

In our curriculum we teach a multitude of sports and activities which includes the development of physical literacy and skill based performance with the opportunity to then further this through Sports Science. We use the Haydon values to promote and encourage the students to show Respect, Excellence, Community, kindness and Perseverance. Through these values we encourage and motivate the students to take up lifelong participation in sport and exercise through an engaging and diverse curriculum. We offer multiple opportunities for our students to represent our school and we are fully inclusive and accessible for all abilities to join in to further promote healthy active lifestyles

KS3 Year 7&8 = skill and knowledge development - key questions of what and when				
Sequencing	Throughout the year, Boys and Girls PE follow similar paths in line with the 4 areas listed below from the National Curriculum. In term 1, Girls + Boys PE are taught a mixture of outwitting opponents and health related fitness sports In term 2, Girls + Boys PE are taught a mixture of outwitting opponents and performance related sports In term 3, Girls + Boys PE are taught a mixture of striking and fielding and health related fitness sports			
Topic areas taught in order	Outwitting	Health Related Fitness	Performance	Striking and fielding
Content	Netball Handball Basketball Volleyball Football Rugby Dodgeball Benchball Badminton Table Tennis	Fitness Rowing Athletics Indoor athletics OAA/ team building Ultimate frisbee	Trampolining Dance Gymnastics/ sports Acro/ Parkour	Tennis Rounders Cricket Softball Golf
Knowledge	Netball -The basic rules, court markings and the gameplay. Handball	Fitness -The different muscles, exercises and Health related fitness components.	Trampolining -The health and safety precautions and how the competition runs.	Tennis -The basic rules, court markings and the gameplay. Rounders

	<p>-The basic rules, how the gameplay works and the court marking.</p> <p>Basketball -The basic rules, the court markings and the gameplay.</p> <p>Volleyball -The basic rules, the court markings and the gameplay.</p> <p>Football -The basic rules, field markings and positions.</p> <p>Rugby -The basic rules and Health and safety regarding the gameplay.</p> <p>Dodgeball -The basic rules. tactics around the game and the court marking (cones).</p> <p>Benchball -The basic rules. tactics around the game and the court marking (cones).</p> <p>Badminton -The basic rules, court markings and gameplay.</p> <p>Table Tennis -The basic rules and gameplay</p> <p>In addition:</p> <p>Different warm ups which are sport specific including movements, stretches and pulse raising activities. The warm up should also include key words such as agility, flexibility and heart rate. In each sport there will be a basic</p>	<p>Rowing -How to set up the rowing machine and how to safely use the rowing machine.</p> <p>Athletics -The different activities in Athletics and the rules on each event.</p> <p>Indoor athletics -The different activities in Athletics and the rules on each event.</p> <p>OAA/ team building -The different team building activities.</p> <p>Ultimate frisbee -The basic rules, pitch markings and gameplay.</p> <p>In addition:</p> <p>Activity specific; warm ups, conditioning activities, foundation skills and techniques, types of fitness training - continuous and interval, health and safety knowledge and skills, knowledge of improving health through fitness training and diet, motivational skills, personal goal setting skills, teamwork and cooperation.</p> <p>measuring; specific fitness levels, distance, speed, time, sets, reps.</p> <p>Equipment; A range of activity specific equipment, i.e.; javelin, discus, shot put, rowing machines,</p>	<p>Dance -The different events and how different competitions run.</p> <p>Gymnastics -The different events, health and safety precautions and how competitions run.</p> <p>Acro/ Parkour -The health and safety precautions and variety of areas to do Parkour.</p> <p>In addition:</p> <p>Gymnastic and dance specific warm ups, 6 basic moves and shapes, body tension activities, muscular strength, flexibility, use of small and large apparatus, balance in pairs, use of themes and music, counting music, introduction to cultural dances, planning and performing short routines in pairs/ small groups.</p>	<p>-The basic rules, positions and the gameplay.</p> <p>Cricket -The basic rules, positions and the gameplay.</p> <p>Softball -The basic rules, positions and the gameplay.</p> <p>Golf -The basic rules and gameplay</p> <p>Tennis -The basic rules, positions and the gameplay.</p> <p>In addition:</p> <p>Student led warm ups including stretches and mobility exercise learned previously. Hand/eye co-ordination, serves, body position, forehands, backhands, court positioning, bowling, fielding, tactics, batting, understanding of rules and necessary equipment</p>
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	understanding of the rules and equipment needed. Students also learn the basic tactics related to attacking and defending.	range of indoor athletics equipment, frisbee, tape measures, stop watches.		
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<p>Skills (Main focus)</p>	<p>Netball -Passing -Footwork Handball -Shooting -Footwork Basketball -Dribbling -Shooting Volleyball -Set/dig -Serving Football -Dribbling -Shooting Rugby -Tackling -Passing Dodgeball -Throwing -Catching Benchball -Throwing -Catching Badminton -Serving -Forehand/backhand Table Tennis -Serving -Forehand/backhand</p>	<p>Fitness -Exercises for particular muscles -Warm up/cool down Rowing -leg/arm action Athletics -Throw/Run/Jump Indoor athletics -Running/jumping/throwing technique OAA/ team building -Map reading/communication Ultimate frisbee -Throwing -Catching</p>	<p>Trampolining -Basic moves -Balance/Height Dance -Timing -Cultural moves Gymnastics -Vaulting -Balances Acro/ Parkour -Balances -Jumps</p>	<p>Tennis -Serving -Forehand/backhand Rounders -Feilding -Batting Cricket -Bowling -Batting Softball -Bowling -Batting Golf -Putting</p>
<p>Key Questions</p>	<p>What</p>	<p>What</p>	<p>What</p>	<p>What</p>

