

## Waterfront UTC PE Curriculum 2023 - 2024

YEAR 9						
YEAR	TERM 1: 7 weeks	TERM 2: 6.5 weeks	TERM 3: 5.5 weeks	TERM 4: 6 weeks	TERM 5: 6 weeks	TERM 6: 7 weeks
<b>MAIN ACTIVITY (examples)</b>	Sports Tasters (mixture of sports and activities)	Basketball/Netball/End zone/Ultimate Frisbee	Health-Related Fitness (including tests)	Indoor athletics and inclusive sports	Football/Handball	Badminton/Short Tennis/Volleyball
<b>OBJECTIVES</b>	Intro to PE at WUTC  Check of basic skill EG. Catching, throwing, hand-eye co-ordination.  Team building	Develop and enhance skills and understand rules of the game.	Test fitness and discuss improvements.  Learn about fitness for life.	Compete in a sports day as part of a team.  Learn about inclusive activities and sports.	Understand rules of the game and how skills can be used across different sports.	Develop hand-eye co-ordination.  Encourage community links to sport and activity.
<b>NC LINKS</b>	Build and embed previous learning.  Become more competent and confident.  Take part in challenges both intellectual and physical as a team.	Become more confident, competent and expert in their techniques and apply across different sports.  Use a range of tactics and strategies to overcome opponents.	Develop confidence and interest in exercise for later life.  Apply long-term health benefits of physical activity.	Understand what makes a performance effective and apply these principles.  Take part in competitive sports	Develop their technique and improve their performance.  Use a range of tactics and strategies to overcome opponents.	Take part in sport and activity outside of school.  Use a range of different techniques and forms to improve performance.
<b>COMPETITION (Last week of each term)</b>	Basic skills competition	Team competition	Use results of improvement from beep test.	Indoor Sports Day	Penalty shootout in handball or football	Tournament in sport of their choice
<b>USEFUL LINKS</b>	<a href="#"> The 7 basic Locomotion movements for sport   Teaching Fundamentals of PE - YouTube</a> – check these movements are happening within each sport/activity.	<a href="#">The Rules of Ultimate Frisbee (Ultimate) - EXPLAINED! - YouTube</a> – rules for the sport	<a href="#">Beep Fitness Test Ratings (beepetestguide.com)</a> – norm tables to compare and reflect on own performance.	<a href="#">Sport Explained: Goalball - YouTube</a> – inclusive sport and how to play	<a href="#">The Rules of Handball (Team Handball or Olympic Handball) - EXPLAINED! - YouTube</a> – rules for the sport	<a href="#">Basic Badminton for Beginners. - YouTube</a> – lots of useful tips and demonstrations.

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YEAR 10						
YEAR	TERM 1: 7 weeks	TERM 2: 6.5 weeks	TERM 3: 5.5 weeks	TERM 4: 6 weeks	TERM 5: 6 weeks	TERM 6: 7 weeks
<b>MAIN ACTIVITY (examples)</b>	Badminton/Short Tennis/Volleyball	Basketball/Netball/Capture the flag	Health-Related Fitness (including tests)	Indoor athletics and inclusive sports	Cricket (several versions) / Table Tennis	Football / Handball / Dodgeball
<b>OBJECTIVES</b>	Begin to think more about tactics linking attacking and defending to outwit opponents.	Develop team work and communication to ensure your team have the best chance of success.  Discuss strategies to outwit the opponents when both attacking and defending.	Test fitness and discuss future you and what might be needed.  Learn about fitness for life.	Compete in a sports day as part of a team.  Learn about inclusive activities and sports.	Learn the rules of the game and understand different roles  Enhance technique.	Encourage community links from the year.  Learn to love sports easily accessed outside of school.
<b>NC LINKS</b>	Use and develop a variety of tactics and strategies  Evaluate performance and demonstrate improvement.	Encourage pupils to work in a team.  Build on trust and developing skills to overcome a problem.	Tackle demanding physical activity.  Get involved in range of activities that develops personal fitness and promotes an active, healthy lifestyle.	Take part regularly in competition.  Evaluate performances compared to previous ones and demonstrate improvement.	Develop their technique and improve their performance.  Get involved in a range of different activities.	Develop their technique and improve performance in other sports.  Promotes and active, healthy lifestyle.
<b>COMPETITION (Last week of each term)</b>	Skill-based game EG: timed ball keep	Shoot-out	Use results of improvement from beep test.	Indoor Sports Day	Bowling competition	Tournament in sport of their choice
<b>USEFUL LINKS</b>	<a href="#">Short Tennis/Mini Tennis - Knowledge Organiser.pdf (ibstockcollege.co.uk)</a> – something to look at for guidance	<a href="#">P.E. Games - Capture The Flag - YouTube</a> – one version for reference.	<a href="#">PowerPoint Presentation (peresourcesbank.co.uk)</a> – fitness test document and instructions.	<a href="#">Paralympic Sport A-Z: Sitting volleyball - YouTube</a> – inclusive sport and how to play	<a href="#">HOW TO BOWL EFFECTIVELY   CRICKET BASICS - BOWLING COACHING - YouTube</a> – for teaching tips	<a href="#">No more boring trainings! 6 FUN drills to improve - YouTube</a> – fun drills and skills

