



ANALYSE LIKE AN
ATHLETE

ICC PE DEPARTMENT

CORE PE CURRICULUM



AT ICC
WE LOVE PE

YEAR 7

THE FUNDAMENTALS



Exposure to a
range of physical
activities
Develop good
routines
Understand key
rules
Start moving well

YEAR 8

UNDER PRESSURE



Perform under
pressure to beat
an opponent
Work with others

YEAR 9

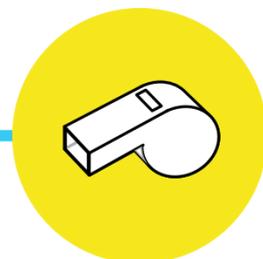
FOUNDATION



Choosing to study
sport further
Broadening
experiences

YEAR 10

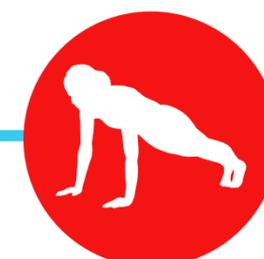
LEADERSHIP



Learning to lead
Making healthy
choices

YEAR 11

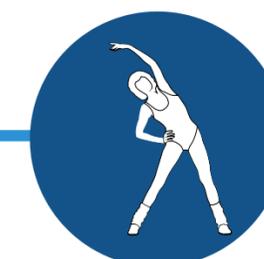
OWNERSHIP



Taking
responsibility for
own health and
well being

6TH FORM &

BEYOND INDEPENDENCE



Choosing to
participate in
Sport
Choosing to
continue to study
sport

Year ICC PE Curriculum

THE BASICS - RULES OF GAMES, FUNDAMENTAL SKILLS



Students explore a range of physical activities to get a broad sporting experience and opportunities to play, participate and perform.

Students learn the basic rules and regulations of some of the more popular sports in Crawley, whilst also experiencing a range of activities to broaden their understanding of sport, health and exercise.

INDIVIDUAL ACTIVITY	TEAM GAMES	OUTDOOR ADVENTUROUS ACTIVITIES	NET GAMES	ATHLETICS	STRIKING AND FIELDING
Physical coordination through Gymnastics Floor and Aparatus	Moving to a Goal through Netball, Basketball, Rugby and Football	Problem solving through cross-country running, orienteering and team building	Beating and opponent through Badminton games	Performing to your maximum through Athletics events	Beating an opponent through Rounders and Cricket

3 Pillars of Learning in PE **Head** - Tactics, strategy, rules, knowledge **Heart** - Healthy habits and sportsperson-like behaviour **Hands** - Sport specific skills, application of skills

HEAD - Components of fitness
HEART - Safe use of equipment and moving the body with confidence
HANDS - Tension, Extension, Control, Shape, Rotation, Balance, Travel, Inversions, Transitions, Pathways, Sequencing, Performance

HEAD - Tactics on and off the ball
HEART - Warm up and cool down, working with others, understanding strengths and weaknesses
HANDS - Passing, Receiving, Dribbling/Carrying, Deception, Tackling, Interception, Shooting,

HEAD - Solving problems, decision making, components of fitness
HEART - Confidence in decision making, working with other's ideas
HANDS - Cardiovascular fitness, speed, agility

HEAD - Choice of shot and timing, positioning, major bones and muscles
HEART - Improving own performance and responding to feedback
HANDS - Service, Returning, Winning shots, Rallying

HEAD - Angle of release, Analysis, Feedback and Evaluation, Using a tape measure accurately
HEART - Motivation and maximum performance
HANDS - Throwing, Jumping, Running to the maximum, Technique, Positioning, Weight

HEAD - Tactics, positions, rules
HEART - Warm up and cool down, working with others, motivation and focus
HANDS - Batting, fielding, throwing, catching, positional play, agility, speed

Year 8 ICC PE Curriculum

UNDER PRESSURE - SKILLS, TACTICS AND BEHAVIOUR IN COMPETITION



Students continue to explore a range of physical activities to get a broad sporting experience. Students apply the skills learnt in year 7 to a variety of competitive sport situations to improve confidence in a range of sporting environments. Students have the opportunity to use our fitness suite and start to consider their own health and fitness through the additional unit. Another additional area of the curriculum is our 'options tasters' where students get to experience studying PE and Sport in our KS4 foundation

INDIVIDUAL ACTIVITY	TEAM GAMES	FITNESS ACTIVITIES	NET GAMES	ATHLETICS	STRIKING AND FIELDING
Physical coordination through Gymnastics Vaulting	Moving to a Goal through Netball, Basketball, and Football	Self improvement through a range of Fitness training methods	Beating and opponent through Volleyball based net games	Performing to your maximum through Athletics events	Beating an opponent through Rounders and Cricket

