

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. During Stage 4, students are also offered additional health related theory knowledge and OAA experiences. 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

KS4 9+10 = tactical awareness and application - key questions of how and why					
Sequencing	Throughout the year, Boys and Girls PE follow similar paths in line with the 5 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 In addition, Girls PE are taught on rotation theory content based around health and fitness for personal development and awareness. Boys PE are provided with additional OAA opportunities to improve 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				
Topic Areas taught in order	Outwitting	Health Related Fitness	Performance	Striking and Fielding	Year 9 Health theory lessons
Content	Netball Handball Basketball Volleyball Football Rugby Dodgeball Benchball Table Tennis Badminton	Fitness Rowing Athletics Boxing Indoor athletics OAA/ team building Ultimate frisbee	Trampolining Dance Gymnastics/ sports Acro	Tennis Rounders Cricket Softball Golf	Body image Health Nutrition Drugs in Sport

<p>Knowledge</p>	<p>Netball -Advanced skills, strategy and tactics</p> <p>Handball -Advanced skills, strategy and tactics</p> <p>Basketball -Advanced skills, how to officiate and tactics</p> <p>Volleyball -Advanced skills, strategy and tactics</p> <p>Football -Advanced skills, how to officiate and tactics</p> <p>Rugby -Advanced skills and strategies during gameplay</p> <p>Dodgeball -Tactics and strategies during gameplay</p> <p>Benchball -Tactics and strategies during gameplay</p> <p>Badminton --Advanced skills and tactics in gameplay</p> <p>Table Tennis -Advanced skills and tactics in gameplay</p> <p>A variety of warm ups which are sport specific including movements, stretches and pulse raising activities. The warm up should be specific to the lessons</p>	<p>Fitness -Types of training, health related exercise and diet</p> <p>Rowing -Types of training and muscle groups worked</p> <p>Athletics -Advanced skills in all of the events</p> <p>OAA/ team building -The different team building activities.</p> <p>Ultimate frisbee -Advanced skills, strategy and tactics</p> <p>Linking GCSE where possible and applying knowledge learnt into higher skill level scenarios 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</p>	<p>Trampolining -Advanced skills and judging.</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>Introduction of leadership roles;</p> <ul style="list-style-type: none"> ● coach ● choreographer ● timer/ counter ● analyst ● judge ● official <p>gymnastics /dance specific warm ups, body conditioning activities, larger group routines/balances use of more mature and advanced themes and music. Health and safety working in larger groups.</p>	<p>Tennis -Advanced skills, how to officiate and tactics</p> <p>Rounders -Advanced skills, strategy and tactics</p> <p>Cricket -Advanced skills, strategy and tactics</p> <p>Softball -Advanced skills, how to officiate and tactics</p> <p>Golf -The basic rules and gameplay.</p> <p>Apply knowledge learnt in more developed activities and game scenarios Continuing student led warm ups Applying knowledge of: Hand/eye co-ordination, serves, body position, forehands, backhands, court positioning, bowling, fielding, tactics, batting, understanding of rules and necessary equipment</p>	<p>Develop discussions about the topics listed. Understand the relevance to themselves and the importance within their lives. What changes they can make within their health/nutrition to maintain a positive body image</p>
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	and skill focus. In each sport there will be a moderate level of understating with tactical awareness, rules and equipment needed. Students also learn strategies and tactics related to attacking, defending and positioning. To understand how tactics and awareness can help a team/individual be successful.	equipment, i.e.; javelin, discus,shot put, rowing machines, range of indoor athletics equipment, frisbee, tape measures, stop watches	critical analysis of moves and routines.		
Skills	<p>Netball -Shooting -Defending</p> <p>Handball -Passing -Defence</p> <p>Basketball -Defending -Passing -Shooting</p> <p>Volleyball -Spike -Serving</p> <p>Football -Passing -Control</p> <p>Rugby -Tackling -Kicking</p> <p>Dodgeball -Throwing -Catching</p> <p>Benchball</p>	<p>Fitness -Exercises for particular muscles -Warm up/cool down</p> <p>Rowing -Leg/arm action</p> <p>Athletics -Throw/Run/Jump</p> <p>OAA/ team building -Map reading/communication</p> <p>Ultimate frisbee -Throwing -Catching</p> <p>1. Follow a range of fitness and OAA specific warm ups.</p> <p>2. Understand and follow a range of fitness and OAA specific health and safety.</p>	<p>Trampolining -Basic moves -Balance/Height</p> <p>Dance -Timing -Cultural moves</p> <p>Gymnastics -Vaulting -Balances</p> <p>Acro/ Parkour -Balances -Jumps</p> <p>8. Lead a gymnastics/ dance specific warm up.</p> <p>9. Demonstrate appropriate strength and flexibility conditioning</p>	<p>Tennis -Volleys -Spin</p> <p>Rounders -Feilding</p> <p>Cricket -Bowling -Batting</p> <p>Softball -Bowling -Batting</p> <p>Golf -Putting</p> <p>14. How to warm up safely and correctly with or without equipment including sport</p>	<p>Develop communication skills to increase knowledge of the topic</p> <p>21. Learn about different drugs and how they can affect the performer</p> <p>22. take part in discussions based around other people point of view</p> <p>23.</p>

