

**All Hallows RC High School**

Specialising in Business, Enterprise & Sports



# CORE PE CURRICULUM OVERVIEW

**MR M TOMLINSON**

September 2021



**WE AIM FOR ALL HALLOWS RC**  
BUSINESS, ENTERPRISE AND SPORTS COLLEGE TO BE A  
**CATHOLIC SCHOOL**  
TO WHICH CHILDREN WISH TO COME  
TO WHICH PARENTS WISH TO SEND THEIR CHILDREN  
**AND WHERE TEACHERS**  
**WISH TO TEACH**

**OUR MISSION IS TO OFFER A**  
**HIGH QUALITY**  
**CATHOLIC EDUCATION**  
FOR ALL, IN AN ENVIRONMENT WHERE  
**GOSPEL VALUES** ARE CENTRAL  
TO TEACHING AND LEARNING  
**AND IN WHICH THE**  
**UNIQUE VALUE**  
**OF EACH PERSON IS**  
**RECOGNISED AND RESPECTED**

## Curriculum Intent

The All Hallows PE Department aims to provide pupils with a high-quality physical education. We aim to inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities. We want to provide opportunities for building confidence and resilience in a way which supports their health and fitness. We strive to provide as many opportunities as possible for pupils to compete in sport and other activities that build character and help to embed values such as fairness and respect.

### Our Aims

- We aim to develop pupils knowledge and ability to excel in a wide range of physical activities
- We aim for pupils to be physically active for sustained periods of time
- We aim to engage pupils in competitive sports and activities
- We aim for pupils to have the knowledge and capabilities to lead healthy, active lives.

### Attainment Targets - What we want them to accomplish KS3

- Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]
- Perform dances using advanced dance techniques within a range of dance styles and forms
- Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- Take part in competitive sports and activities outside school through community links or sports clubs.

### What we want them to accomplish KS4

- use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]
- take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.

## KS3 Order of Teaching 2021/2022

Year	Term 1 <i>Team Games</i>	Term 2 <i>Fitness + Outdoor Ed + Dance</i>	Term 3 <i>Athletics + Gymnastics</i>
Year 7	<ul style="list-style-type: none"> <li>Basics (rules, aims, gameplay)</li> <li>Skill Development</li> </ul>	<ul style="list-style-type: none"> <li>Fitness Training</li> <li>Intro to Outdoor activities</li> <li>Dance</li> </ul>	<ul style="list-style-type: none"> <li>Athletics - Skill Development</li> <li>Intro to Gymnastics</li> </ul>
Year 8	<ul style="list-style-type: none"> <li>Skill Recap</li> <li>Attacking</li> <li>Defending</li> </ul>	<ul style="list-style-type: none"> <li>Fitness Testing</li> <li>Orienteering</li> <li>Dance</li> </ul>	<ul style="list-style-type: none"> <li>Athletics - Event Enhancement</li> <li>Trampolining</li> </ul>
Year 9	<ul style="list-style-type: none"> <li>Tactics</li> <li>Gameplay</li> </ul>	<ul style="list-style-type: none"> <li>Fitness Data analysis</li> <li>Outdoor Leadership</li> <li>Dance</li> </ul>	<ul style="list-style-type: none"> <li>Athletics - Improvement strategies</li> <li>Gymnastics - Scoring and Performance Analysis</li> </ul>

**Girls Sports** - Football, Netball, Basketball, Badminton, Table Tennis, Handball, Dodgeball

**Boys Sports** - Football, Rugby, Basketball, Badminton, Table Tennis, Handball, Dodgeball

## KS4 Order of Teaching 2021/2022

Year	Term 1		
10	Alternative Provision	Alternative Provision	Alternative Provision
11	Alternative Provision	Alternative Provision	Alternative Provision

Year	Term 2		
10	Alternative Provision	Alternative Provision	Alternative Provision
11	Alternative Provision	Alternative Provision	Alternative Provision

Year	Term 3		
10	Alternative Provision	Alternative Provision	Alternative Provision
11	Alternative Provision	Alternative Provision	Alternative Provision

**Alternative Provision** - Pupils will be given option choices for each half term. This will be different from KS3 activities and aim to prepare them for leading a healthy active lifestyle post 16. Some of these activities will be led by outside agencies in school or offsite.

#TheAllHallowsWay



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