



Hailey Hall School PE Curriculum Booklet

PE Curriculum Intent

Physical Education at Hailey Hall uses a variety of sports and situations to develop students' self-esteem, physical fitness and functional abilities of their bodies. Pupils will need to adapt to a range of situations and develop their problem-solving skills in order to progress in individual and team drills and sports. Physical Education will then require pupils to work independently to expand on their previous experiences to be creative within a gym session and become a leader as part of a leadership course. Pupils will develop ownership of the work and practical performance they have produced. They will also be held to high standards to ensure they deliver a good standard of session for their peers.

Physical Education uses a variety of different school links and is adaptable across the curriculum, Math's is used daily for time keeping and scoring, science is heavily referred to through means of Biology and English can be used through key words and spelling. Pupils are given verbal feedback regularly to give an instant reflection on their skills and abilities, this allows them to assess their skills and make the relevant changes to achieve.

The PE curriculum is organized in a way to allow Pupils to develop skills in the following areas:

- To develop an understanding of health and safety
- To gain a range of practical PE skills
- To understand the impact a developed skill can have in a match situation
- Gain an understanding of how sports can be transferrable in all walks of life, from independence to team work to following the rules and lead of an official.
- The Physical Education department at Hailey Hall endeavors to build the confidence of pupils in a range of physical activities. These will be based on individual and team-based sports of a competitive nature for a sustained period.
- Aiming high and promoting a desire to achieve the goals set for themselves
- Develop resilience and dealing with upset in a positive way when losing
- Communication skills (listening, speaking, presenting)
- Teamwork and problem solving,
- Creative thinking to develop and defeat an opponent
- Self-management, ensuring you behave as much as a leader as possible
- Leading others positively win or lose
- The British values of democracy, the rule of law, individual liberty, and mutual respect of those with different faiths and beliefs are taught explicitly and reinforced in the way in which the school operates.

Year 7 PE

Why this subject is important:

Physical education is important because it helps pupils stay physically active, develop interests in different types of physical activity, build teamwork and other social skills, and improve focus and academic performance.

What you will learn:

Unit name	Topics	Skills and understanding	Skill curriculum links
Term/ Unit: Autumn 1, Badminton	Is my hand eye co-ordination effective? What may this assist me with in other areas of life?	Can I demonstrate that I can hit the shuttlecock using my hand eye co-ordination. Can I use tactics to manipulate my opponent to win. Understand the rules and regulations of the sport. Evaluate why we need to have good agility and fitness to be effective in a badminton match.	Lots of elements of skill related fitness and components of skill related fitness. Heavily links with BTEC sport in key stage 4. Gain information on fitness and why this is important in areas of sport including some fitness tests such as Illinois agility test.
Term/ Unit: Autumn 2, Basketball	Basketball Passing Shooting Dribbling Teamwork, attacking and defending	To understand basic skills and techniques of the game and perform them with control and some accuracy. Basic rules of the game. Understand the differences between players, officials and captains as well as different tactical positions. Court/pitch markings,	Being able to work as a team and communicate effectively with the team for a common goal of scoring and winning. Confidently feedback on teams' effectiveness in matches. Will assist for key stage 4 BTEC sport in refereeing matches and in the leadership role and unit.

		contact/non-contact rules	
Term/ unit: Spring 1 Football	<p>Passing</p> <p>Shooting</p> <p>Dribbling</p> <p>Teamwork attacking and defending</p>	<p>To understand basic skills and techniques of the game and perform them with control and some accuracy.</p> <p>Basic rules of the game.</p> <p>Understand the differences between players, officials and captains as well as different tactical positions. Court/pitch markings, contact/non-contact rules</p>	<p>Being able to work as a team and communicate effectively with the team for a common goal of scoring and winning.</p> <p>Confidently feedback on teams' effectiveness in matches.</p> <p>Will assist for key stage 4 BTEC sport in refereeing matches and in the leadership role and unit.</p>
Term/ Unit: Spring 2 Sports leadership (dodgeball)	Playmaker	Pupils will be taught to understand how to use participants, area, communication skills and environment to their advantage whilst leading their individual sessions.	Pupils will learn and understand the knowledge required to organise and lead small games and activities that can be used as part of an organisation. Pupils will have a better understanding of transferable skills which will assist them in multiple areas across the school. This will also assist pupils with their key stage 4 BTEC sport if they choose the subject.