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Other useful links:

<b>YEAR 11</b>						
<b>YEAR</b>	<b>TERM 1: 7 weeks</b>	<b>TERM 2: 6.5 weeks</b>	<b>TERM 3: 5.5 weeks</b>	<b>TERM 4: 6 weeks</b>	<b>TERM 5: 6 weeks</b>	<b>TERM 6: 7 weeks</b>
<b>MAIN ACTIVITY</b>	Mixture of Invasion games  Off-site provision swimming/gym - optional	Mixture of net/wall games  Off-site provision swimming/gym - optional	Health-Related Fitness (including tests)  Off-site provision swimming/gym - optional	Indoor athletics and inclusive sports  Off-site provision swimming/gym - optional	Student led activity/sport  Off-site provision swimming/gym - optional	Student led activity/sport  Off-site provision swimming/gym - optional
<b>OBJECTIVES</b>	To apply knowledge from previous years to be successful in a range of different sports.  Apply teamwork skills but also think of individual performance.	Enhance skills and develop a love for sport outside of education.  Think about co-ordination and next best step to ensure success.	Promote fitness for life and think about next steps for them and what they may need to carry on forward.  How could they lead an active, healthy lifestyle.	Compete in a sports day as part of a team.  Learn about inclusive activities and sports.  Achieve their personal best.	To enable the students a chance to do what they want to release some pressure and stress from examinations.	To enable the students a chance to do what they want to release some pressure and stress from examinations.
<b>NC LINKS</b>	Use a variety of tactics to overcome opponents in both team and individual games.  Continue to take part regularly in competitive sports.	Demonstrate improvement across a range of physical activities.  Develop technique and improve their performance.	Tackle complex and demanding physical activities.  Get involved in range of activities that develops personal fitness and promotes an active, healthy lifestyle.	Evaluate performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best	Promotes active, healthy lifestyle.  Take part in a range of activities that present both intellectual and physical challenge.	Promotes active, healthy lifestyle.  Take part in a range of activities that present both intellectual and physical challenge.
<b>COMPETITION (Last week of each term)</b>	Tournament of their choice – designed by them.	Tournament of their choice – designed by them.	Use results of improvement from beep test.	Indoor Sports Day	Designed by the pupils	Designed by the pupils
<b>USEFUL LINKS</b>	<a href="#">Top 10 Invasion Games - YouTube</a> – ideas if you are struggling for something new or the class are undecided.	<a href="#">P.E. Games - Capture The Flag - YouTube</a> – one version for reference.	<a href="#">Physical, Mental, And Overall Health Benefits Of Regular Exercise - How Exercise Improves Health - YouTube</a> – key things to discuss and apply within your lessons	<a href="#">Walking Football - Rules Video - YouTube</a> – quick guide.	N/A	N/A

[v3 \(sportshall.org\)](#) – activities, levels and age ranges for indoor athletics.

[The Beep Test: 20 Metre \(Complete Test\) - YouTube](#) – beep test other distances are available depends on the location completing.

[Phys Ed Tutorial: Large Group Activities - YouTube](#) – alternative sports for large groups.