

PHYSICAL EDUCATION

'Exercise not only changes your body, it changes your mind, your attitude and your mood.'

Year 7

The Rationale

To provide an introduction to a broad range of sports and activities. Students will be provided with a platform to challenge and experience practical opportunities in order to develop personal, social, thinking, creative and physically active skills. At Kirkbie Kendal we intend to unlock every individual's potential by developing life-skills which act as a foundation to help all pupils becoming a well-rounded individual. Our curriculum aims to provide all pupils with opportunities to 'believe in themselves', 'learn to learn', 'develop their own growth mind set', 'build aspirations and develop resilience', 'develop lifelong leadership skills' and 'make active lifestyle choices'.

Students will work through a rotation during the year in order to cover all topics below. Pupils will participate in maximum of three different sports during one half term.

	Autumn Term 1	Autumn Term 2	Spring Half Term 3	Spring Half Term 4	Summer Term 5	Summer Term 6
Curriculum Knowledge	<p>Fundamentals:</p> <ul style="list-style-type: none"> -Running -Throwing and catching -Jumping and balance -Space and movement <p>Girls Hockey:</p> <ul style="list-style-type: none"> -Dribbling -Passing and Receiving -Tackling -Rules and tactics <p>Netball:</p> <ul style="list-style-type: none"> -Passing -Driving -Dodging -Footwork <p>Boys Rugby:</p> <ul style="list-style-type: none"> -Passing -Tackling 	<p>Girls Hockey:</p> <ul style="list-style-type: none"> -Tackling -Rules and tactics <p>Netball:</p> <ul style="list-style-type: none"> -Defending <p>-Rules and tactics</p> <p>Boys Rugby:</p> <ul style="list-style-type: none"> -Passing -Tackling -Rules and tactics <p>Tag rugby:</p> <ul style="list-style-type: none"> -Passing -Tagging -Rules and tactics <p>Badminton:</p> <ul style="list-style-type: none"> - Body position -Serving -Types of shots 	<p>Tag Rugby:</p> <ul style="list-style-type: none"> -Passing -Tagging <p>-Rules and tactics</p> <p>Football:</p> <ul style="list-style-type: none"> Passing and moving -Tackling -Defending -Rules and tactics <p>Basketball:</p> <ul style="list-style-type: none"> -Passing and dribbling -Pivoting -Shooting -Rules <p>Badminton:</p> <ul style="list-style-type: none"> - Body position -Serving -Types of shots 	<p>Boys Hockey:</p> <ul style="list-style-type: none"> Dribbling -Passing and Receiving -Tackling -Elimination -Rules and tactics <p>Tag Rugby:</p> <ul style="list-style-type: none"> -Passing -Tagging -Rules and tactics <p>Football:</p> <ul style="list-style-type: none"> Passing and moving -Tackling -Defending -Rules and tactics <p>Basketball:</p> <ul style="list-style-type: none"> - Passing and dribbling -Pivoting 	<p>Athletics:</p> <ul style="list-style-type: none"> -Jumping -Throwing -Short distance running -Long distance running <p>Rounders:</p> <ul style="list-style-type: none"> -Throwing and catching -Fielding -Rules and tactics <p>Cricket:</p> <ul style="list-style-type: none"> -Catching -Fielding -Bowling -Batting -Rules 	<p>Athletics:</p> <ul style="list-style-type: none"> -Jumping -Throwing -Short distance running -Long distance running <p>Rounders:</p> <ul style="list-style-type: none"> -Throwing and catching -Fielding -Rules and tactics <p>Cricket:</p> <ul style="list-style-type: none"> -Catching -Fielding -Bowling -Batting -Rules

