

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 aim to further develop student thinking based around strategic thinking in game play and continued knowledge on maintaining health and well being. 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

<b>Year 11 = Strategical game play and PE careers alongside wellbeing / health</b>			
Sequencing	Throughout the year, Boys and Girls PE follow similar paths in line with the 3 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 The key aim is to continue and promote their physical active levels alongside their year 11 expectations whilst developing thinking behind strategical game play and PE careers		
Areas	Outwitting	Health	striking and fielding
Content	Netball Handball Basketball Volleyball Football Rugby Dodgeball Benchball Badminton Table Tennis	Fitness Rowing Athletics Boxing Indoor athletics OAA/ team building Ultimate frisbee	Tennis Rounders Cricket Softball Golf
Knowledge	<b>Netball</b> -Advanced skills, strategy and tactics <b>Handball</b>	<b>Fitness</b> -Types of training, health related exercise and diet	<b>Tennis</b> -Advanced skills, how to officiate and tactics

	<p>-Advanced skills, strategy and tactics  <b>Basketball</b>          -Advanced skills, how to officiate and tactics  <b>Volleyball</b>          -Advanced skills, strategy and tactics  <b>Football</b>          -Advanced skills, how to officiate and tactics  <b>Rugby</b>          -Advanced skills and strategies during gameplay  <b>Dodgeball</b>          -Tactics and strategies during gameplay  <b>Benchball</b>          -Tactics and strategies during gameplay  <b>Badminton</b>          --Advanced skills and tactics in gameplay  <b>Table Tennis</b>          -Advanced skills and tactics in gameplay          Cover all the sports reinforcing key knowledge, but developed through more game situations          A Student led warm up including stretches and mobility exercises learned previously.          Tactics, spatial awareness, rules, point system, Equipment needed and communication.          Develop leadership roles within all elements of the lesson          Understand the health benefits of each sporting activity.</p>	<p><b>Rowing</b>          -Types of training and muscle groups worked  <b>Athletics</b>          -Advanced skills in all of the events  <b>OAA/ team building</b>          -The different team building activities.  <b>Ultimate frisbee</b>          -Advanced skills, strategy and tactics</p> <p>To know and lead different warm ups related to the specific sport.To understand the different components of fitness and how they can improve your performance. Understand the technique for throwing,jumping and running in Athletics/indoor Athletics. Develop an understanding of leadership roles and important elements such as communication/teamwork/encouragement.</p>	<p><b>Rounders</b>          -Advanced skills, strategy and tactics  <b>Cricket</b>          -Advanced skills, strategy and tactics  <b>Softball</b>          -Advanced skills, how to officiate and tactics  <b>Golf</b>          -The basic rules and gameplay.</p> <p>Reinforcing key knowledge, but developed through more game situations          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.          Develop leadership roles within all elements of the lesson</p>
Skills	<p><b>Netball</b>          -Advanced skills, strategy and tactics  <b>Handball</b>          -Advanced skills, strategy and tactics  <b>Basketball</b></p>	<p><b>Fitness</b>          -Exercises for particular muscles          -Warm up/cool down  <b>Rowing</b>          -Leg/arm action</p>	<p><b>Tennis</b>          -Volleys          -Spin  <b>Rounders</b>          -Feilding</p>

