



# Holy Cross

CATHOLIC HIGH SCHOOL

## Holy Cross Curriculum Physical Education (Core)



Ambitious and Challenging  
Broad and Balanced  
Equality and Opportunity

### Key Stage 2

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety

- All schools must provide swimming instruction either in key stage 1 or key stage 2.
- In particular, pupils should be taught to:
- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

	Year 7	Year 8	Year 9	Year 10	Year 11	
Term 1	<p>Gain an understanding on the importance of an active lifestyle on health.</p> <p>Start to develop performance of core skills in a variety of sports.</p> <p>Develop knowledge of tactics in sport.</p> <p>This will happen through a variety of sports including, but not limited to:</p> <ul style="list-style-type: none"> <li>• Netball</li> <li>• Football</li> <li>• Basketball</li> <li>• Fitness</li> <li>• OAA</li> <li>• Handball</li> <li>• Cross Country</li> </ul>	<p>Develop performance and demonstrate advanced skills within a range of sports.</p> <p>Learn to use and adapt basic tactics within a game situation.</p> <p>This will happen through a variety of sports including, but not limited to:</p> <ul style="list-style-type: none"> <li>• Netball</li> <li>• Football</li> <li>• Basketball</li> <li>• Fitness</li> <li>• OAA</li> <li>• Handball</li> <li>• Cross Country</li> </ul>	<p>Develop performance through application of core and advanced skills to game situations.</p> <p>Develop the ability to create, perform and adapt tactics under pressure.</p> <p>This will happen through a variety of sports including, but not limited to:</p> <ul style="list-style-type: none"> <li>• Netball</li> <li>• Football</li> <li>• Basketball</li> <li>• Fitness</li> <li>• OAA</li> <li>• Handball</li> <li>• Cross Country</li> </ul>	<p>The curriculum is set to promote physical and mental health of students, and develop a 'lifelong love' of sport and physical activity.</p> <p>Throughout the year, working on a rotational basis, pupils will continue to develop the following:</p> <ul style="list-style-type: none"> <li>• Physical performance</li> <li>• Fitness for sustained physical activity</li> <li>• Leadership and officiating skills</li> <li>• Tactical awareness and application</li> </ul> <p>This will happen through a variety of sports including, but not limited to:</p> <ul style="list-style-type: none"> <li>• Netball</li> <li>• Football</li> <li>• Basketball</li> <li>• Fitness</li> <li>• OAA</li> <li>• Handball</li> <li>• Cross Country</li> </ul>		
Term 2	<p>Develop ability to evaluate the demonstration of isolated skills.</p> <p>Develop understanding of the different health related components of fitness.</p> <p>This will happen through a variety of sports including, but not limited to:</p> <ul style="list-style-type: none"> <li>• Dance</li> <li>• Fitness</li> <li>• Trampoline</li> <li>• Gymnastics</li> <li>• Hockey</li> <li>• Rugby</li> <li>• Table Tennis</li> </ul>	<p>Develop ability to evaluate the demonstration of skills within performance.</p> <p>Develop understanding of the different skill related components of fitness.</p> <p>This will happen through a variety of sports including, but not limited to:</p> <ul style="list-style-type: none"> <li>• Dance</li> <li>• Fitness</li> <li>• Trampoline</li> <li>• Gymnastics</li> <li>• Hockey</li> <li>• Rugby</li> <li>• Table Tennis</li> </ul>	<p>Develop understanding of how to successfully create and teach a lesson to peers.</p> <p>Develop understanding of how to improve cardiovascular health and the importance of energy production during exercise.</p> <p>This will happen through a variety of sports including, but not limited to:</p> <ul style="list-style-type: none"> <li>• Fitness</li> <li>• Cricket</li> <li>• Softball</li> <li>• Rounders</li> <li>• Athletics</li> <li>• Tennis</li> </ul>	<p>The curriculum is set to promote physical and mental health of students, and develop a 'lifelong love' of sport and physical activity.</p> <p>Throughout the year, working on a rotational basis, pupils will continue to develop the following:</p> <ul style="list-style-type: none"> <li>• Physical performance</li> <li>• Fitness for sustained physical activity</li> <li>• Leadership and officiating skills</li> <li>• Tactical awareness and application</li> <li>• Aesthetics</li> </ul> <p>This will happen through a variety of sports including, but not limited to:</p> <ul style="list-style-type: none"> <li>• Dance</li> <li>• Fitness</li> <li>• Trampoline</li> <li>• Gymnastics</li> <li>• Hockey</li> <li>• Rugby</li> <li>• Table Tennis</li> </ul>		
Term 3	<p>Develop understanding and qualities required to be able to lead a warm up or a skill related drill.</p> <p>This will happen through a variety of sports including, but not limited to:</p> <ul style="list-style-type: none"> <li>• Cricket</li> <li>• Softball</li> <li>• Rounders</li> <li>• Athletics</li> <li>• Tennis</li> </ul>	<p>Develop understanding of how to officiate in sport.</p> <p>Develop understanding of training methods to improve physical fitness.</p> <p>This will happen through a variety of sports including, but not limited to:</p> <ul style="list-style-type: none"> <li>• Fitness</li> <li>• Cricket</li> <li>• Softball</li> <li>• Rounders</li> <li>• Athletics</li> <li>• Tennis</li> </ul>	<p>Develop ability to analyse performance and understand how to implement improvements.</p> <p>Using knowledge of components of fitness from Year 7 and Year 8, develop understanding of how to measure and improve.</p> <p>This will happen through a variety of sports including, but not limited to:</p> <ul style="list-style-type: none"> <li>• Dance</li> <li>• Fitness</li> <li>• Trampoline</li> <li>• Gymnastics</li> <li>• Hockey</li> <li>• Rugby</li> <li>• Table Tennis</li> </ul>	<p>The curriculum is set to promote physical and mental health of students, and develop a 'lifelong love' of sport and physical activity.</p> <p>Throughout the year, working on a rotational basis, pupils will continue to develop the following:</p> <ul style="list-style-type: none"> <li>• Physical performance</li> <li>• Fitness for sustained physical activity</li> <li>• Leadership and officiating skills</li> <li>• Tactical awareness and application</li> </ul> <p>This will happen through a variety of sports including, but not limited to:</p> <ul style="list-style-type: none"> <li>• Fitness</li> <li>• Cricket</li> <li>• Softball</li> <li>• Rounders</li> <li>• Athletics</li> <li>• Tennis</li> </ul>		

#### Cultural Exposure:

Throughout Physical Education lessons during the year, pupils will develop sporting values of excellence, team spirit, equality and inclusion. This will happen through exposing pupils to events such as disability awareness week, Sports Day, competition within lessons and extra curricular opportunity. Pupils will also develop their communication, co-operation and confidence. They will be given the opportunity to develop understanding of healthy active lifestyles and be aware of how to improve holistic well-being and health.

The department runs KS3 sports trips for netball and football allowing pupils to compete nationally. Pupils will also have the opportunity to attend professional sporting fixtures throughout the year.

#### Extra Curricular:

Throughout the year, all pupils will be given the opportunity to participate in extra curricular activities. The activities are inclusive of all abilities with team sport and competition against other schools being made available for all. Teams are entered into a large number of competitions and fixtures within Chorley, Lancashire and across the North West.