



New Woodlands School Programme of Study (POS)

Subject...Physical Education.....

Key stage 3

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7 - PSHE Science	<p>Basketball</p> <ul style="list-style-type: none"> -Play competitive games and apply basic principles suitable for attacking and defending. -Use running, jumping, throwing and catching in isolation and in combination. -Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>- Videos of Steph Curry and other black NBA stars</p>	<p>Table Tennis</p> <ul style="list-style-type: none"> -Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. -Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. 	<p>Badminton</p> <ul style="list-style-type: none"> -Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. -Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. <p>- Videos on Edwin Ekiring a Nigerian player.</p>	<p>Fitness</p> <ul style="list-style-type: none"> -Understand the major muscle groups and the exercises that work those muscles. -Have a good understanding of the health benefits of personal fitness. -Analyse their fitness performances compared to previous ones and demonstrate <p>- Videos of Desmond Douglas, Darius Knight</p>	<p>Striking & Fielding Cricket</p> <ul style="list-style-type: none"> -Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. -Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. <p>- Videos of Moeen Ali, Brian Lara</p>	<p>Athletics</p> <ul style="list-style-type: none"> -Develop flexibility, strength, technique, control and balance. -Use running, jumping and throwing skills. -Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>- Videos of Usain Bolt, Asher-Smith, Katherine-Thompson,</p>

	<p>Forest School - Humanities, Science, English, Art/Food -Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p>			<p>- Videos on Foluke Akinrandewo, Aiyana Whitney, Nicky Nieves</p> <p>Forest School - Humanities, Science, English, Art/Food -Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p>	<p>Forest School - Humanities, Science, English, Art/Food -Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p>	<p>- Mo Farah</p>
<p>Year 8 - PSHE Science</p>	<p>Basketball -Play competitive games and apply basic principles suitable for attacking and defending. -Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Table Tennis -Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. -Analyse their performances compared to previous ones and</p>	<p>Badminton -Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. -Analyse their performances compared to previous ones and</p>	<p>Fitness -Understand the major muscle groups and the exercises that work those muscles. -Have a good understanding of the health benefits of personal fitness.</p>	<p>Striking & Fielding Cricket -Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. -Analyse their performances compared to previous</p>	<p>Athletics -Develop flexibility, strength, technique, control and balance. -Use running, jumping and throwing skills. -Compare their performances with previous ones and</p>

	<p>-Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>- Videos of Steph Curry and other black NBA stars</p> <p>-Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p>	<p>demonstrate improvement to achieve their personal best.</p> <p>- Videos of Desmond Douglas, Darius Knight</p>	<p>demonstrate improvement to achieve their personal best.</p> <p>- Videos on Edwin Ekiring a Nigerian player</p>	<p>-Analyse their fitness performances compared to previous ones and demonstrate.</p>	<p>ones and demonstrate improvement to achieve their personal best.</p> <p>- Videos of Moeen Ali, Brian Lara</p>	<p>demonstrate improvement to achieve their personal best.</p> <p>- Videos of Usain Bolt, Asher-Smith, Katherine-Thompson, Mo Farah</p>
<p>Year 9 - PSHE Science</p>	<p>Basketball</p> <p>-Play competitive games and apply basic principles suitable for attacking and defending.</p> <p>-Use running, jumping, throwing and catching in isolation and in combination.</p> <p>-Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Table Tennis</p> <p>-Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>-Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p> <p>- Videos of Desmond</p>	<p>Badminton</p> <p>-Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>-Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p> <p>- Videos on Edwin Ekiring a Nigerian player</p>	<p>Fitness</p> <p>-Understand the major muscle groups and the exercises that work those muscles.</p> <p>-Have a good understanding of the health benefits of personal fitness.</p> <p>-Develop a routine of exercises that help maintain their fitness levels.</p> <p>-Analyse their fitness performances</p>	<p>Striking & Fielding Cricket</p> <p>-Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>-Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Athletics</p> <p>-Develop flexibility, strength, technique, control and balance.</p> <p>-Use running, jumping and throwing skills.</p> <p>-Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>- Videos of Usain Bolt,</p>

	<p>- Videos of Steph Curry and other black NBA stars</p> <p>-Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Douglas, Darius Knight</p>		<p>compared to previous ones and demonstrate improvement to achieve their personal best.</p>	<p>- Videos of Moeen Ali, Brian Lara</p>	<p>Asher-Smith, Katherine-Thompson, Mo Farah</p>
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Key stage 4