	<p>-Advanced skills, how to officiate and tactics  <b>Volleyball</b>          -Advanced skills, strategy and tactics  <b>Football</b>          -Advanced skills, how to officiate and tactics  <b>Rugby</b>          -Advanced skills and strategies during gameplay  <b>Dodgeball</b>          -Tactics and strategies during gameplay  <b>Benchball</b>          -Tactics and strategies during gameplay  <b>Badminton</b>          --Advanced skills and tactics in gameplay  <b>Table Tennis</b>          -Advanced skills and tactics in gameplay</p> <ol style="list-style-type: none"> <li>1. lead a group warm up related to the selected sport showing good communication skills.</li> <li>2. Explain why we warm up and how it can help performance.</li> <li>3. Identify and explain almost all rules with a description.</li> <li>4. Referee/umpire a match.</li> <li>5. 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.</li> <li>6. Students develop their tactical awareness when performing their skills in different situations (isolated and competitive).</li> <li>7. Name different muscles involved</li> </ol>	<p><b>Athletics</b>          -Throw/Run/Jump  <b>OAA/ team building</b>          -Map reading/communication  <b>Ultimate frisbee</b>          -Throwing          -Catching</p> <ol style="list-style-type: none"> <li>10. Identify most of the rules in all the sports/ OAA- main outcomes and targets for the focus of the lesson.</li> <li>11. To demonstrate the main key skills of each sport which involves passing, defending, leadership, mental toughness, catching, good rowing technique (4 phases), boxing technique (jab/uppercut/hook/dodge/footwork) and a variety of skills related to Athletic events (throw/jump/sprint).</li> <li>12. Lead warm ups and skills based activities/drills to help develop students performance.</li> <li>13. To evaluate the benefits of types of fitness training and how leadership roles can help an individual/team.</li> <li>14. To give feedback to others on their performance either tactically or regarding their technique of a skill.</li> <li>15. Demonstrate the ability to read maps/communicate/discuss which shows good leadership and teamwork.</li> <li>16. Link these activities to themselves and evaluate how they can be used in later life.</li> </ol>	<p>-Batting  <b>Cricket</b>          -Bowling          -Batting          -Feilding  <b>Softball</b>          -Bowling          -Batting          -Feilding  <b>Golf</b>          -Putting</p> <ol style="list-style-type: none"> <li>1. Identify and explain the rules for each sport.</li> <li>2. Perform skills required in each individual sport which are throwing, catching, batting, fielding, serving, returning serve, body/court positioning at higher level and performed in game situation</li> <li>3. Students will continue to develop accuracy and technique in the skills listed previously</li> <li>4. Give feedback on another student's performance focusing on their technique</li> <li>5. Be able to umpire/referee games</li> </ol>
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	<p>in the sports.</p> <ol style="list-style-type: none"> <li>Give tactical feedback to other individuals or groups on how they can improve their skills/strategies.</li> <li>Lead drills and activities which can develop skills in each sport.</li> </ol>		
Key Questions	<p><b>Strategy</b></p> <ul style="list-style-type: none"> <li>-How can you outwit a very offensive/defensive team?</li> <li>-What kind of communication tactics would you employ?</li> <li>-How can height help your team?</li> <li>-What positions should you put your players in?</li> <li>-What things can you do to put pressure on your opponents?</li> </ul> <ol style="list-style-type: none"> <li>What qualities does a leader have?</li> <li>Can you identify all the teaching points for each shooting/passing/dribbling/tackling</li> <li>Can you lead a warm up/activity.</li> <li>Can you referee/umpire/officiate a match</li> <li>Can you give clear and concise feedback on tactics/leadership/skills.</li> <li>Can you identify the correct muscles/warm up/stretchers needed for each sport.</li> <li>Explain the tactics needed for different sporting situations.</li> </ol>	<p><b>Strategy</b></p> <ul style="list-style-type: none"> <li>-How can your fitness or diet affect your body?</li> <li>-what type of training should different athletes do?</li> <li>-Should you use longer strokes or shorter strokes in rowing?</li> </ul> <ol style="list-style-type: none"> <li>How does orienteering link to life skills?</li> <li>What are the main characteristics of a leader?</li> <li>How can each fitness component improve/develop your skills.</li> <li>Which fitness components relate to your sport (GCSE PE)</li> <li>Why are teamwork/communication/encouragement important parts of leadership?</li> <li>Can you identify 5 rules in each sport?</li> <li>Can you give feedback/evaluate your own/a partner's performance/leadership?</li> <li>Can you umpire/coach a match/game.</li> </ol>	<p><b>Strategy</b></p> <ul style="list-style-type: none"> <li>-Where is it best to place the ball?</li> <li>-Where can you place fielders with the type of bowler you have?</li> <li>-what do the different types of shots do to the defender?</li> </ul> <ol style="list-style-type: none"> <li>Which muscles do you mainly use in each sport?</li> <li>Can you identify teaching points to serve/bowl correctly</li> <li>Can you explain tactical awareness around positioning of fielders</li> <li>Can you score a game</li> <li>Can you take a leadership role within a warm up, skills session or game</li> </ol>
Assessment	<p>Badminton-</p> <p><a href="https://docs.google.com/document/d/1pJJiRPGExVf78YTIGsePGfv4QVucKri">https://docs.google.com/document/d/1pJJiRPGExVf78YTIGsePGfv4QVucKri</a></p>	<p>Fitness-</p> <p><a href="https://docs.google.com/document/d/1Tn6IL4rZRnurlL76l7Sn3muMSIEtvZCt64jM3J-GG4E/edit">https://docs.google.com/document/d/1Tn6IL4rZRnurlL76l7Sn3muMSIEtvZCt64jM3J-GG4E/edit</a></p>	<p>Tennis-</p> <p><a href="https://docs.google.com/document/d/1HtDX4DzUO3zBjVthydHUjczP6QgXALEQ6EV">https://docs.google.com/document/d/1HtDX4DzUO3zBjVthydHUjczP6QgXALEQ6EV</a></p>