Term/ Unit: Summer 1 Athletic activities	Sprinting Javelin Shot Putt	Recording scores and evaluation of performances To be able to take on the role of official and captain and demonstrate leadership with fairness and maturity Understand basic of controlling pace Understand the differences between a push, pull and a sling technique How power and stamina is used in events to be a successful performer	To understand what may have gone wrong in my personal technique. To be able to evaluate a partner's technique and give them effective pointers maturely. Be positive when completing areas of mathematics in practical lessons. Will cross over when talking about components of fitness and elements of skill related fitness in BTEC sport.
Term/ unit: Summer 2 Striking and Fielding.	Cricket Rounders and Danish Longball	To understand when to use each striking technique To understand why the key elements allow you to strike the ball in an effective way To understand why you need to be able to strike the ball into certain areas of the field	In BTEC sport this information's learnt will assist with unit 2 taking part in a practical sport. Pupils will have a better understanding of tactics and how they can outperform their opponent.

		Evaluate and learn tactics in sports, where to position teammates to be most effective.	
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How you will be assessed:

During each unit of work pupils will be assessed through: Peer assessment, self-assessment and Q&A sessions.

At the end of each unit pupils are assessed in a practical environment. For all games pupils will be assessed on the performance of individual skills and their performance within a game situation. This will include assessment of the knowledge of rules, roles and responsibilities.

How parents / carers can help:

Provide them with a quiet place to do homework and revision

Useful website and details of course books

www.bbc.co.uk/sportacademy

www.brianmac.com

Who to contact and how if you have a query regarding your child

Name	Position	Email Address	Telephone
Mr A Devine	PE Co-Ordinator	adevine@haileyhall.herts.sch.uk	01992 465208
Mr Josh Hewitt	PE teacher	jhewitt@haileyhall.herts.sch.uk	01992 465208

Year 8 PE

Why this subject is important:

Physical education is important because it helps pupils stay physically active, develop interests in different types of physical activity, build teamwork and other social skills, and improve focus and academic performance.

What you will learn:

Unit name	Topics	Skills and understanding	Skills and curriculum links
Term/ Unit: Invasion Games/ big team sports	Basketball Football Dodgeball	To understand basic skills and techniques of the game and perform them with control and some accuracy.	Being able to work as a team and communicate effectively with the team for a common goal of scoring and winning.

		<p>Basic rules of the game.</p> <p>Understand the differences between players, officials and captains as well as different tactical positions. Court / pitch markings, contact/non-contact rules</p>	<p>Confidently feedback on teams' effectiveness in matches.</p> <p>Will assist for key stage 4 BTEC sport in refereeing matches and in the leadership role and unit.</p>
<p>Term/ Unit: Athletic activities</p>	<p>Sprinting</p> <p>Javelin</p> <p>Shot Putt</p>	<p>Recording scores and evaluation of performances</p> <p>To be able to take on the role of official and captain and demonstrate leadership with fairness and maturity</p> <p>Understand basic of controlling pace</p> <p>Understand the differences between a push, pull and a sling technique</p> <p>How power and stamina is used in events to be a successful performer</p>	<p>To understand what may have gone wrong in my personal technique.</p> <p>To be able to evaluate a partner's technique and give them effective pointers maturely.</p> <p>Be positive when completing areas of mathematics in practical lessons.</p> <p>Will cross over when talking about components of fitness and elements of skill related fitness in BTEC sport.</p>
<p>Term/ Unit: Health and Fitness</p>	<p>Is my individual personal CV fitness good or bad?</p> <p>What is healthy amount of exercise?</p> <p>What does it mean to be fit?</p> <p>Healthy living and how diet affects this</p> <p>To understand the importance of fitness testing</p>	<p>Fitness requirements for everyday general health and prolonged life</p> <p>How much we need to exercise in a week and what kind of exercise suits us best</p> <p>What is considered a healthy diet and what affect will this have on our body.</p>	<p>Lots of elements of skill related fitness and components of skill related fitness. Heavily links with BTEC sport in key stage 4.</p> <p>Gain information on fitness and why this is important in areas of sport including some fitness tests such as Illinois agility test.</p> <p>Get an understanding of the muscles and how they can be</p>