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Year 10</p> <p>- PSHE</p> <p>Science</p>	<p>Basketball</p> <p>-Play competitive games and apply basic principles suitable for attacking and defending.</p> <p>-Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Table Tennis</p> <p>-Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>-Analyse their performances compared</p>	<p>Badminton</p> <p>-Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>-Analyse their performances compared</p>	<p>Fitness</p> <p>-Understand the major muscle groups and the exercises that work those muscles.</p> <p>-Have a good understanding of the health benefits of personal fitness.</p>	<p>Striking & Fielding Cricket</p> <p>-Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>-Analyse their performances</p>	<p>Athletics</p> <p>-Develop flexibility, strength, technique, control and balance.</p> <p>-Use running, jumping and throwing skills.</p> <p>-Compare their performances with</p>

	<p>-Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>- Videos of Steph Curry and other black NBA stars</p> <p>-Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p> <p>Classroom studies -Apply theoretical knowledge about different types of sport and physical activity, skills development and sports leadership to their own practical performance</p>	<p>to previous ones and demonstrate improvement to achieve their personal best.</p> <p>- Videos of Desmond Douglas, Darius Knight</p> <p>Classroom studies -Apply theoretical knowledge about different types of sport and physical activity, skills development and sports leadership to their own practical performance</p>	<p>to previous ones and demonstrate improvement to achieve their personal best.</p> <p>Videos on Edwin Ekiring a Nigerian player</p> <p>Classroom studies -Apply theoretical knowledge about different types of sport and physical activity, skills development and sports leadership to their own practical performance</p>	<p>-Develop a routine of exercises that help maintain their fitness levels.</p> <p>-Analyse their fitness performances compared to previous ones and demonstrate improvement to achieve their personal best.</p> <p>Classroom studies -Apply theoretical knowledge about different types of sport and physical activity, skills development and sports leadership to their own practical performance</p>	<p>compared to previous ones and demonstrate improvement to achieve their personal best.</p> <p>- Videos of Moeen Ali, Brian Lara</p> <p>Classroom studies -Apply theoretical knowledge about different types of sport and physical activity, skills development and sports leadership to their own practical performance</p>	<p>previous ones and demonstrate improvement to achieve their personal best.</p> <p>- Videos of Usain Bolt, Asher-Smith, Katherine-Thompson, Mo Farah</p> <p>Classroom studies -Apply theoretical knowledge about different types of sport and physical activity, skills development and sports leadership to their own practical performance</p>
<p>Year 11 - PSHE Science</p>	<p>Basketball</p> <p>-Play competitive games and apply basic principles suitable for attacking and defending.</p>	<p>Table Tennis</p> <p>-Use a range of tactics and strategies to overcome opponents in direct competition</p>	<p>Badminton</p> <p>-Use a range of tactics and strategies to overcome opponents in direct competition</p>	<p>Fitness</p> <p>-Understand the major muscle groups and the exercises that work those muscles.</p>	<p>Striking & Fielding Cricket</p> <p>-Use a range of tactics and strategies to overcome opponents in direct competition</p>	

	<p>-Use running, jumping, throwing and catching in isolation and in combination.</p> <p>-Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>- Videos of Steph Curry and other black NBA stars</p> <p>-Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p> <p>Classroom studies -Apply theoretical knowledge about different types of sport and physical activity, skills development and sports leadership to their own practical performance</p>	<p>through team and individual games.</p> <p>-Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p> <p>- Videos of Desmond Douglas, Darius Knight</p> <p>Classroom studies -Apply theoretical knowledge about different types of sport and physical activity, skills development and sports leadership to their own practical performance</p>	<p>through team and individual games.</p> <p>-Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p> <p>Videos on Edwin Ekiring a Nigerian player</p> <p>Classroom studies -Apply theoretical knowledge about different types of sport and physical activity, skills development and sports leadership to their own practical performance</p>	<p>-Have a good understanding of the health benefits of personal fitness.</p> <p>-Develop a routine of exercises that help maintain their fitness levels.</p> <p>-Analyse their fitness performances compared to previous ones and demonstrate improvement to achieve their personal best.</p> <p>Classroom studies -Apply theoretical knowledge about different types of sport and physical activity, skills development and sports leadership to their own practical performance</p>	<p>through team and individual games.</p> <p>-Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</p> <p>- Videos of Moeen Ali, Brian Lara</p> <p>Classroom studies -Apply theoretical knowledge about different types of sport and physical activity, skills development and sports leadership to their own practical performance</p>	
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