-Throwing
 -Catching
Badminton
 -Smash
 -Overhead clear/Drop shot
Table Tennis
 -Spin
 -Smash

lead a group warm up related to the selected sport.

1. Explain why we warm up and how it can help performance.
2. Identify and explain 5 rules
3. perform technical skills required in each individual sport which are shooting, passing, catching, footwork, dribbling. Throwing and catching with good accuracy is needed for benchball and dodgeball as a primary skill.
4. Students develop their tactical

3. To demonstrate a range of fitness and OAA specific skills.
4. To be able to measure your fitness levels and performance in a range of OAA specific activities.
5. To understand and perform continuous and interval training activities.
6. To understand how to improve specific types of fitness and measure your progress.
7. To develop teamwork skills in pairs and small group activities and competitions

activities to improve performance.

10. Experiment with more advanced balances, themes and routines.
11. Identify, demonstrate and explain 10 safety rules.
12. Plan and perform an aesthetically pleasing routine following a set criteria.
13. Critically analyse moves and routines giving analytical feedback based on a set dance/ gymnastics criteria.

specific elements

15. understand and explain why we warm up.
16. Identify and explain 5 rules for each sport.
17. Perform developed, more advanced versions of basic skills in each individual sport which are throwing, catching, batting, fielding, serving, returning serve, body/court positioning.
18. Students will develop accuracy and technique in the skills listed previously.
19. perform their skills in an isolated and/or competitive situation.
20. Give feedback on another student's performance focusing on their technique

	<p>awareness when performing their skills in different situations (isolated and competitive).</p> <p>5. Name different muscles involved in the sports.</p> <p>6. Give tactical feedback to other individuals or groups on how they can improve their skills/strategies.</p>				
Key Questions	<p>Why</p> <ul style="list-style-type: none"> -Why would a team use a particular formation/ -Why is it better to use a lay-up than a normal shot? -Why should you put top/backspin on the ball? -Why is the order dig, set and spike? -Why would you use a drop shot/overhead clear from the back/front of the court -Why would a team choose to use a zone rather than man to man? -Why should you shoot 	<p>Why</p> <ul style="list-style-type: none"> -Why do we warm up and cold down? -Why do you pull the handle out as far as possible? (rowing) -Why is teamwork important -Why would map reading skills benefit a traveller? -Why is communication important? -Why are the teaching points important? -Why is health and safety important? <p>How</p> <ul style="list-style-type: none"> -How Can you improve your time/distance? -How can teamwork help 	<p>Why</p> <ul style="list-style-type: none"> -Why is it important to be as aesthetically pleasing as possible? -Why is timing important? -Why would an athlete start with the warm up and finish with a cool down? -Why should you perform your skill at the top of your jump? Why should you land softly? -Why are spotters important? Why are the teaching points important for this skill? 	<p>Why</p> <ul style="list-style-type: none"> -Why are tactics important in a game? -Why should you spread out the fielders? -Why should you want to bowl first? -Why should you follow each teaching point while batting? -Why Why should you contact the ball at the highest point? -why is 2nd and 4th base the most important? -Why would an umpire call a foul/second serve? <p>How</p>	<p>Why</p> <ul style="list-style-type: none"> -Why is your diet important? -Why should you eat different types of foods? -Why is exercise good for your mental and physical health? -Why do people feel their body image is important? -Why are drugs banned in sport? <p>How</p> <ul style="list-style-type: none"> -How can we raise awareness for drugs? How can your body image affect your mental and physical health? -How can exercise have a positive or negative effect

