



LATHOM
HIGH SCHOOL

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Curriculum Overview

Physical Education, Health and Fitness

Year	Autumn Term			Spring Term			Summer Term		
7	<p>Netball (Teamwork)</p> <p><u>Knowledge</u> Students will develop their understanding of the court positions. They will develop an understanding of attacking and defending principles. They will learn to work cooperatively with their peers in teams.</p> <p><u>Skills</u> Students will develop basic netball footwork, passing, dodging, marking and shooting skills.</p>	<p>Dance (Creativity)</p> <p><u>Knowledge</u> Students will develop basic choreographic principles. They will develop their performance skills. Students will create their own dances.</p> <p><u>Skills</u> Students will develop timing skills to a range of music. They will accurately replicate dance movements.</p>	<p>Fitness (Physical Fitness)</p> <p><u>Knowledge</u> Students will know how to exercise safely and effectively. They will develop an understanding of how the heart works.</p> <p><u>Skills</u> Students will learn how to warm up and cool down. They will know how to monitor heart rates. Students will learn how to use fitness equipment safely.</p>	<p>Handball (Sportsmanship)</p> <p><u>Knowledge</u> They will learn court positions. They will know the basic rules of handball.</p> <p><u>Skills</u> Students will develop basic passing, catching, dribbling and shooting skills. They will make the correct decisions to ensure their team maintains possession of the ball.</p>	<p>Badminton (Officiating)</p> <p><u>Knowledge</u> Students will develop and understanding of badminton rules. They will learn the key parts of the badminton court.</p> <p><u>Skills</u> Students will be introduced to serving, an overhead clear, net shots, drop shots and a smash. They will play singles matches.</p>	<p>Gymnastics (Independence)</p> <p><u>Knowledge</u> Students will develop their understanding of how to travel using a variety of body parts. They will work independently to produce gymnastic sequences.</p> <p><u>Skills</u> Students will develop their basic gymnastic moves including forward rolls, cartwheels and handstands. They will design individual and paired gymnastic routines.</p>	<p>Athletics (Resilience)</p> <p><u>Knowledge</u> Students will develop their understanding a variety of athletics events. They will understand the rules and regulations of each.</p> <p><u>Skills</u> Students will have the opportunity to achieve their personal best in throwing, running and jumping events.</p>	<p>Cricket (Mental Fitness)</p> <p><u>Knowledge</u> Students will develop an understanding of basic cricket rules. They will learn how to score runs in a cricket match.</p> <p><u>Skills</u> Students will develop their throwing, catching, batting, bowling and fielding skills.</p>	<p>Tennis (Leadership)</p> <p><u>Knowledge</u> Students will develop an understanding of singles play. They will develop an understanding of basic tennis rules.</p> <p><u>Skills</u> Students will develop basic tennis skills; serving, forehand and backhand shots. Students will play singles.</p>
8	<p>Football (Physical Fitness)</p> <p><u>Knowledge</u> Students will develop an understanding of the rules of football. They will learn attacking and defending principles.</p> <p><u>Skills</u> Students will develop basic</p>	<p>Table Tennis (Officiating)</p> <p><u>Knowledge</u> Students will develop an understanding of the rules of table tennis ball. They will learn how to score a singles game.</p> <p><u>Skills</u> Students will be introduced to</p>	<p>Fitness (Mental Fitness)</p> <p><u>Knowledge</u> Students will develop an understanding of the component of fitness. They will understand about how nutrition and physical activity contribute to a healthy active lifestyle.</p>	<p>Handball (Leadership)</p> <p><u>Knowledge</u> Students will develop an understanding of attacking and defending principles.</p> <p><u>Skills</u> Students will refine their passing, catching, dribbling and</p>	<p>Badminton (Resilience)</p> <p><u>Knowledge</u> Students will further develop an understanding of badminton rules.</p> <p><u>Skills</u> Students will learn to link shots into conditioned</p>	<p>Gymnastics (Creativity)</p> <p><u>Knowledge</u> Students will develop an understanding of how to design a group gymnastic routine.</p> <p><u>Skills</u> Students will develop their vaulting. They will learn how to</p>	<p>Rounders (Sportsmanship)</p> <p><u>Knowledge</u> Students will develop an understanding of basic rounders rules. They will learn how the scoring system works.</p> <p><u>Skills</u> Students will be introduced to basic rounders skills, they</p>	<p>Athletics (Independence)</p> <p><u>Knowledge</u> Students will develop their understanding a variety of athletics events. They will understand the rules and regulations of each.</p> <p><u>Skills</u></p>	<p>OAA (Teamwork)</p> <p><u>Knowledge</u> Students will understand how to navigate to a series of points highlighted on a map.</p> <p><u>Skills</u> Students will develop their map reading skills. They will work</p>

