



Curriculum Summary Document

Year 9/10 – Core Physical Education

Pride

Respect

Success

Module/Unit of Learning	Taught During	What will students learn?	What enriching opportunities will students engage in?	Links to other Subjects
Rugby	Autumn Term	<p>Students learn in Rugby by achieving from the criteria below:</p> <ul style="list-style-type: none"> - <i>Knowing what</i> movement looks like (i.e. tackling or handling) - <i>Knowing how</i> to perform movements (i.e. tackling or handling) - <i>Knowing what</i> the rules are (i.e. the rules and etiquette of Rugby) - <i>Knowing how</i> to perform to the rules (i.e. being able to follow the rules and etiquette of Rugby) - <i>Knowing what</i> health and fitness means - <i>Knowing how</i> to participate in physical activity 	<p>Penrice Academy School Sport Programme</p> <p>Penrice Plus</p> <p>Beach Bay Festivals</p> <p>Sports Day</p> <p>Sports Trips</p>	<p>English</p> <p>Science</p> <p>Maths</p> <p>Geography</p> <p>History</p> <p>CLASS</p>
Netball	Autumn Term	<p>Students learn in Netball by achieving from the criteria below:</p> <ul style="list-style-type: none"> - <i>Knowing what</i> movement looks like (i.e. ball handling and specific types of pass) - <i>Knowing how</i> to perform movements (i.e. ball handling and specific types of pass) - <i>Knowing what</i> the rules are (i.e. the rules and etiquette of Netball) - <i>Knowing how</i> to perform to the rules (i.e. being able to follow the rules and etiquette of Netball) - <i>Knowing what</i> health and fitness means - <i>Knowing how</i> to participate in physical activity 	<p>Penrice Academy School Sport Programme</p> <p>Penrice Plus</p> <p>Beach Bay Festivals</p> <p>Sports Day</p> <p>Sports Trips</p>	<p>English</p> <p>Science</p> <p>Maths</p> <p>Geography</p> <p>History</p> <p>CLASS</p>

Badminton	Autumn/Spring Term	<p>Students learn in Badminton by achieving from the criteria:</p> <ul style="list-style-type: none"> - <i>Knowing what</i> movement looks like (i.e. serving or forehand shots) - <i>Knowing how</i> to perform movements (i.e. serving or forehand shots) - <i>Knowing what</i> the rules are (i.e. the rules and etiquette of Badminton) - <i>Knowing how</i> to perform to the rules (i.e. being able to follow the rules and etiquette of Badminton) - <i>Knowing what</i> health and fitness means - <i>Knowing how</i> to participate in physical activity 	<p>Penrice Academy School Sport Programme</p> <p>Penrice Plus</p> <p>Beach Bay Festivals</p> <p>Sports Day</p> <p>Sports Trips</p>	<p>English</p> <p>Science</p> <p>Maths</p> <p>Geography</p> <p>History</p> <p>CLASS</p>
Strength and Conditioning	Autumn/Spring Term	<p>Students learn in Strength and Conditioning by achieving from the criteria:</p> <ul style="list-style-type: none"> - <i>Knowing what</i> movement looks like (i.e. body weight squat or a deadlift) - <i>Knowing how</i> to perform movements (i.e. bodyweight squat or a deadlift) - <i>Knowing what</i> the rules are (i.e. the rules and etiquette of S&C) - <i>Knowing how</i> to perform to the rules (i.e. being able to follow the rules and etiquette of S&C) - <i>Knowing what</i> health and fitness means - <i>Knowing how</i> to participate in physical activity 	<p>Penrice Academy School Sport Programme</p> <p>Penrice Plus</p> <p>Beach Bay Festivals</p> <p>Sports Day</p> <p>Sports Trips</p>	<p>English</p> <p>Science</p> <p>Maths</p> <p>Geography</p> <p>History</p> <p>CLASS</p>