<p>Year 7 focus is <u>what</u> Year 8 focus is <u>when</u></p>	<p>-What are the rules? -What are teaching points for passing/shooting/dribbling? -What are the court lines? -What is good feedback? -What can your partner improve on? -What happens when a foul is committed? -What is a set/dig/spike -What are the health and safety measures in this sport? -What things are involved in teamwork to help you win? -What kind of things can you say when communicating to your team?</p> <p>When -When should you pass/shoot/dribble -When is a penalty called? -When can you call a time-out? -When should you give a partner feedback? -When does the game end? When do you win a point?</p>	<p>-What are components of fitness? -What athletes would do a certain type of training? -What teamwork skills are needed? -What are the teaching points for Running/jumping/throwing? -What are the different events? -What is a foul? -What muscles can you name? -What happens to your heart rate when you exercise? -What can you do to improve your fitness?</p> <p>When -When should you warm up? -When should you cool down? -When would you do a certain type of training? -When would your heart rate increase? -When should you set goals?</p>	<p>-What are the health and safety precautions when trampolining/gymnastics -What is the role of a spotter? -What is timing/rhythm/levels? -What are the different cultures -What are the teaching points for the skills? - When -When should you begin your performance/start your run up? -When should you put your hands up as a spotter? -When do you bow? -When should you perform your skill in trampolining? -</p>	<p>-What are the rules? -What are teaching points for Batting/bowling/fielding? -What are the field line markings? -What is good feedback? -What can your partner improve on? -What happens when a rule is broken (no ball)? -What are the health and safety measures in this sport? -What things are involved in teamwork to help you win? -What kind of things can you say when communicating to your team? -What are the base and fielding positions? -What Happens</p> <p>When -When should you pass/shoot/dribble -When is a penalty called? -When can you call a time-out? -When should you give a partner feedback? -When does the game end? When do you win a point?</p>
<p>Assessment (links to the assessment criteria)</p>	<p>Badminton- https://docs.google.com/document/d/1pJjiRPGExVf78YTIGsePGfv4QVucKriN8kvOFR1QLY0/edit</p> <p>Table Tennis-</p>	<p>Fitness- https://docs.google.com/document/d/1Tn6IL4rZRnurlL76l7Sn3muMSIEtvZCt64jM3J-GG4E/edit</p> <p>Rowing- https://docs.google.com/document</p>	<p>Dance- https://docs.google.com/document/d/1pU2idk5MepHfJXVxbThWamepLg7_UFIQRo9FSichg0/edit</p> <p>Trampolining-</p>	<p>Tennis- https://docs.google.com/document/d/1HtDX4DzUO3zBjVthydHUjczP6QgXALEQ6EVVUvvo1So/edit</p> <p>Rounders- https://docs.google.com/document</p>