		What muscles are we working and how do the muscles grow and get stronger?	affected to increase size and strength.
Striking and Fielding.	Cricket Rounders/Danish longball	To understand when to use each striking technique To understand why the key elements allow you to strike the ball in an effective way To understand why you need to be able to strike the ball into certain areas of the field	In BTEC sport this information's learnt will assist with the unit taking part in a practical sport. It will help because pupils will have better understandings of tactics and how they should think to be able to overcome their opponents.
Net Games	Badminton Table Tennis volleyball	To understand how to score each type of net game effectively To understand why the correct technique allows you to perform successful shots. To understand basic match play in order to outwit your opponent	Lots of elements of skill related fitness and components of skill related fitness. Heavily links with BTEC sport in key stage 4. Gain information on fitness and why this is important in areas of sport including some fitness tests such as Illinois agility test.
Sports leadership award	Young leader award	Understand the next steps of the leadership programme, pupils will learn and understand the skills need to make their lessons, fast, active, safe and encourage the use of teamwork.	Pupils will learn and understand the knowledge required to organise and lead small games and activities that can be used as part of an organisation. Pupils will have a better understanding of transferable skills which will assist them in multiple areas across the school. This will also assist pupils with their key stage 4 BTEC sport if they choose the subject.

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How you will be assessed:

During each unit of work pupils will be assessed through: Peer assessment, self-assessment, and Q&A sessions.

At the end of each unit pupils are assessed in a practical environment. For all games pupils will be assessed on the performance of individual skills and their performance within a game situation. This will include assessment of the knowledge of rules, roles and responsibilities.

How parents / carers can help:

Provide them with a quiet place to do homework and revision. Engage with out of school sports clubs and encourage their child to join a sports team or club.

Useful website and details of course books:

www.bbc.co.uk/sportacademy
www.brianmac.com

Who to contact and how if you have a query regarding your child:

Name	Position	Email Address	Telephone
Mr Adrian Devine	PE Co-ordinator	adevine@haileyhall.herts.sch.uk	01992 465208
Mr Josh Hewitt	PE teacher	jhewitt@haileyhall.herts.sch.uk	01992 465208

Year 9 PE

Why this subject is important:

Physical education is important because it helps pupils stay physically active, develop interests in different types of physical activity, build teamwork and other social skills, and improve focus and academic performance.

What you will learn:

Unit name	Topics	Skills and understanding	Skills and curriculum links
Term/ Unit: Invasion Games Basketball,	Basketball Football	To understand basic skills and techniques of the game and	Being able to work as a team and communicate effectively with the team for a common