	<p>-Rules and tactics</p> <p>Badminton:</p> <p>-Body position</p> <p>-Serving</p> <p>-Types of shots</p> <p>-Rules and tactics</p> <p>Handball:</p> <p>-Passing</p> <p>-Dribbling</p> <p>-Defending</p> <p>-Shooting</p> <p>-Rules and tactics</p>	<p>-Rules and tactics</p> <p>Handball:</p> <p>-Passing</p> <p>-Dribbling</p> <p>-Defending</p> <p>-Shooting</p> <p>-Rules and tactics</p>	<p>-Rules and tactics</p> <p>Handball:</p> <p>-Passing</p> <p>-Dribbling</p> <p>-Defending</p> <p>-Shooting</p> <p>-Rules and tactics</p>	<p>-Shooting</p> <p>-Rules</p> <p>Badminton:</p> <p>- Body position</p> <p>-Serving</p> <p>-Types of shots</p> <p>-Rules and tactics</p> <p>Handball:</p> <p>-Passing</p> <p>-Dribbling</p> <p>-Defending</p> <p>-Shooting</p> <p>-Rules and tactics</p>		
Subject Skills	<ul style="list-style-type: none"> • Communication • Active listening and Speaking • Collaboration/Team • Empathy • Self-Motivation • Resilience • Evaluation • Responsibility 					
How can you help your child engage with the content?	<p>Spend time watching a game either live or through technology. Enquire and attend local clubs.</p> <p>Spend time outside practicing the basic skills.</p>	<p>Spend time watching a game either live or through technology. Enquire and attend local clubs.</p> <p>Spend time outside practicing the basic skills.</p>	<p>Spend time watching a game either live or through technology. Watch major competitions – Rugby six nations</p> <p>Enquire and attend local clubs.</p> <p>Spend time outside practicing the basic skills.</p>	<p>Spend time watching a game either live or through technology. Enquire and attend local clubs.</p> <p>Spend time outside practicing the basic skills.</p>	<p>Spend time watching a game either live or through technology. Enquire and attend local clubs.</p> <p>Spend time outside practicing the basic skills.</p>	<p>Spend time watching a game either live or through technology. Watch major competitions such as the Olympics/Commonwealth games</p> <p>Enquire and attend local clubs.</p> <p>Spend time outside practicing the basic skills.</p>

Curriculum Opportunities	Rugby, football, hockey, netball and badminton after school clubs and fixtures	Rugby, football, hockey, netball and badminton after school clubs and fixtures	Rugby, football, hockey, netball and badminton after school clubs and fixtures	Rugby, football, hockey, netball and badminton after school clubs and fixtures	Athletics, rounders and cricket after school clubs and fixtures	Athletics, rounders and cricket after school clubs and fixtures
Career Links	Some potential careers include: professional athlete, PE teacher, nutritionist, sports medicine, armed forces, police officer, physiotherapist, psychologist, sports photographer, personal trainer, sports journalist, outdoor pursuits. https://nationalcareers.service.gov.uk/job-categories/sports-and-leisure					

Year 8

The Rationale

To provide a broad range of sports and activities. Students will be provided with a platform to challenge and experience practical opportunities in order to develop personal, social, thinking, creative and physically active skills. At Kirkbie Kendal we intend to unlock every individual's potential by developing life-skills which act as a foundation to help all pupils becoming a well-rounded individual. Our curriculum aims to provide all pupils with opportunities to 'believe in themselves', 'learn to learn', 'develop their own growth mind set', 'build aspirations and develop resilience', 'develop lifelong leadership skills' and 'make active lifestyle choices'.

Students will work on through a rotation during the year in order to cover all topics below. Pupils will participate in maximum of three different sports during one half term.

	Autumn Term 1	Autumn Term 2	Spring Half Term 3	Spring Half Term 4	Summer Term 5	Summer Term 6
Curriculum content	Girls Hockey: -Dribbling -Passing and receiving -Defending and elimination -Rules and Tactics Netball: -Passing -Footwork and marking -Dodging -Rules and tactics Basketball: -Passing -Shooting -Defending -Rules and tactics	Basketball: -Passing -Shooting -Defending -Rules and tactics Badminton: -Serve -Types of shots -Rules and tactics Handball: -Passing -Dribbling -Defending -Shooting -Rules and tactics Football:	Basketball: -Passing -Shooting -Defending -Rules and tactics Badminton: -Serve -Types of shots -Rules and tactics Handball: -Passing -Dribbling -Defending -Shooting -Rules and tactics Football:	Basketball: -Passing -Shooting -Defending -Rules and tactics Badminton: -Serve -Types of shots -Rules and tactics Handball: -Passing -Dribbling -Defending -Shooting -Rules and tactics Football:	Athletics: -Jumping -Throwing -Short distance running -Long distance running Rounders: -Batting -Throwing -Bowling -Rules and tactics Cricket: -Bowling -Batting -Rules and tactics	Athletics: -Jumping -Throwing -Short distance running -Long distance running Rounders: -Batting -Throwing -Bowling -Rules and tactics Cricket: -Bowling -Batting -Rules and tactics