	<p>https://docs.google.com/document/d/1D28eSkJy85gKav7A0sloL1WkfpFRpsl1xnDvAs4jjF0/edit</p> <p>Netball- https://docs.google.com/document/d/1tiSdo8ldVkyhW_Nc4Bp05X5d6B_yAGVI/edit?rtpof=true</p> <p>Handball -https://docs.google.com/document/d/1Rznj_2smlLv4hH0mlZaabnAne7Q7OImOp50rGphp4fY/edit</p> <p>Basketball- https://docs.google.com/document/d/13Pe31ty-4RKnEzzK6fbYu-KPhT7S2_NYPgb_WBd0Ysw/edit</p> <p>Football- https://docs.google.com/document/d/1ZulcB8K7K9SEBpzeUj02ctiCQA--eTEKE1yagEx6NQ/edit</p> <p>Volleyball- https://docs.google.com/document/d/1tRQxPiu0Q6OZHoxJNdrBrLR4G5c6lW8RjuXchlJdAdY/edit</p> <p>Rugby- https://docs.google.com/document/d/1QmCAbYcPwAgmD2qS_kDGg52EDRly0juN/e</p>	<p>t/d/1SiumdHw2FCykZIPnTH6LcTRM2kRUL4Z8kG8MKCDXGaY/edit</p> <p>Athletics- https://docs.google.com/document/d/187l-rDePBuUUFXkpCDTCwtf eb51jv3uZpmX2FnglkYM/edit</p> <p>Indoor Athletics- https://docs.google.com/document/d/187l-rDePBuUUFXkpCDTCwtf eb51jv3uZpmX2FnglkYM/edit</p>	<p>https://docs.google.com/document/d/1In5K4DuQeqSVft-wzmhIbbaJz7t-4CJZqmAaApbPqt4/edit</p> <p>Gymnastics- https://docs.google.com/document/d/1SiumdHw2FCykZIPnTH6LcTRM2kRUL4Z8kG8MKCDXGaY/edit</p>	<p>/d/1InF7HrLO3Vi5evhAIIMBF1Zrur eS9PB4z1aHwYQ8o0Q/edit</p> <p>Cricket- https://docs.google.com/document/d/1fy9YcZvHvSYT8oKRiwdwnzj792ylRigEcF5qVz7NONg/edit</p> <p>Softball- https://docs.google.com/document/d/1InF7HrLO3Vi5evhAIIMBF1Zrur eS9PB4z1aHwYQ8o0Q/edit</p>
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Literacy/numeracy/	<ol style="list-style-type: none"> 1. Technique/ footwork/attacking/defending/catching/throwing/shooting/passing/dribbling. 2. referee/umpire the game keeping the score. 3. Health and safety 4. Teamwork, communication, sportsmanship, cooperation. 	<ol style="list-style-type: none"> 1. Heart rate, strength, speed, balance, aerobic and anaerobic, continuous, interval, accuracy, weight, height, distance, technique., 2. Measuring heart rate, speed, distance, sets, reps, time, height. Reading data sheets and setting time/ distance goals. 3. Health and safety, personal fitness levels and goals. 4. Trust, perseverance, cooperation, challenge, determination, self awareness. 	<ol style="list-style-type: none"> 1. Body tension, balance, extension, flexion, strength, shape, aesthetically pleasing, muscular endurance, muscular strength, power 2. Counting beats and sets of music 3. cultural dances, Health and safety, an appreciation of the 'Arts' 4. Trust, challenge, communication 	<ol style="list-style-type: none"> 5. batting/fielding/serving/body positioning/ court positioning/ tactics/ bowling 6. Keeping count/score of game 7. Health and safety 8. Communication, pair/teamwork, sportsmanship, trust, honesty
Enrichment opportunities and futures	<p>We offer an after school club for:</p> <p>Rugby Basketball Volleyball Football Netball Handball</p> <p>-Each of these clubs have a Borough competition (some county level competition). We have links with outside teams who send us trials and team promotions which we get our</p>	<p>Fitness/ Rowing;</p> <ul style="list-style-type: none"> - fitness extra curricular club - Borough rowing competition and LYG's team <p>Athletics</p> <ul style="list-style-type: none"> - extra curricular club for all levels and disciplines - Indoor athletics trials for school team for borough competition. - cross country team, borough comp and Harrow schools comp. - Year 7 & 8 sports days 	<ol style="list-style-type: none"> 1. Gymnastics; <ul style="list-style-type: none"> - Extra curricular club - Haydon's club competition 2. Haydon's school team 3. Borough gymnastics competition 4. Dance; <ul style="list-style-type: none"> - Yr7 Arts Alliance show - Extra curricular club - Haydon's club competition - Hillingdon Dance Festival (LYG'S) 	<p>We offer an after school club for:</p> <ul style="list-style-type: none"> - Tennis - Badminton - Rounders - Cricket - Table Tennis - softball - -Each of these clubs (excluding softball) have a Borough competition (some county level competition). We have links with outside teams who send us trials and