	<p>with one hand and not two? -Why should you get lower in a rugby tackle? -Why would you put spin on the ball when passing/shooting? -Why would a referee call a foul? -Why are COF important in these sports? -Why is communication important? How -How can strategy help a team win a game? -How can you improve your shooting/dribbling/passing/tackling? -How does the referee signal for different fouls/calls? -</p>	<p>you win? -How many track and field events? -How can you improve a COF? -How does your rowing leg/arm action affect your performance? -How do you score? -How can communication help your team?</p>	<p>-Why would there be a difference between a beginner and an advanced routine? How -How can spotters save someone? -How can you improve your COF? -How can you make your routine look Aesthetically pleasing? -How can you improve your jump/balance/takeoff/landing? -How can your arms/legs affect your skill? -How do different cultures express their culture through dance?</p>	<p>-How can you score? -How many times do you bat/bowl? -How can your team strategy help you win? -How would you pick the ball up if it was rolling towards you? -How would you stand while batting? -How do umpires signal for different calls?</p>	<p>on your body? -How can your diet affect your weight?</p>
Assessment	<p>Badminton- https://docs.google.com/document/d/1pJJiRPGExVf78YTIGsePGfv4QVucKriN8kvOFR1QLY0/edit</p> <p>Table Tennis- https://docs.google.com/document/d/1D28eSkJy85gKav7A0sloL1WkfpFRps1xn</p>	<p>Fitness- https://docs.google.com/document/d/1Tn6IL4rZRnurIL76l7Sn3muMSIEtvZCt64jM3J-GG4E/edit</p> <p>Rowing- https://docs.google.com/document/d/1SiumdHw2FCykZIPnTH6LcTRM2kRUL4Z8kG8MKCDXGaY/edit</p>	<p>Dance- https://docs.google.com/document/d/1pU2idk5MepHfJXVxbThWamepLg7_UFIQRo9FSiclhg0/edit</p> <p>Trampolining- https://docs.google.com/document/d/1In5K4DuQeqSVft-wzmhIbbaJz7t-4CJZqmAaApbP</p>	<p>Tennis- https://docs.google.com/document/d/1HtDX4DzUO3zBjVthydHUjczP6QgXALEQ6EVVUvvo1So/edit</p> <p>Rounders- https://docs.google.com/document/d/1InF7HrLO3Vi5evhAIIMBF1ZrureS9PB4z1aHwYQ8o0</p>	<p>13. No formal assessments, learned can be assessed through discussions</p>

