



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	<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 Douglas, Darius Knight</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>-Analyse their fitness performances compared to previous ones and demonstrate</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>Volleyball</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 Foluke Akinrandewo, Aiyana</p>	<p>Striking & Fielding</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 Moeen Ali, Brian Lara</p>	<p>Rugby League</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 the New Zealand team, British ethnic</p>

	<p>Forest School</p> <p>-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>Whitney, Nicky Nieves</p> <p>Forest School</p> <p>-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</p> <p>-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>players e.g. Maro Itoje</p>
Year 8	<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 Douglas, Darius Knight</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>-Analyse their fitness performances compared to previous ones and demonstrate</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>Volleyball</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 Foluke</p>	<p>Striking & Fielding</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>Rugby League</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 the New Zealand team, British</p>

				Akinrandewo, Aiyana Whitney, Nicky Nieves	- Videos of Moeen Ali, Brian Lara	ethnic players e.g. Maro Itoje
Year 9	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 demonstrate improvement to achieve their personal best. - Videos of Desmond Douglas, Darius Knight	Fitness -Understand the major muscle groups and the exercises that work those muscles. -Have a good understanding of the health benefits of personal fitness. -Develop a routine of exercises that help maintain their fitness levels. -Analyse their fitness performances compared to previous ones and demonstrate improvement to achieve their personal best.	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 demonstrate improvement to achieve their personal best. - Videos on Edwin Ekiring a Nigerian player	Volleyball -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. - Videos on Foluke Akinrandewo, Aiyana Whitney, Nicky Nieves	Striking & Fielding -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. - Videos of Moeen Ali, Brian Lara	Rugby League -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. -Videos of the New Zealand team, British ethnic players e.g. Maro Itoje

Key stage 4

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	<p>Table Tennis</p> <p>-Use and develop a variety of tactics and strategies to overcome opponents in team and individual games.</p> <p>-Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities 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</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 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</p>	<p>Badminton</p> <p>-Use and develop a variety of tactics and strategies to overcome opponents in team and individual games.</p> <p>-Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities 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</p>	<p>Volleyball</p> <p>-Use and develop a variety of tactics and strategies to overcome opponents in team and individual games.</p> <p>-Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.</p> <p>- Videos on Foluke Akinrandewo, Aiyana Whitney, Nicky Nieves</p> <p>Classroom studies -Apply theoretical knowledge about different types of sport</p>	<p>Striking & Fielding</p> <p>-Use and develop a variety of tactics and strategies to overcome opponents in team and individual games.</p> <p>-Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities 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</p>	<p>Rugby League</p> <p>-Use and develop a variety of tactics and strategies to overcome opponents in team and individual games.</p> <p>-Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.</p> <p>-Videos of the New Zealand team, British ethnic players e.g. Maro Itoje</p> <p>Classroom studies -Apply theoretical knowledge about</p>

	development and sports leadership to their own practical performance	sports leadership to their own practical performance.	own practical performance	and physical activity, skills development and sports leadership to their own practical performance	their own practical performance	different types of sport and physical activity, skills development and sports leadership to their own practical performance
Year 11	<p>Table Tennis</p> <p>-Use and develop a variety of tactics and strategies to overcome opponents in team and individual games.</p> <p>-Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.</p> <p>- Videos of Desmond Douglas, Darius Knight</p> <p>Classroom studies</p> <p>-Apply theoretical knowledge about different types of sport and physical activity, skills development and sports</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 compared to previous ones and demonstrate improvement to achieve their personal best.</p> <p>Classroom studies</p> <p>-Apply theoretical knowledge about different types of sport and physical activity,</p>	<p>Badminton</p> <p>-Use and develop a variety of tactics and strategies to overcome opponents in team and individual games.</p> <p>-Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.</p> <p>- Videos on Edwin Ekiring a Nigerian player</p> <p>Classroom studies</p> <p>-Apply theoretical knowledge about different types of sport and physical activity,</p>	<p>Volleyball</p> <p>-Use and develop a variety of tactics and strategies to overcome opponents in team and individual games.</p> <p>-Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.</p> <p>- Videos on Foluke Akinrandewo, Aiyana Whitney, Nicky Nieves</p> <p>Classroom studies</p> <p>-Apply theoretical knowledge about different types of sport</p>	<p>Striking & Fielding</p> <p>-Use and develop a variety of tactics and strategies to overcome opponents in team and individual games.</p> <p>-Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.</p> <p>- Videos of Moeen Ali, Brian Lara</p> <p>Classroom studies</p> <p>-Apply theoretical knowledge about different types of sport and physical activity, skills development and sports leadership to</p>	<p>Rugby League</p> <p>-Use and develop a variety of tactics and strategies to overcome opponents in team and individual games.</p> <p>-Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.</p> <p>-Videos of the New Zealand team, British ethnic players e.g. Maro Itoje</p> <p>Classroom studies</p> <p>-Apply theoretical knowledge about</p>

	leadership to their own practical performance	skills development and sports leadership to their own practical performance.	skills development and sports leadership to their own practical performance	and physical activity, skills development and sports leadership to their own practical performance	their own practical performance	different types of sport and physical activity, skills development and sports leadership to their own practical performance
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