



HAILEY HALL SCHOOL

Believe | Strive | Achieve

Hailey Hall School PE Curriculum Map

Physical Education at Hailey Hall uses a variety of sports and situations to develop students' self-esteem, physical fitness and physical literacy. Pupils will need to adapt to a range of situations and develop their problem-solving skills in order to progress in individual and team activities and sports. Physical Education will then require pupils to work independently to expand on their previous experiences, to be creative within fitness training sessions and identify pathways out of PE such as Leadership. Pupils will develop ownership of the work and practical performance they have produced.

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. Pupils are aware of life without levels indicators so they can identify how they can improve.

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 outwit an opponent.
- Self-management, ensuring you behave as much as a role model 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. Work on the basic skills of the individual and try to get them to a high enough standard to be able to participate in matches. Develop a range of basic skills such as throwing, catching, kicking etc in a wide array of sports.

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

		contact/non-contact rules	
Term/ unit: Spring 1 Games for Understanding	Target throwing Evasion Receiving a pass Adapting games	Identify the skills required for a range of different ball sports. Develop fluency in basic motor skills. Be able to evaluate your strengths and weaknesses. Develop throwing and accuracy skills. Be able to describe the tactics used in games. Identify ways in which games could be adapted.	Motor competence. Develop pupils' ability to make a range of physical actions including gross and fine motor skill. Opportunities to practice these competences as well as feedback on how to improve. These skills underpin all activities in KS4 including skills in BTEC PE.
Term/ unit: Spring 2 Football	Passing Shooting Dribbling Scoring systems 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, contact/non-contact rules	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.

<p>Term/ Unit: Summer 1 Athletic activities</p>	<p>Sprinting Javelin Shot Putt</p>	<p>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</p>	<p>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.</p>
<p>Term/ unit: Summer 2 Striking and Fielding.</p>	<p>Cricket Rounders and Danish Longball</p>	<p>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 Evaluate and learn tactics in sports, where to position teammates to be most effective.</p>	<p>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.</p>

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. Guide your son towards external sports clubs in your area and maintain a healthy lifestyle.

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 P Foster	Head of PE	pfoster@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. We start to look deeper into the basic skills for a range of sports but how to get better and more advanced for matches. More advanced techniques will be brought in such as working in a team to beat an opponent with some team specific tactics.

What you will learn:

Unit name	Topics	Skills and understanding	Skills and curriculum links
Term/ Unit: Invasion Games/ big team sports	Basketball Football	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	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

		tactical positions. Court / pitch markings, contact/non-contact rules	in the leadership role and unit.
Autumn Term Unit: Health and Fitness	Is my individual personal CV fitness good or bad? What is healthy amount of exercise? What does it mean to be fit? Healthy living and how diet affects this To understand the importance of fitness testing	Fitness requirements for everyday general health and prolonged life How much we need to exercise in a week and what kind of exercise suits us best What is considered a healthy diet and what affect will this have on our body. What muscles are we working and how do the muscles grow and get stronger?	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. Get an understanding of the muscles and how they can be affected to increase size and strength.
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.
Spring Term Games for Understanding	Target throw, Accuracy Refinement Adaptation	Evaluate the rules of a game Be able to throw and catch with success and accuracy React to different situations showing understanding of the principles of play Evaluate the weaknesses of an individual and give verbal feedback.	The elements learnt in this unit underpin some of the basic principles in BTEC sport, namely Sports leadership and also analysing skills in the practical sport unit 2.
Summer Term Striking and	Cricket	To understand when to use each striking technique	In BTEC sport this information's learnt will

Fielding.	Rounders/Danish longball	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	assist with the unit taking part in a practical sport. It will help because pupils will have better understanding of tactics and how they should make decisions to be able to overcome their opponents.
Summer Term Unit: 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.

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. Assessment is also led by signposting pupils to regular life without levels whole school approach.

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

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

Name	Position	Email Address	Telephone
Mr Paul Foster	PE Co-Ordinator	pfooster@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. In year 9 the focus of our PE lessons is to expand the pupils game based knowledge and try to focus more on matches and gameplay drills rather than working on basic skills.