3 Pillars of Learning in PE



Head - Tactics, strategy, rules, knowledge **Heart** - Healthy habits and sportsperson-like behaviour **Hands** - Sport specific skills, application of skills

HEAD - Movement analysis
 HEART - Safe use of equipment and moving the body with confidence over obstacles
 HANDS - Vaulting skills, Trampoline skills, Tension, Extension, Control, Shape, Flight, Power, Performance

HEAD - Beating an opponent, support play, Manipulating space, Retaining possession, Defence and offence
 HEART - Warm up and cool down, working with others, understanding strengths and weaknesses
 HANDS - Weak side skills, skills under pressure, at greater speed

HEAD - Fitness training methods, Principles of training, Short term effects of exercise
 HEART - Healthy behaviour, safe use of gym fitness equipment
 HANDS - Cardiovascular fitness, speed, agility

HEAD - Choice of shot and timing, positioning, major bones and muscles, manipulating space, deception
 HEART - Improving own performance and responding to feedback
 HANDS - Set, volley, serve, block, smash, dig, court position

HEAD - Performance analysis, Evaluation, Officiating, Safety
 HEART - Motivation and maximum performance
 HANDS - Throwing with run up/approach, Jumping with speed, Running to the maximum, Technique, Positioning, Weight transfer

HEAD - Tactics, positions, rules and playing the rules to win, scoring and officiating
 HEART - Warm up and cool down, working with others, motivation and focus
 HANDS - Batting, fielding, throwing, catching, positional play, agility, speed



KS4 Foundation ICC PE Curriculum

**FOUNDATION - BROADENING EXPERIENCES
AND CHOOSING TO STUDY SPORT FURTHER**

The KS4 foundation year allows students to continue with their core PE lessons and to opt for studying a PE or Sport Level 2 qualification. This gives students an extra 2 hours of PE a week; split into theory and practical lessons. This gives our students greater depth of knowledge and experience in sport.

Students the study PE or Sport as an extra qualifications, have their core PE lessons to develop their practical sport performance. Students the don't study PE, continue to exercise in PE lessons for participation. These students experience a broader range of sports and have more choice on their physical education experience

PARTICIPATION PATHWAY

INDIVIDUAL ACTIVITY	TEAM GAMES	FITNESS ACTIVITIES	NET GAMES	ATHLETICS	STRIKING AND FIELDING
Physical coordination through Table Tennis	Moving to a Goal through Handball, Lacrosse, Football, Benchball, Dodgeball, Netball, Basketball	Self improvement through a range of Fitness training methods	Beating and opponent through Tennis, Badminton, Volleyball	Performing to your maximum through Athletics events	Beating an opponent through Rounders, Cricket and Stool ball

3 Pillars of Learning in PE



Head - Tactics, strategy, rules, knowledge **Heart** - Healthy habits and sportsperson-like behaviour **Hands** - Sport specific skills, application of skills

HEAD - Growth mindset, tactics, motivation, rules of the game
HEART - Resilience and perseverance with a new activity
HANDS - Serve, top spin, drive, push, smash, block
 Forehand and backhand
 Footwork
 Aim

HEAD - Beating an opponent, support play, Manipulating space, Retaining possession, Defence and offence
HEART - Warm up and cool down, working with others, understanding strengths and weaknesses
HANDS - Transferring skills to new game rules and equipment

HEAD - Fitness training methods, Reps and Sets, Principles of training, Long term effects of exercise, extrinsic and intrinsic motivation
HEART - Confidence and perseverance, habit forming
HANDS - Cardiovascular fitness,

HEAD - Choice of shot and timing, positioning, rules, manipulating space, deception
HEART - Improving own performance and responding to feedback
HANDS - Serve, return, spin, forehand and backhand, volley, drop shot, court position

HEAD - Performance analysis, Evaluation, Officiating, Safety
HEART - Motivation and maximum performance
HANDS - Throwing with advanced run up/approach, Jumping with advanced technique, Running to the maximum, Technique, Positioning, Weight transfer

HEAD - Tactics, positions, rules and playing the rules to win, scoring and officiating
HEART - Warm up and cool down, working with others, motivation and focus
HANDS - Batting, fielding, throwing, catching, positional play, agility, speed

Year 10 ICC PE Curriculum

**LEADERSHIP - LEADING OTHERS AND
HEALTHY HABIT DEVELOPMENT**



Students have a greater say over their physical activity and health through choosing their activity from a range of options. Students start to learn and practice how to take more of a lead in physical activity and sport sessions. The students' focus is participation, but the lesson objectives still revolve around the three pillars of physical education. During this academic year, students start focusing on their academic progress and future, and they start to make habits for life. It is in this year therefore, that a lot of the focus is on the physical, social and mental health benefits of regular participation in exercise and sports activities. Students develop life skills like public speaking, confidence and emotional control.