	<p>students to attend (London Irish (Rugby), Thames Valley Caviliers (Basketball), Ruislip Eagles (Handball). For each sport we have one or two school teams per year group. In Basketball, Handball, Netball and Volleyball we enter the London youth games competition.</p>	<p>- Whole school sports day</p> <p>OAA/ team building/ Ultimate frisbee</p> <p>- Year 7 school trip</p> <p>Drop down careers day -An introduction to different career paths in sports for year 8 students. This particularly benefits potential GCSE PE students</p> <p>Army coming into school -Army invitation to work with students to engage and improve team working skills plus career.</p>	<p>- <i>Linked with Italia Conti</i></p> <p>5. Trampolining</p> <p>- Extra curricular club (3 nights a week)</p> <p>- Haydon's termly club competition</p> <p>6. London Schools Competition (December)</p> <p>7. Borough competitions</p> <p>8. <i>Linked with Queensmead Trampolining club</i></p>	<p>team promotions which we get our students to attend (Eascote, tennis club, Pro tennis, Ickenham cricket club). For each sport we have one or per year group or and 'Unders' age category.</p> <p>-</p>
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Futures

Employability skills- communication, problem solving, working under pressure, valuing diversity

Careers

- Sports science.
- PE teacher.
- Physiotherapist.
- Professional sportsperson.
- Sports coach/consultant.
- Sports policy at local and national level.
- Diet and fitness instructor.
- Personal trainer.

Spiritual, Moral, Social and Cultural

Fasting- Students who are fasting take part with minimal activity but still continue to take part.

Dance- Expressive dance which explores different cultures.

Gamesmanship- Awareness of Gamesmanship and sportsmanship, teaching students to always respect each other and not cheat/bend the rules to gain an unfair advantage or intimidate.

National sports week- Bringing different national flags to National sports week to explore different sports played in different countries. This is to give the students an experience of sports which are not on the national curriculum.

Idea is to have each sport as a header and write out 1 or 2 points per sports.

Skills- Each sports has two examples of a skill that is learnt

Knowledge- brief description of what knowledge is gained.

Assessment- TBC

Key Questions- Highlight the year group questions, each sport has an example of the type of question that would be asked in a lesson.

Literacy- potentially a link for each sport or use the same format as above and copy what is in the SOW.

Extra curricular- Add the drop down day for year 8 careers.

potential Army day/Go Ape for pp students or high achieving PE students