	football, passing, dribbling, marking, tackling and shooting skills.	basic forehand and backhand shot. They will learn how to serve.	<u>Skills</u> They will challenge themselves to achieve their best in a variety of fitness test.	shooting skills. They will make the correct decisions to ensure their team maintains possession of the ball.	rallies. They will learn to play doubles.	perform side, through and straddle vaults. They will create gymnastic routines in groups. Students will perform on larger equipment.	will develop their batting and fielding.	Students will have the opportunity to improve on their personal best they achieved in Y7.	cooperatively with their peers to complete problem-solving tasks.
9	<u>Handball (Leadership)</u> <u>Knowledge</u> Students will further develop their awareness of team strategies in both attacking and defending situations. They will understand the responsibilities of different positions in the game. <u>Skills</u> Students will develop their advanced handball skills.	Yoga (Mental Fitness) <u>Knowledge</u> Students will understand the physical and mental benefits of yoga. <u>Skills</u> Students will learn basic yoga positions. They will learn how to control their breathing.	Fitness (Independence) <u>Knowledge</u> Students will develop their own personal training plan. They will develop an understanding of the principles of training. <u>Skills</u> Students will follow an independent fitness training programme.	Volleyball (Officiating) <u>Knowledge</u> Students will develop an understanding of basic volleyball rules. They will understand the roles and positions in attack and defence. <u>Skills</u> Students will develop their serving, return of serve, overhead and underhand techniques.	Step Aerobics (Creativity) <u>Knowledge</u> Students will design their own step aerobic routines. <u>Skills</u> Students will develop a range of step sequences. They will learn to perform in time to a range of music.	Basketball (Physical Fitness) <u>Knowledge</u> Students will develop an understanding of basketball rules. They will learn attacking and defending principles. <u>Skills</u> Students will develop core basketball skills which include passing, shooting, dribbling and marking.	Rounders (Teamwork) <u>Knowledge</u> Students will develop an awareness and application of team strategies and tactics. <u>Skills</u> Students will develop their advanced rounders skills which include bowling and directional batting.	Rugby (Resilience) <u>Knowledge</u> Students will develop an understanding of when and where to run, pass or kick. They will develop an understanding of the rules and regulations of the game. <u>Skills</u> Students will develop their basic rugby skills which include; handling, passing and receiving.	Tennis (Sportsmanship) <u>Knowledge</u> Students will develop an understanding of the correct tactics to apply to outwit their opponents. They will develop their doubles play. <u>Skills</u> Students will develop their advanced tennis shots, including the use of spin on both forehand and backhand shot.
10 Sport Science	R042 – Applying the principles of training (Independence, Physical Fitness, Resilience) <u>Knowledge</u> Students will develop knowledge and understanding of the principles and methods of training. <u>Skills</u> Students will apply their knowledge in the design of training programmes along with practical skills in fitness testing.			R041 – Reducing the risk of injuries (Teamwork, Physical Fitness, Mental Fitness) <u>Knowledge</u> Students will know how to prepare participants to take part in physical activity in a way which minimises the risk of injuries occurring, how to react to common injuries that can occur during sport and how to recognise the symptoms of some common medical conditions. Students will develop an understanding of how appropriate warm up and cool down routines can help to prevent injury. <u>Skills</u> Students will apply their knowledge of how to respond to injuries in a sporting context. They will apply their knowledge of how to respond to common medical conditions.			R045 – Sports Nutrition (Independence, Creativity, Leadership) <u>Knowledge</u> Students will consider the composition of a healthy, balanced diet. They will also consider the necessity of certain nutrients in particular quantities and the effects of a poor diet. <u>Skills</u> They will reflect upon the role that diet plays in different sports and activities, and use the knowledge gained to produce an appropriate, effective diet plan for a performer.		

<p>11 GCSE</p>	<p>J587/05 Analysis and Evaluation of Performance (Independence, Resilience, Physical Fitness) <u>Knowledge</u> This unit draws upon the knowledge, understanding and skills a student has learnt and enables them to analyse and evaluate their own or a peer’s performance in one activity. Students will also analyse the importance of the different components of fitness.</p> <p><u>Skills</u> Students will give an accurate and thorough assessment of their own strengths and weaknesses in a chosen activity. They will produce an overview of the key skills required in their chosen activity.</p>	<p>J587/02 Socio-cultural issues and sports psychology (Sportsmanship, Mental Fitness) <u>Knowledge</u> Students will develop their knowledge and understanding of the benefits of participating in physical activities and sport to health, fitness and well-being as well as having a clear definition of health and fitness. Students will develop their knowledge and understanding of diet and nutrition. Students will understand the main components of a balanced diet, including the effects of these components and hydration on performers using a range of examples from physical activities and sports.</p> <p><u>Skills</u> Students will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle.</p>	<p>Exam preparation (Resilience, Mental Fitness, Independence)</p> <p><u>Knowledge</u> Students will revise/recap content to prepare them for the exam.</p> <p><u>Skills</u> Students will develop their exam technique to prepare for the exam.</p>	
<p>11 Sport Science</p>	<p>R042 – Applying the principles of training (Independence, Physical Fitness, Resilience) <u>Knowledge</u> Students will develop knowledge and understanding of the principles and methods of training.</p> <p><u>Skills</u> Students will apply their knowledge in the design of training programmes along with practical skills in fitness testing.</p>	<p>RO46 – Technology in Sport (Officiating, Sportsmanship, Leadership) <u>Knowledge</u> Students will consider the variety of ways in which technology is being used in sport to enhance both performance and the experience of sport for performers and for spectators. They will also develop an appreciation of some of the counter-arguments regarding the increasing use of technology in sport.</p> <p><u>Skills</u> Students will explain the application of technology in sport. They will learn the positives and negatives that technology can bring to sport. Students will evaluate the impact technology has on sport.</p>		