CHOICE OF ACTIVITIES

INDIVIDUAL ACTIVITY	TEAM GAMES	FITNESS ACTIVITIES	NET GAMES	ATHLETICS	STRIKING AND FIELDING
Physical coordination through Table Tennis	Moving to a Goal through Handball, Lacrosse, Football, Benchball, Dodgeball, Netball, Basketball	Self improvement through a range of Fitness training methods	Beating and opponent through Tennis, Badminton, Volleyball	Performing to your maximum through Athletics events	Beating an opponent through Rounders, Cricket and Stool ball

3 Pillars of Learning in PE



Head - Mental health benefits of exercise **Heart** - Healthy habits and social benefits of exercise **Hands** - Sport specific skills and improving fitness

HEAD - Growth mindset, tactics, motivation, mental health benefits of exercise
HEART - Resilience and healthy habits
HANDS - Continued skill related. Using the activity to maintain/improve fitness (and health)

HEAD - Growth mindset, tactics, motivation. Leadership.
HEART - Responsibility for own equipment, set up and some activities. Learning to lead,
HANDS - Continued skill related. Using the activity to maintain/improve fitness (and health)

HEAD - Goal setting, motivation, mental health benefits of exercise
HEART - Resilience and healthy habits
HANDS - Fitness in the fitness suite, Building confidence with equipment, Experiencing training methods

HEAD - Growth mindset, tactics, motivation
HEART - Responsibility for own equipment, set up and some activities. Learning to lead,
HANDS - Continued skill related. Using the activity to maintain/improve fitness (and health)

HEAD - Goal setting, motivation, mental health benefits of exercise
HEART - Resilience and healthy habits. Preparing for an event
HANDS - Fitness in the fitness suite, Building confidence with equipment, Experiencing training methods

HEAD - Sports leadership - coaching, feedback, analysis and organisation
HEART - Healthy habits and experiencing the social benefits.
HANDS - Continued skill related. Using the activity to maintain/improve fitness (and health)

Year 11 ICC PE Curriculum

OWNERSHIP - EXERCISE, MOTIVATION AND SELF DEVELOPMENT



In year 11 core PE students take control of their physical activity levels and health through choosing their own activities, helping to organise and run the sessions to give confidence and experience to access sport independently post-16. The sports and activities are split into 4 areas - participation, performance, fitness and leadership.

Students will have learning objectives across the three pillars of PE and a theme for the term. These themes are; Mental health and exercise habits, managing pressure and stress, and valuing activity as a healthy habit for life. Year 11 core PE builds on all previous four years of learning and practice so that students go to post-16 study, confident to participate in PA through choice.

CHOICE OF ACTIVITIES

INDIVIDUAL ACTIVITY	TEAM GAMES	FITNESS ACTIVITIES	NET GAMES	ATHLETICS	STRIKING AND FIELDING
Physical coordination through Table Tennis	Moving to a Goal through Handball, Lacrosse, Football, Benchball, Dodgeball, Netball, Ultimate Frisbee	Self improvement through a range of Fitness training methods	Beating and opponent through Tennis, Volleyball or Badminton	Performing to your maximum through Athletics events	Beating an opponent through Rounders, Cricket, Softball, Baseball, Stool ball

3 Pillars of Learning in PE



Head - Mental health benefits of exercise **Heart** - Healthy habits and social benefits of exercise **Hands** - Sport specific skills and improving fitness

<p>HEAD - Game creation. How to use sport to release stress</p> <p>HEART - Creating/maintaining healthy habits</p> <p>HANDS - Continued skill related. Using the activity to maintain/improve fitness (and health)</p>	<p>HEAD - Game tactics, motivation</p> <p>HEART - Responsibility for own equipment, set up and some activities. Leading sessions</p> <p>HANDS - Continued skill related. Using the activity to maintain/improve fitness (and health)</p>	<p>HEAD - Goal setting, motivation, mental health benefits of exercise.</p> <p>HEART - Resilience and healthy habits. Independence</p> <p>HANDS - Fitness in the fitness suite, Building confidence with equipment, Creating and implementing own training</p>	<p>HEAD - Playing sport to distract/release stress</p> <p>HEART - Responsibility for own equipment, set up and some activities. Leading the sessions</p> <p>HANDS - Continued skill related. Using the activity to maintain/improve fitness (and health)</p>	<p>HEAD - Goal setting, motivation, mental health benefits of exercise</p> <p>HEART - Resilience and healthy habits. Preparing for an event</p> <p>HANDS - Fitness in the fitness suite, Building confidence with equipment, Experiencing training methods</p>	<p>HEAD - planning exercise</p> <p>HEART - Healthy habits and experiencing the social benefits of summer sport.</p> <p>HANDS - Continued skill related. Using the activity to maintain/improve fitness (and health)</p>
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