<p>football,</p>	<p>Dodgeball</p>	<p>perform them with control and some accuracy.</p> <p>Basic rules of the game.</p> <p>Understand the differences between players, officials and captains as well as different tactical positions. Court / pitch markings, contact/non-contact rules</p>	<p>goal of scoring and winning.</p> <p>Confidently feedback on teams' effectiveness in matches.</p> <p>Will assist for key stage 4 BTEC sport in refereeing matches and in the leadership role and unit.</p>
<p>Term/ Unit: Athletic activities</p>	<p>Sprinting Javelin Shot Putt</p>	<p>Recording scores and evaluation of performances</p> <p>To be able to take on the role of official and captain and demonstrate leadership with fairness and maturity</p> <p>Understand basic of controlling pace</p> <p>Understand the differences between a push, pull and a sling technique</p> <p>How power and stamina is used in events to be a successful performer</p>	<p>To understand what may have gone wrong in my personal technique.</p> <p>To be able to evaluate a partner's technique and give them effective pointers maturely.</p> <p>Be positive when completing areas of mathematics in practical lessons.</p> <p>Will cross over when talking about components of fitness and elements of skill related fitness in BTEC sport.</p>
<p>Term/ Unit: Health and Fitness</p>	<p>Is my individual personal CV fitness good or bad?</p> <p>What is healthy amount of exercise?</p> <p>What does it mean to be fit?</p>	<p>Fitness requirements for everyday general health and prolonged life</p> <p>How much we need to exercise in a week and what kind of exercise suits us best</p>	<p>Lots of elements of skill related fitness and components of skill related fitness. Heavily links with BTEC sport in key stage 4.</p> <p>Gain information on fitness and why this is important in areas of sport including some</p>

	<p>Healthy living and how diet affects this</p> <p>To understand the importance of fitness testing</p>	<p>What is considered a healthy diet and what affect will this have on our body.</p> <p>What muscles are we working and how do the muscles grow and get stronger?</p>	<p>fitness tests such as Illinois agility test.</p> <p>Get an understanding of the muscles and how they can be affected to increase size and strength.</p>
Striking and Fielding.	<p>Cricket</p> <p>Rounders/Danish longball</p>	<p>To understand when to use each striking technique</p> <p>To understand why the key elements allow you to strike the ball in an effective way</p> <p>To understand why you need to be able to strike the ball into certain areas of the field</p>	<p>In BTEC sport this information's learnt will assist with the unit taking part in a practical sport. It will help because pupils will have better understandings of tactics and how they should think to be able to overcome their opponents.</p>
Net Games	<p>Badminton</p> <p>Table Tennis</p> <p>Volleyball</p>	<p>To understand how to score each type of net game effectively</p> <p>To understand why the correct technique allows you to perform successful shots.</p> <p>To understand basic match play in order to outwit your opponent</p>	<p>Lots of elements of skill related fitness and components of skill related fitness. Heavily links with BTEC sport in key stage 4.</p> <p>Gain information on fitness and why this is important in areas of sport including some fitness tests such as Illinois agility test.</p>
Basic anatomy Effects of training	<p>Major bones</p> <p>Major muscles</p>	<p>Learn some of the major bones in the body and to be able to explain their functions.</p>	<p>Heavily linked to BTEC sport in many areas. Prepares the pupils for theory work and gives</p>

	<p>Tendons and ligaments</p> <p>Components of fitness/elements of skill related fitness</p> <p>Training principles</p>	<p>Learn the names of some of the major muscles and how they work on the skeletal system in order to allow the body to move.</p> <p>Learn some training methods for specific fitness elements that are required specifically to sport and others that are required in everyday life.</p>	<p>information ready for key stage 4 BTEC. Unit 1 exam unit fitness for sport and exercise covers a lot of these areas in depth so with this preloading of information gives them a better chance of achieving highly.</p>
Sport Leadership award	Go lead, warm up, basic drills and cool down set up and delivery of each.	<p>Pupils will learn the importance of a warmup and cool down and how vital they are to a session.</p> <p>Pupils will also be introduced to basic methods of how they can engage with participants and keep them interested.</p> <p>Small team drills and games will be introduced to learners so they can utilise them and use them to lead others.</p>	<p>Pupils will learn and understand the knowledge required to organise and lead small games and activities that can be used as part of an organisation. Pupils will have a better understanding of transferable skills which will assist them in multiple areas across the school. This will also assist pupils with their key stage 4 BTEC sport if they choose the subject.</p>

How you will be assessed:

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Year 10 BTEC Sport

Why this subject is important:

This subject is important as it extends the work-related focus and knowledge of the sport and active leisure industry. Pupils will learn about how the sports industry and leisure industry work together.

This qualification is designed to help learners understand the skills and knowledge needed to work in the sector, which they'll be encouraged to demonstrate through participation in a wide range of sport and active leisure activities.

