

# HIGHFIELDS SCHOOL

CURRICULUM OVERVIEW 2023-2024



[www.hswv.co.uk](http://www.hswv.co.uk)

## SUBJECT: CORE PHYSICAL EDUCATION

AUTUMN TERM - YEAR 7	SPRING TERM - YEAR 7	SUMMER TERM - YEAR 7
<p><b>Character Focus: Social Belonging – Teamwork, Self Management, Respect</b></p> <p><b>Developing skill and using a range of tactics in the movement forms of invasion games, Striking and Net, Dance and Aesthetics.</b></p> <p>Activities will be taught on a rotational basis with students having 4 x 100-minute lessons on a unit of work. Students will access the activities at different times of the academic year dependant on their group.</p> <ul style="list-style-type: none"> <li>• Baseline assessment (first two weeks)</li> <li>• Football</li> <li>• Basketball</li> <li>• Table Tennis</li> <li>• Dance</li> <li>• Netball</li> <li>• Trampolining</li> <li>• </li> </ul>	<p><b>Character Focus: Social Belonging – Teamwork, Self Management, Respect</b></p> <p><b>Developing skill and using a range of tactics in the movement forms of invasion games, Striking and Net, Dance, Aesthetics and HRF.</b></p> <p><b>Analyse their performances and demonstrate improvement to achieve their personal best</b></p> <p>Activities will be taught on a rotational basis with students having 4 x 100-minute lessons on a unit of work. Students will access the activities at different times of the academic year dependant on their group.</p> <ul style="list-style-type: none"> <li>• Trampolining</li> <li>• Rugby/Tag Rugby/Touch Rugby</li> <li>• Table Tennis</li> <li>• Dance</li> <li>• Table Tennis</li> <li>• Health Related Fitness</li> <li>• Basketball</li> </ul>	<p><b>Character Focus: Social Belonging – Teamwork, Self Management, Respect</b></p> <p><b>Developing skill and using a range of tactics in the movement forms of invasion games, Striking and Net, Dance, HRF and Athletics</b></p> <p><b>Analyse their performances and demonstrate improvement to achieve their personal best</b></p> <p>Activities will be taught on a rotational basis with students having 4 x 100-minute lessons on a unit of work. Students will access the activities at different times of the academic year dependant on their group.</p> <ul style="list-style-type: none"> <li>• Netball</li> <li>• Health Related Fitness</li> <li>• Cricket/Rounders</li> <li>• Athletics</li> <li>• Alternative Activities</li> <li>• Football</li> <li>• Rugby/Tag Rugby/Touch Rugby</li> <li>• Rounders</li> <li>• Athletics</li> <li>• Alternative Activities</li> </ul>
<p><b>ASSESSMENT</b></p> <p>Students will be assessed against the Head, Hands, Heart model. Students will be assessed on their physical competence in each sport, their knowledge and understanding, and their character values in physical education lessons.</p>		

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## SUBJECT: CORE PHYSICAL EDUCATION

AUTUMN TERM - YEAR 8	SPRING TERM - YEAR 8	SUMMER TERM - YEAR 8
<p><b>Character Focus: Playing Your Part - Responsibility, Compassion, Perseverance</b></p> <p><b>Developing skill and using a range of tactics in the movement forms of invasion games, Striking and Net, Dance and Aesthetics.</b></p> <p>Activities will be taught on a rotational basis with students having 4 x 100-minute lessons on a unit of work. Students will access the activities at different times of the academic year dependant on their group.</p> <ul style="list-style-type: none"><li>• Football</li><li>• Basketball</li><li>• Table Tennis</li><li>• Trampolining</li><li>• Dance</li><li>• Netball</li></ul>	<p><b>Character Focus: Playing Your Part - Responsibility, Compassion, Perseverance</b></p> <p><b>Developing skill and using a range of tactics in the movement forms of invasion games, Striking and Net, Dance, Aesthetics and HRF.</b></p> <p><b>Analyse their performances and demonstrate improvement to achieve their personal best.</b></p> <p>Activities will be taught on a rotational basis with students having 4 x 100-minute lessons on a unit of work. Students will access the activities at different times of the academic year dependant on their group.</p> <ul style="list-style-type: none"><li>• Dance</li><li>• Rugby/Tag Rugby/Touch Rugby</li><li>• Table Tennis</li><li>• Dance</li><li>• Handball</li><li>• Basketball</li><li>• Football</li><li>• Health Related Fitness</li></ul>	<p><b>Character Focus: Playing Your Part - Responsibility, Compassion, Perseverance</b></p> <p><b>Developing skill and using a range of tactics in the movement forms of invasion games, Striking and Net, Dance, HRF and Athletics</b></p> <p><b>Analyse their performances and demonstrate improvement to achieve their personal best.</b></p> <p>Activities will be taught on a rotational basis with students having 4 x 100-minute lessons on a unit of work. Students will access the activities at different times of the academic year dependant on their group.</p> <ul style="list-style-type: none"><li>• Health Related Fitness</li><li>• Cricket</li><li>• Rounders</li><li>• Athletics</li><li>• Netball</li><li>• Handball</li><li>• Alternative Activities</li></ul>

### ASSESSMENT

Students will be assessed against the Head, Hands, Heart model. Students will be assessed on their physical competence in each sport, their knowledge and understanding, and their character values in physical education lessons.