	<p>DvAs4jjF0/edit</p> <p>Netball- https://docs.google.com/document/d/1tiSdo8ldVkyhW_Nc4Bp05X5d6B_yAGVl/edit?rtpof=true</p> <p>Handball -https://docs.google.com/document/d/1Rznj_2smlLv4hH0mlZaabnAne7Q7OlmOp50rGphp4fY/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--eTEKE1yakgEx6NQ/edit</p> <p>Volleyball- https://docs.google.com/document/d/1tRQxPiu0Q6OZHoxJNdrBrLR4G5c6IW8RjuXchlJdAdY/edit</p> <p>Rugby- https://docs.google.com/document/d/1tRQxPiu0Q6OZHoxJNdrBrLR4G5c6IW8RjuXchlJdAdY/edit</p>	<p>Athletics- https://docs.google.com/document/d/1871-rDePBuUUFXkpCDTCwtfeb51jv3uZpmX2FnglKYM/edit</p> <ol style="list-style-type: none"> 1. Following specific student led warm ups. 2. Fitness tests, races, mini competitions, sportsday trials. 3. Accurately measuring fitness and OAA activities. 4. Self assessment using either B, S, G, P or athletics scorecards technique resource cards (athletics step points) 5. Peer assessment and feedback 6. Teacher feedback 	<p>qt4/edit</p> <p>Gymnastics- https://docs.google.com/document/d/1SiumdHw2FCykZIPnTH6LcTRM2kRUL4Z8kG8MKCDXGaY/edit</p> <ol style="list-style-type: none"> 1. demonstrating/ explaining 6 safety procedures 2. planning a routine in small groups, following a set criteria. 3. performing a routine to half or whole group. 4. Critically evaluate your own and another performance. 5. Self and peer assessment using the B.S,G,P success criteria 6. Teacher feedback 	<p>Q/edit</p> <p>Cricket- https://docs.google.com/document/d/1fy9YczvHvSYT8oKRiwdwnzj792yIRigEcF5qVz7NONg/edit</p> <p>Softball- https://docs.google.com/document/d/1InF7HrLO3Vi5evhAIIIMBF1ZrurS9PB4z1aHwYQ8o0Q/edit</p> <ol style="list-style-type: none"> 7. Demonstrate some accuracy and technique when batting/fielding/serving/positioning 8. Identify three rules in each sport 9. Give feedback to another student on their technique 10. Identify different stretches/muscles that you would use in each sport 11. Explain why certain teaching points are important for 	
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[com/document/d/1QmCAbYcPwAgmD2qS_kDGg52EDRly0juN/edit?rtpof=true](https://www.google.com/document/d/1QmCAbYcPwAgmD2qS_kDGg52EDRly0juN/edit?rtpof=true)

1. Demonstrate good accuracy and technique when shooting/passing/dribbling.
2. Can you safely and effectively tackle.
3. Identify 5 rules in each sport
4. Give tactical feedback to another student from a game situation.
5. Identify different stretches/muscles that you would use in each sport
6. Explain why certain sports use attacking and defending tactics to help be successful
7. Self assessment B,S,G,P success criteria and also peer/teacher feedback.

batting/fielding/serving/positioning

12. Self assessment B,S,G,P success criteria and also peer/teacher feedback.

Literacy/numeracy/SMSC/Character	<ol style="list-style-type: none"> 1. Technique/footwork/attacking/defending/catching/throwing/serving/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. Core strength, flexibility, motifs, deductions, rotation, circumduction, analytical feedback. 2. Counting more advanced beats and sets of music 3. Health and safety. Greater understanding and appreciation of own and others strengths 'roles' 4. Teamwork, Communication, determination, trust, empathy, cooperation 	<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, sportmanship, trust, honesty, leadership 	<ol style="list-style-type: none"> 1. Body image Health, Nutrition, Drugs 2. x 3. Health, fitness, nutrition, 4. Communication, listening, allowing opinions to be voiced, debating
Enrichment opportunities and futures	We offer an after school club for: Rugby Basketball Volleyball Football Badminton Table Tennis Netball	Fitness/ Rowing; <ul style="list-style-type: none"> - fitness extra curricular club - Borough rowing competition and LYG's team Athletics <ul style="list-style-type: none"> - extra curricular club for all levels and disciplines - cross country team, 	<ul style="list-style-type: none"> - Gymnastics; - Extra curricular club - Haydon's club competition - Haydon's school team - Borough gymnastics competition - Dance; 	We offer an after school club for: Tennis Rounders Cricket Softball -Each of these clubs (excluding softball) have a Borough	

	<p>Handball -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 students to attend (London Irish (Rugby), Thames Valley Cavilers (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>borough comp and Harrow schools comp.</p> <ul style="list-style-type: none"> - Year 9 & 10 sports days - Whole school sports day <p>OAA/ team building/ Ultimate frisbee</p> <ul style="list-style-type: none"> - Year 9 camp 	<ul style="list-style-type: none"> - Yr7 Arts Alliance show - Extra curricular club - Haydon's club competition - Hillingdon Dance Festival (LYG'S) - <i>Linked with Italia Conti</i> - Trampolining - Extra curricular club (3 nights a week) - Haydon's termly club competition - London Schools Competition (December) - Borough competitions - <i>Linked with Queensmead Trampolining club</i> 	<p>competition (some county level competition). We have links with outside teams who send us trials and team promotions which we get our students to attend (Eastcote, tennis club, Pro tennis, Ickenham cricket club). For each sport we have one or per year group or and 'Unders' age category.</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.