	<p>Handball:</p> <ul style="list-style-type: none"> -Passing -Dribbling -Defending -Shooting -Rules and tactics <p>Badminton:</p> <ul style="list-style-type: none"> -Serve -Types of shots -Rules and tactics <p>Football:</p> <ul style="list-style-type: none"> -Passing and control -Dribbling and turning -Rules and tactics <p>Boys Rugby:</p> <ul style="list-style-type: none"> -Passing -Tackling -Attacking -Rules and tactics <p>Tag Rugby:</p> <ul style="list-style-type: none"> -Passing and catching -Rules and tactics <p>Hockey:</p> <ul style="list-style-type: none"> -Dribbling -Passing and receiving -Defending and elimination -Rules and tactics 	<ul style="list-style-type: none"> -Passing and control -Dribbling and turning -Rules and tactics <p>Boys Rugby:</p> <ul style="list-style-type: none"> -Passing -Tackling -Attacking -Rules and tactics <p>Tag Rugby:</p> <ul style="list-style-type: none"> -Passing and catching -Rules and tactics <p>Hockey:</p> <ul style="list-style-type: none"> -Dribbling -Passing and receiving -Defending and elimination -Rules and tactics 	<ul style="list-style-type: none"> -Passing and control -Dribbling and turning -Rules and tactics <p>Tag Rugby:</p> <ul style="list-style-type: none"> -Passing and catching -Rules and tactics <p>Hockey:</p> <ul style="list-style-type: none"> -Dribbling -Passing and receiving -Defending and elimination -Rules and tactics 			
Key Skills	<ul style="list-style-type: none"> • Communication • Active listening and Speaking • Collaboration • Empathy • Self-Motivation • Resilience • Evaluation • Responsibility • Innovation 	<ul style="list-style-type: none"> • Communication • Active listening and Speaking • Collaboration • Empathy • Self-Motivation • Resilience • Evaluation • Responsibility • Innovation 	<ul style="list-style-type: none"> • Communication • Active listening and Speaking • Collaboration • Empathy • Self-Motivation • Resilience • Evaluation • Responsibility • Innovation 	<ul style="list-style-type: none"> • Communication • Active listening and Speaking • Collaboration • Empathy • Self-Motivation • Resilience • Evaluation • Responsibility • Innovation 	<ul style="list-style-type: none"> • Communication • Active listening and Speaking • Collaboration • Empathy • Self-Motivation • Resilience • Evaluation • Responsibility • Innovation 	<ul style="list-style-type: none"> • Communication • Active listening and Speaking • Collaboration • Empathy • Self-Motivation • Resilience • Evaluation • Responsibility • Innovation
How can you engage with your child?	Spend time watching a game either live or through technology. Enquire and attend local clubs.	Spend time watching a game either live or through technology. Enquire and attend local clubs.	Spend time watching a game either live or through technology. Watch major competitions – Rugby six nations	Spend time watching a game either live or through technology. Enquire and attend local clubs.	Spend time watching a game either live or through technology. Enquire and attend local clubs.	Spend time watching a game either live or through technology. Watch major competitions such as the

	Spend time outside practicing the basic skills.	Spend time outside practicing the basic skills.	Enquire and attend local clubs. Spend time outside practicing the basic skills.	Spend time outside practicing the basic skills.	Spend time outside practicing the basic skills.	Olympics/Commonwealth games Enquire and attend local clubs. Spend time outside practicing the basic skills.
Curriculum Opportunities	Rugby, football, hockey, netball and badminton after school clubs and fixtures	Rugby, football, hockey, netball and badminton after school clubs and fixtures	Rugby, football, hockey, netball and badminton after school clubs and fixtures	Rugby, football, hockey, netball and badminton after school clubs and fixtures	Athletics, rounders and cricket after school clubs and fixtures	Athletics, rounders and cricket after school clubs and fixtures
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Year 9