What you will learn:

Unit name	Topics	Skills and understanding	Skills curriculum Links
Term/Unit: Fitness for sport and exercise.	Components of physical fitness Principles of training Fitness training methods Fitness training	Physical and skill related components of fitness. Fitness components and why they are important to successful participation in sport. FITT Principle Additional principles of training.	Using effective revision skills to prepare for end of year test. Foundation study for personal fitness qualification Knowledge and understanding to access further education courses. Understanding of healthy living and diet.

		Types of training.	
Term /Unit Practical Sport	Understand rules, regulations and scoring systems Demonstrate skills, techniques and tactics. Review sports performance.	Application of rules, regulations and scoring systems. Roles Of officials Responsibilities of officials Technical and tactical demands of sport Safe Participation	Knowledge and understanding to access further education courses Practically take part in teams outside of education promoting teamwork and friendship. Education of rules and regs for different sports opening up possibilities to referee courses at further education

Promoting British Values:

The ethos of British Values including fair play, team work and co-operation are embedded throughout every lesson.

How you will be assessed:

75% of the course is assessed by the submission of a portfolio of evidence of work carried out over a period of time. The course is continuously assessed by the external completion of assignments throughout the year.

25% of the course is assessed with an external examination.

The final (BTEC) grade is calculated in the following way:

One externally assessed exam. Coursework and assessment of skills throughout the year.

How parents / carers can help:

Provide them with a quiet place to do homework and revision

Useful website and details of course books:

www.bbc.co.uk/sportacademy
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Progression routes and career opportunities

Level 3 BTEC sport Diploma
 A Level PE
 Employment in the leisure industry

Who to contact and how if you have a query regarding your child:

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Mr Adrian Devine	PE Co-Ordinator	adevine@haileyhall.herts.sch.uk	01992 465208
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Year 11 BTEC Sport

Why this subject is important:

This subject is important as it extends the work-related focus and knowledge of the sport and active leisure industry. Pupils will learn about how the sports industry and leisure industry work together.

This qualification is designed to help learners understand the skills and knowledge needed to work in the sector, which they'll be encouraged to demonstrate through participation in a wide range of sport and active leisure activities.

Intent: What you will learn:

Unit name	Topics	Skills and understanding	Skills Curriculum Links
Term/ Unit: Training for personal fitness	Design a personal fitness training programme Exercise adherence factors Take part in an exercise training programme	SMARTER targets Principles of training Safety issues HR zones Programme design Training methods Training diary Measures for success	Builds on understanding of the leisure industry from year 10 Progression into A Levels or Level 3 FE qualifications Steppingstone into personal training or fitness instructor careers.

	<p>Short- and long-term adaptations of the body systems to exercise.</p> <p>Different energy systems used during sport.</p>	<p>Review of training programme</p> <p>Aerobic and anaerobic energy systems</p> <p>Short- and long-term adaptations of the musculoskeletal system.</p> <p>Short- and long-term adaptations of the cardiorespiratory system.</p>	
<p>Term/ Unit: 6</p> <p>Sport Leadership</p>	<p>Know the attributes associated with successful sports leadership</p> <p>Undertake the planning and leading of sports activities</p> <p>Review the planning and leading of sports activities</p>	<p>Explain what attributes are needed to be a successful sports leader</p> <p>Understand the importance of prior planning.</p> <p>Independently design a sport leaders lesson plan and delivery to a primary school class.</p> <p>Understand the importance of why it is important to review performance.</p> <p>Strengths and areas for improvement Information to inform future planning.</p> <p>Communication, leadership and organisation skills</p>	<p>Career pathway into teaching or coaching</p> <p>Life skills promote independence</p> <p>Pathway into A level PE, Sports Coaching qualifications at FE or employment</p>

Promoting British Values:

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How you will be assessed:

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25% of the course is assessed with an external examination.

The final (BTEC) grade is calculated in the following way:

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Progression routes and career opportunities

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