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## SUBJECT: CORE PHYSICAL EDUCATION

AUTUMN TERM - YEAR 9	SPRING TERM - YEAR 9	SUMMER TERM - YEAR 9
<p><b>Character Focus: Becoming your best self - Aspiration, Etiquette, Resilience</b></p> <p><b>Developing skill and using a range of tactics in the movement forms of invasion games, Striking and Net, Dance and Aesthetics.</b></p> <p>Activities will be taught on a rotational basis with students having 4 x 100-minute lessons on a unit of work. Students will access the activities at different times of the academic year dependant on their group.</p> <ul style="list-style-type: none"><li>• Football</li><li>• Netball</li><li>• Basketball</li><li>• Table Tennis</li><li>• Trampolining</li><li>• Health Related Fitness</li><li>• Table Tennis</li></ul>	<p><b>Character Focus: Becoming your best self - Aspiration, Etiquette, Resilience</b></p> <p><b>Developing skill and using a range of tactics in the movement forms of invasion games, Striking and Net, Dance, Aesthetics and HRF.</b></p> <p><b>Analyse their performances and demonstrate improvement to achieve their personal best</b></p> <p>Activities will be taught on a rotational basis with students having 4 x 100-minute lessons on a unit of work. Students will access the activities at different times of the academic year dependant on their group.</p> <ul style="list-style-type: none"><li>• Health Related Fitness</li><li>• Rugby/Tag Rugby/Touch Rugby</li><li>• Football</li><li>• Table Tennis</li><li>• Handball</li><li>• Basketball</li><li>• Volleyball</li></ul>	<p><b>Character Focus: Becoming your best self - Aspiration, Etiquette, Resilience</b></p> <p><b>Developing skill and using a range of tactics in the movement forms of invasion games, Striking and Net, Dance, HRF and Athletics</b></p> <p><b>Analyse their performances and demonstrate improvement to achieve their personal best</b></p> <p>Activities will be taught on a rotational basis with students having 4 x 100-minute lessons on a unit of work. Students will access the activities at different times of the academic year dependant on their group.</p> <ul style="list-style-type: none"><li>• Volleyball</li><li>• Cricket</li><li>• Softball</li><li>• Athletics</li><li>• Handball</li><li>• Tchoukball</li><li>• Health Related Fitness</li><li>• Rounders</li><li>• Alternative Activities</li></ul>
<p><b>ASSESSMENT</b></p> <p>Students will be assessed against the Head, Hands, Heart model. Students will be assessed on their physical competence in each sport, their knowledge and understanding, and their character values in physical education lessons.</p>		

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## SUBJECT: CORE PHYSICAL EDUCATION

AUTUMN TERM - YEAR 10	SPRING TERM - YEAR 10	SUMMER TERM - YEAR 10
<p><b>Character Focus: Committing to physical activity and becoming a role model.</b></p> <p><b>Developing skill and using a range of tactics in the movement forms of invasion games, Striking and Net, Dance and Aesthetics.</b></p> <p>Activities will be taught on a rotational basis with students having 4 x 100-minute lessons on a unit of work. Students will access the activities at different times of the academic year dependant on their group.</p> <ul style="list-style-type: none"><li>• Football</li><li>• Netball</li><li>• Handball</li><li>• Badminton</li><li>• Table Tennis</li><li>• Health Related Fitness</li><li>• Trampolining</li></ul>	<p><b>Character Focus: Committing to physical activity and becoming a role model.</b></p> <p><b>Developing skill and using a range of tactics in the movement forms of invasion games, Striking and Net, Dance, Aesthetics and HRF.</b></p> <p>Activities will be taught on a rotational basis with students having 4 x 100-minute lessons on a unit of work. Students will access the activities at different times of the academic year dependant on their group.</p> <ul style="list-style-type: none"><li>• Health Related Fitness</li><li>• Table Tennis</li><li>• Basketball</li><li>• Handball</li><li>• Tchoukball</li><li>• Dance/Aerobics</li><li>• Health Related Fitness</li></ul>	<p><b>Character Focus: Committing to physical activity and becoming a role model.</b></p> <p><b>Developing skill and using a range of tactics in the movement forms of invasion games, Striking and Net, Dance, HRF and Athletics</b></p> <p>Activities will be taught on a rotational basis with students having 4 x 100-minute lessons on a unit of work. Students will access the activities at different times of the academic year dependant on their group.</p> <ul style="list-style-type: none"><li>• Football</li><li>• Softball</li><li>• Tchoukball</li><li>• Athletics</li><li>• Ultimate Frisbee</li><li>• Netball</li><li>• Table Tennis</li><li>• Rounders</li><li>• Alternative Activities</li></ul>
<p><b>ASSESSMENT</b></p> <p>Students will be assessed against the Head, Hands, Heart model. Students will be assessed on their physical competence in each sport, their knowledge and understanding, and their character values in physical education lessons.</p>		