The Rationale

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Curriculum content	Girls Hockey: Dribbling -Passing and receiving -Defending and elimination Rules and tactics Netball: -Passing -Creating space -Shooting -Rules and tactics	Badminton: -Types of shots -Rules and tactics Handball: -Passing -Dribbling -Defending -Attacking play -Rules and Tactics Basketball: -Outwitting others	Badminton: - Types of shots -Rules and tactics Handball: -Passing -Dribbling -Defending -Attacking play -Rules and Tactics Basketball: -Outwitting others	Badminton: - Types of shots -Rules and tactics Handball: -Passing -Dribbling -Defending -Attacking play -Rules and Tactics Basketball: -Outwitting others	Athletics: -Jumping -Throwing -Short distance running -Long distance running Rounders: --Batting -Rules and tactics -Scoring/umpiring Cricket:	Athletics: -Jumping -Throwing -Short distance running -Long distance running Rounders: --Batting -Rules and tactics -Scoring/umpiring Cricket:

	<p>Basketball:</p> <ul style="list-style-type: none"> -Outwitting others -hooting -Attacking and defending -Rules and tactics <p>Football:</p> <ul style="list-style-type: none"> -Development of games scenarios -Coping with pressure -Defending and attacking Rules and tactics <p>Boys Rugby:</p> <ul style="list-style-type: none"> -Passing -Attacking -Tackling -Rules and tactics 	<ul style="list-style-type: none"> -hooting -Attacking and defending -Rules and tactics <p>Football:</p> <ul style="list-style-type: none"> - Development of games scenarios -Coping with pressure -Defending and attacking -Rules and tactics <p>Boys Rugby:</p> <ul style="list-style-type: none"> -Passing -Attacking -Tackling -Rules and tactics <p>Hockey:</p> <ul style="list-style-type: none"> -Dribbling -Passing and receiving -Defending -Creating space -Rules and tactics 	<ul style="list-style-type: none"> -hooting -Attacking and defending -Rules and tactics <p>Football:</p> <ul style="list-style-type: none"> -Development of games scenarios -Coping with pressure -Defending and attacking -Rules and tactics <p>Hockey:</p> <ul style="list-style-type: none"> -Dribbling -Passing and receiving -Defending -Creating space -Rules and tactics 	<ul style="list-style-type: none"> -hooting -Attacking and defending -Rules and tactics <p>Football:</p> <ul style="list-style-type: none"> -Development of games scenarios -Coping with pressure -Defending and attacking -Rules and tactics <p>Hockey:</p> <ul style="list-style-type: none"> -Dribbling -Passing and receiving -Defending -Creating space -Rules and tactics 	<ul style="list-style-type: none"> -Catching and throwing -Bowling -Batting -Rules and tactics 	<ul style="list-style-type: none"> -Catching and throwing -Bowling -Batting -Rules and tactics
Key Skills	<ul style="list-style-type: none"> • Communication • Active listening and Speaking • Collaboration • Empathy • Self-Motivation • Resilience • Evaluation • Responsibility • Innovation 	<ul style="list-style-type: none"> • Communication • Active listening and Speaking • Collaboration • Empathy • Self-Motivation • Resilience • Evaluation • Responsibility • Innovation 	<ul style="list-style-type: none"> • Communication • Active listening and Speaking • Collaboration • Empathy • Self-Motivation • Resilience • Evaluation • Responsibility • Innovation 	<ul style="list-style-type: none"> • Communication • Active listening and Speaking • Collaboration • Empathy • Self-Motivation • Resilience • Evaluation • Responsibility • Innovation 	<ul style="list-style-type: none"> • Communication • Active listening and Speaking • Collaboration • Empathy • Self-Motivation • Resilience • Evaluation • Responsibility • Innovation 	<ul style="list-style-type: none"> • Communication • Active listening and Speaking • Collaboration • Empathy • Self-Motivation • Resilience • Evaluation • Responsibility • Innovation

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Curriculum Opportunities	Rugby, football, hockey, netball and badminton after school clubs and fixtures	Rugby, football, hockey, netball and badminton after school clubs and fixtures	Rugby, football, hockey, netball and badminton after school clubs and fixtures	Rugby, football, hockey, netball and badminton after school clubs and fixtures	Athletics, rounders and cricket after school clubs and fixtures	Athletics, rounders and cricket after school clubs and fixtures
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