What you will learn:

Unit name	Topics	Skills and understanding	Skills and curriculum links
Autumn term Unit: Invasion Games Basketball, football,	Basketball Football	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	
Autumn Term 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.
Autumn Term Unit: Health and Fitness	Is my individual personal CV fitness good or bad? What is healthy amount of exercise? What does it mean to be fit? Healthy living and how diet affects this To understand the importance of fitness testing	Fitness requirements for everyday general health and prolonged life How much we need to exercise in a week and what kind of exercise suits us best What is considered a healthy diet and what affect will this have on our body. What muscles are we working and how do the muscles grow and get stronger.	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. Get an understanding of the muscles and how they can be affected to increase size and strength.
Spring term Games for understanding	Dodgeball Accuracy Target throwing Evasion Decision making Leadership	Demonstrate skills showing fluency accuracy and evaluate weaknesses in technique Suggest ways in which a team member can improve their skills and performance	The range of skills learnt underpin movements in more complex games in KS4. Pupils are able to analyse and lead others which links to BTEC sport unit 2 and 5.

		<p>React to different situations showing an appreciation of the game.</p> <p>Lead or coach the group keeping score and describing the rules of adapted games.</p>	
<p>Summer term Striking and Fielding.</p>	<p>Cricket 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>
<p>Summer 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>Net Games</p>	<p>Badminton Table Tennis Volleyball</p>	<p>To understand how to score each type of net game effectively</p> <p>To understand why the correct technique allows you</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>

		to perform successful shots. To understand basic match play in order to outwit your opponent	Gain information on fitness and why this is important in areas of sport including some fitness tests such as Illinois agility test.
Basic anatomy Effects of training Taught across all topics in all terms.	Major bones Major muscles Tendons and ligaments Components of fitness/elements of skill related fitness Training principles	Learn some of the major bones in the body and to be able to explain their functions. 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. Learn some training methods for specific fitness elements that are required specifically to sport and others that are required in everyday life.	Heavily linked to BTEC sport in many areas. Prepares the pupils for theory work and gives 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.

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. Assessment can be ongoing through signposting to the life without levels for each activity.

How parents / carers can help:

Provide them with a quiet place to do homework and revision. Link to extra-curricular clubs in your area and be a role model demonstrating healthy active lifestyle

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 Paul Foster	PE Co-Ordinator	pfooster@haileyhall.herts.sch.uk	01992 465208
Mr Josh Hewitt	PE teacher	jhewitt@haileyhall.herts.sch.uk	01992 465208

Year 10 BTEC Sport

Why this subject is important:

All sports performers want to be the best they can be. To reach optimal levels requires years of dedication to training, including successfully overcoming any barriers (such as injury) which might prevent a performer from achieving their goals. Working closely with their coach, the performer will gain an appreciation and understanding of the different fitness components, training principles, training methods and fitness tests which can be incorporated into their training regime to further enhance and improve their sports performance.

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: 1 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.

		Types of training.	Understanding of healthy living and diet.
Term /Unit 2 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

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

Promoting British Values:

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
www.brianmac.com

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:

Name	Position	Email Address	Telephone
Mr Paul Foster	PE Co-Ordinator	pfoster@haileyhall.herts.sch.uk	01992 465208
Mr Josh Hewitt	PE teacher	jhewitt@haileyhall.herts.sch.uk	01992 465208

Year 11 BTEC Sport

Why this subject is important:

In sport it is often the performer who receives all the admiration and acclaim for their achievements. However, behind most successes there is a sports leader or coach, who masterminds the performance of the highly talented sports performer(s). It is often these leaders who make the difference.

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: 3 Training for personal fitness	Design a personal fitness training programme Exercise adherence factors	SMARTER targets Principles of training Safety issues HR zones Programme design	Builds on understanding of the leisure industry from year 10 Progression into A Levels or Level 3 FE qualifications

	<p>Take part in an exercise training programme</p> <p>Short- and long-term adaptations of the body systems to exercise.</p> <p>Different energy systems used during sport.</p>	<p>Training methods</p> <p>Training diary</p> <p>Measures for success</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>Steppingstone into personal training or fitness instructor careers.</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</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>

		Information to inform future planning. Communication, leadership and organisation skills	
--	--	-------------------------------------------------------------------------------------------------	--

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
www.brianmac.com

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:

Name	Position	Email Address	Telephone
------	----------	---------------	-----------

Mr Paul Foster	PE Co-Ordinator	pfooster@haileyhall.herts.sch.uk	01992 465208
Mr Josh Hewitt	PE teacher	jhewitt@haileyhall.herts.sch.uk	01992 465208