichment including Trips, Visits, Experiences, Extra-curricular | Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. | Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. | Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. | Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. | Weekly extra-curricular sports clubs at lunch time and after school. | District competitions, tournaments and league fixtures. |
| Numeracy | Scoring, umpiring, calculating points totals. | Scoring, umpiring, calculating points totals. | Scoring, umpiring, calculating points totals. | Scoring, umpiring, calculating points totals. | Measuring distances, recording times. | Scoring, umpiring, calculating points totals. |
| Literacy | Reading of learning objectives and success criteria. Use of formal talk. Recording results. | Map reading. Reading of learning objectives and success criteria. Use of formal talk. | Reading of learning objectives and success criteria. Use of formal talk. Recording results. | Reading of learning objectives and success criteria. Use of formal talk. | Reading of learning objectives and success criteria. Use of formal talk. | Recording results. |
| CIAG | | | Those taking Sports Studies – will participate in a lesson linked to R055 unit (working in the sports industry). | | | |

MOOR PARK HIGH SCHOOL: CURRICULUM

Key Stage 4 Long Term Planning

Year 11 INTENT: To promote social, physical, mental and emotional well-being and embed healthy active lifestyles in later life through a concept curriculum.

Curriculum Area: PE

| Year 11 | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 & Summer 1 | |
|---|---|---|--|--|--|
| Knowledge | <u>Positive behaviours & attitudes.</u> through Invasion Games (i.e Netball/Basketball) Importance of attitudes and behaviours | <u>Remaining active</u> through Health Related Exercise (HRE) incl OAA Exploring self-identity Habits Attitudes and motivators Physical Literacy Positive approaches to physical exercise | <u>Health and Well-being</u> through Table tennis/Football Knowledge of aerobic and anaerobic exercise. Knowledge of social health & fitness. Effects of exercise on mental health. Short term & long-term effects of exercise. | <u>Teamwork</u> through Volleyball Knowledge of effective teams. Positions Rules of the game. Tactics | <u>Engagement Post 16</u> through Pupil Voice Sport Knowledge of accessible sports. Knowledge of facilities within the area. Knowledge of healthy participation - socially active. Benefits of exercise. Personal fitness. |
| Skills | Honesty Confidence Commitment Enthusiasm Positivity | Remaining active Developing healthy attitudes and habits Self-reflecting Confidence and competence Positivity | Maintaining good health & fitness. Maintaining good social health. Recognizing good mental health. Identifying short- and long-term effects of exercise. | Teamwork Resilience Communication Cooperation Effective communication Problem solving Leadership | Remaining active Maintaining health Resilience Commitment Confidence Mental and physical wellbeing. Training for purpose Socially active |
| Connections to previous learning | Knowledge of the Moor Park Warm up. KS3 fundamental skills – running, jogging, turning, bending, reaching etc. KS3 Social ME skills – cooperation, teamwork & communication. Y10 Autumn1 & KS3 – umpiring and ball skills. | Knowledge of the Moor Park Warm up. Y11 Autumn 1 – Positivity. Y10 Autumn 2 – reflection skills. Y10 Summer 1 – fulfilling potential. | KS3/4 Table Tennis – techniques, rules and regulations. Thinking ME skills - tactics, decision making, problem solving, evaluation. Y11 Autumn 1 & 2 – healthy attitudes and behaviours/remaining active. KS3 ball skills – throwing, catching, dodging. | Knowledge of the Moor Park Warm up. Y10 Autumn 1 - Effective teams. KS3/4 net games – scoring, serving, boundary rules. KS3 Thinking ME – decision making, problem solving, tactical awareness. | Knowledge of the Moor Park Warm up. KS3/4 physical, mental, emotional and social skills. KS3/4 Fitness and training. |

MOOR PARK HIGH SCHOOL: CURRICULUM

| | | | | | |
|---|---|---|---|---|---|
| Homework | Remembering full Moor Park PE kit | Remembering full Moor Park PE kit | Remembering full Moor Park PE kit | Remembering full Moor Park PE kit | Remembering full Moor Park PE kit |
| Cultural enrichment including Trips, Visits, Experiences, Extra-curricular | Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. | Weekly extra-curricular sports clubs at lunch time and after school. District competitions, tournaments and league fixtures. | Weekly extra-curricular sports clubs at lunch time and after school. | Weekly extra-curricular sports clubs at lunch time and after school. | Weekly extra-curricular sports clubs at lunch time and after school. |
| Numeracy | Scoring, umpiring, calculating points totals. | Tracking heart rate, counting reps and sets. | Scoring, umpiring, calculating points totals. | Scoring, umpiring, calculating points totals. | Scoring, umpiring, calculating points totals. |
| Literacy | Reading of learning objectives and success criteria. Use of formal talk. Recording results. | Reading of learning objectives and success criteria. Use of formal talk. | Reading of learning objectives and success criteria. Use of formal talk. Recording results. | Reading of learning objectives and success criteria. Use of formal talk. Recording results. | Reading of learning objectives and success criteria. Use of formal talk. Recording results. |
| CIAG | | | Exercise Post 16. | | |