	<p><a href="#">N8kvOFR1QLY0/edit</a></p> <p>Table Tennis-  <a href="https://docs.google.com/document/d/1D28eSkJy85gKav7A0sloL1WkfpFRpsl1xnDvAs4jjF0/edit">https://docs.google.com/document/d/1D28eSkJy85gKav7A0sloL1WkfpFRpsl1xnDvAs4jjF0/edit</a></p> <p>Netball-  <a href="https://docs.google.com/document/d/1tiSdo8ldVkyhW_Nc4Bp05X5d6B_yAGVI/edit?rtfpof=true">https://docs.google.com/document/d/1tiSdo8ldVkyhW_Nc4Bp05X5d6B_yAGVI/edit?rtfpof=true</a></p> <p>Handball  <a href="https://docs.google.com/document/d/1Rznj_2smlLv4hH0mlZaabnAne7Q7OlmOp50rGphp4fY/edit">https://docs.google.com/document/d/1Rznj_2smlLv4hH0mlZaabnAne7Q7OlmOp50rGphp4fY/edit</a></p> <p>Basketball-  <a href="https://docs.google.com/document/d/13Pe31ty-4RKnEzzK6fbYu-KPhT7S2_NYPgb_WBd0Ysw/edit">https://docs.google.com/document/d/13Pe31ty-4RKnEzzK6fbYu-KPhT7S2_NYPgb_WBd0Ysw/edit</a></p> <p>Football-  <a href="https://docs.google.com/document/d/1ZulcB8K7K9SEBpzeUj02ctiCQA--eTEKE1yakgEx6NQ/edit">https://docs.google.com/document/d/1ZulcB8K7K9SEBpzeUj02ctiCQA--eTEKE1yakgEx6NQ/edit</a></p> <p>Volleyball-  <a href="https://docs.google.com/document/d/1tRQxPiu0Q6OZHoxJNdrBrLR4G5c6lW8RjuXchlJdAdY/edit">https://docs.google.com/document/d/1tRQxPiu0Q6OZHoxJNdrBrLR4G5c6lW8RjuXchlJdAdY/edit</a></p> <p>Rugby-  <a href="https://docs.google.com/document/d/1QmCAbYcPwAgmD2qS_kDGg52EDRly0juN/edit?rtfpof=true">https://docs.google.com/document/d/1QmCAbYcPwAgmD2qS_kDGg52EDRly0juN/edit?rtfpof=true</a></p>	<p>Rowing-  <a href="https://docs.google.com/document/d/1SiumdHw2FCykZIPnTH6LcTRM2kRUL4Z8kG8MKCDXGaY/edit">https://docs.google.com/document/d/1SiumdHw2FCykZIPnTH6LcTRM2kRUL4Z8kG8MKCDXGaY/edit</a></p> <p>Athletics-  <a href="https://docs.google.com/document/d/187l-rDePBuUUFXkpCDTCwtfeb51jv3uZpmX2FngIkYM/edit">https://docs.google.com/document/d/187l-rDePBuUUFXkpCDTCwtfeb51jv3uZpmX2FngIkYM/edit</a></p>	<p>VUvvo1So/edit</p> <p>Rounders-  <a href="https://docs.google.com/document/d/1lnF7HrLO3Vi5evhAlIMBF1ZrureS9PB4z1aHwYQ8o0Q/edit">https://docs.google.com/document/d/1lnF7HrLO3Vi5evhAlIMBF1ZrureS9PB4z1aHwYQ8o0Q/edit</a></p> <p>Cricket-  <a href="https://docs.google.com/document/d/1fy9YcZvHvSYT8oKRiwdwnzj792yIRigEcF5qVz7NONg/edit">https://docs.google.com/document/d/1fy9YcZvHvSYT8oKRiwdwnzj792yIRigEcF5qVz7NONg/edit</a></p> <p>Softball-  <a href="https://docs.google.com/document/d/1lnF7HrLO3Vi5evhAlIMBF1ZrureS9PB4z1aHwYQ8o0Q/edit">https://docs.google.com/document/d/1lnF7HrLO3Vi5evhAlIMBF1ZrureS9PB4z1aHwYQ8o0Q/edit</a></p>
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Literacy/numeracy/SMSC/Character	<ol style="list-style-type: none"> <li>1. Technique/footwork/attacking/defending/catching/throwing/shooting/passing/dribbling/tackling.</li> <li>2. referee/umpire the game keeping the score.</li> <li>3. Leadership/communication/teamwork.</li> <li>4. Health and safety</li> <li>5. Teamwork, communication, sportsmanship, cooperation.</li> </ol>	<ol style="list-style-type: none"> <li>6. 10 key component of fitness</li> <li>7. leadership key words such as communication, teamwork and encouragement.</li> <li>8. Sport specific terminology for boxing/Rowing/Ultimate frisbee/Athletics</li> <li>9. keeping the score and rules in a game</li> <li>10. Catching, throwing, passing, scoring, marking, defending.</li> <li>11. Life skills involved in orienteering map reading, whistles, landmarks, compass.</li> </ol>	<ol style="list-style-type: none"> <li>1. batting/fielding/serving/body positioning/ court positioning/ tactics/ bowling</li> <li>2. Keeping count/score of game</li> <li>3. Health and safety</li> <li>4. Communication, pair/teamwork, sportsmanship, trust, honesty</li> </ol>
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 students to attend (London Irish (Rugby), Thames Valley Cavaliers (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>Due to timings over the final year, we offer an after school club for:</p> <p>Rowing Fitness</p> <p>Both these sports have links to the London youth games which we can enter students in for. We can also enter students in the Athletics borough competition.</p>	<p>Due to timings over the final year, we offer an after school club for:</p> <p>Tennis Badminton Table Tennis</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 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>
<b>Futures</b> 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.