Football	Spring Term	<p>Students learn in Football by achieving from the criteria below:</p> <ul style="list-style-type: none"> - <i>Knowing what</i> movement looks like (i.e. long distance passing or tackling) - <i>Knowing how</i> to perform movements (i.e. long distance passing or tackling) - <i>Knowing what</i> the rules are (i.e. the rules and etiquette of Football) - <i>Knowing how</i> to perform to the rules (i.e. being able to follow the rules and etiquette of Football) - <i>Knowing what</i> health and fitness means - <i>Knowing how</i> to participate in physical activity 	<p>Penrice Academy School Sport Programme</p> <p>Penrice Plus</p> <p>Beach Bay Festivals</p> <p>Sports Day</p> <p>Sports Trips</p>	<p>English Science Maths Geography History CLASS</p>
Hockey	Spring Term	<p>Students learn in Hockey by achieving from the criteria below:</p> <ul style="list-style-type: none"> - <i>Knowing what</i> movement looks like (i.e. receiving the ball and dribbling) - <i>Knowing how</i> to perform movements (i.e. receiving the ball or dribbling) - <i>Knowing what</i> the rules are (i.e. the rules and etiquette of Hockey) - <i>Knowing how</i> to perform to the rules (i.e. being able to follow the rules and etiquette of Hockey) - <i>Knowing what</i> health and fitness means - <i>Knowing how</i> to participate in physical activity 	<p>Penrice Academy School Sport Programme</p> <p>Penrice Plus</p> <p>Beach Bay Festivals</p> <p>Sports Day</p> <p>Sports Trips</p>	<p>English Science Maths Geography History CLASS</p>

Basketball	Spring Term	<p>Students learn in Basketball by achieving from the criteria below:</p> <ul style="list-style-type: none"> - <i>Knowing what</i> movement looks like (i.e. ball control and lay ups) - <i>Knowing how</i> to perform movements (i.e. ball control and lay ups) - <i>Knowing what</i> the rules are (i.e. the rules and etiquette of Basketball) - <i>Knowing how</i> to perform to the rules (i.e. being able to follow the rules and etiquette of Basketball) - <i>Knowing what</i> health and fitness means <p><i>Knowing how</i> to participate in physical activity</p>	<p>Penrice Academy School Sport Programme</p> <p>Penrice Plus</p> <p>Beach Bay Festivals</p> <p>Sports Day</p> <p>Sports Trips</p>	<p>English</p> <p>Science</p> <p>Maths</p> <p>Geography</p> <p>History</p> <p>CLASS</p>
Handball	Spring Term	<p>Students learn in Handball by achieving from the criteria below:</p> <ul style="list-style-type: none"> - <i>Knowing what</i> movement looks like (i.e. passing and dribbling) - <i>Knowing how</i> to perform movements (i.e. passing and dribbling) - <i>Knowing what</i> the rules are (i.e. the rules and etiquette of Handball) - <i>Knowing how</i> to perform to the rules (i.e. being able to follow the rules and etiquette of Handball) - <i>Knowing what</i> health and fitness means <p><i>Knowing how</i> to participate in physical activity</p>	<p>Penrice Academy School Sport Programme</p> <p>Penrice Plus</p> <p>Beach Bay Festivals</p> <p>Sports Day</p> <p>Sports Trips</p>	<p>English</p> <p>Science</p> <p>Maths</p> <p>Geography</p> <p>History</p> <p>CLASS</p>

Athletics	Summer Term	<p>Students learn in Athletics by achieving from the criteria below:</p> <ul style="list-style-type: none"> - <i>Knowing what</i> movement looks like (i.e. sprinting, jumping or throwing) - <i>Knowing how</i> to perform movements (i.e. sprinting, jumping or throwing) - <i>Knowing what</i> the rules are (i.e. the rules and etiquette of Athletics) - <i>Knowing how</i> to perform to the rules (i.e. being able to follow the rules and etiquette of Athletics) - <i>Knowing what</i> health and fitness means - <i>Knowing how</i> to participate in physical activity 	<p>Penrice Academy School Sport Programme</p> <p>Penrice Plus</p> <p>Beach Bay Festivals</p> <p>Sports Day</p> <p>Sports Trips</p>	<p>English</p> <p>Science</p> <p>Maths</p> <p>Geography</p> <p>History</p> <p>CLASS</p>
Cricket	Summer Term	<p>Students learn in Cricket by achieving from the criteria below:</p> <ul style="list-style-type: none"> - <i>Knowing what</i> movement looks like (i.e. bowling, batting or fielding) - <i>Knowing how</i> to perform movements (i.e. bowling, batting or fielding) - <i>Knowing what</i> the rules are (i.e. the rules and etiquette of Cricket) - <i>Knowing how</i> to perform to the rules (i.e. being able to follow the rules and etiquette of Cricket) - <i>Knowing what</i> health and fitness means - <i>Knowing how</i> to participate in physical activity 	<p>Penrice Academy School Sport Programme</p> <p>Penrice Plus</p> <p>Beach Bay Festivals</p> <p>Sports Day</p> <p>Sports Trips</p>	<p>English</p> <p>Science</p> <p>Maths</p> <p>Geography</p> <p>History</p> <p>CLASS</p>