The Fisher Way: Curriculum

The Fisher Way aims to educate and inspire with joy, faith and love because we are an inclusive Catholic community.

Successful and resilient learners who aspire to and achieve excellence

Confident individuals who can explore and communicate effectively

Responsible citizens who are active, loving and wise in all their endeavours

Subject	PE
Year Group	Year 7
Intent	Successful and resilient learners: who understand how to take care of themselves both physically and mentally in order to be successful as adults. Confident individuals: who are challenged physically, mentally, and socially to work collaboratively to become the best that they can be.

	Responsible citizens: who understand the importance of leading a healthy active lifestyle and to equip them with the tools to do so through health and wellbeing education, therefore, fostering a life-long passion for sport and healthy active lifestyles.					
Narrative	Year 7 Core PE: 1. Learners will have built on the fundamental skills required to perform at maximum levels in small sided games, in particular the basic principles of attack and defence in sports. They will also have developed the ability to use simple tactics and strategies to outwit the opposition. 2. This year links to the development of the fundamental skills that they would have developed at Key Stage 2. 3. Learners will develop an understanding of the importance that physical education has on an individual's well-being, equipping them with the tools to participate/engage in sport and lead healthy active lifestyles in the future.					
Half term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge (topics studied)	During KS3, learners carry out a mixture of different activities on a rotation basis. These activities include rugby, netball, dance, handball, health-related fitness, table tennis, basketball, badminton and volleyball.	During KS3, learners carry out a mixture of different activities on a rotation basis. These activities include indoor athletics, football, health-related fitness, table tennis, basketball, badminton and volleyball. Theory lessons include rules and sport and the media.	During KS3, learners carry out a mixture of different sports and games on a rotation basis. These activities include football, table tennis, basketball, badminton and volleyball. Theory lessons include safety in sport and performance enhancing drugs (PED's).	During KS3, learners carry out a mixture of different sports and games on a rotation basis. These activities include football, table tennis, basketball, badminton and volleyball.	During KS3, learners carry out a mixture of different activities on a rotation basis. These activities include various athletic events.	During KS3, learners carry out a mixture of different activities on a rotation basis. These activities include athletics, cricket, rounders and softball.

Key skills	Passing, receiving, tackling, shooting, dodging.	Passing, receiving, tackling, shooting, dodging.	Tackling, dribbling, shooting, passing, forehand, backhand, serve.	Tackling, shooting, dribbling, passing, set, dig, serve.	Throwing, running, jumping.	Hitting, catching, fielding.
Cultural capital	Understanding the main components of fitness. How to conduct the phases of a warm up and cool down.	Working collaboratively. Analysing own and others performance.	Respecting the rules and regulations of team and individual sports.	Co-operation, etiquette, team-work, fair-play, values all promoted.	Respect for others' beliefs when fasting promoted etc.	Giving feedback on someone else's performance
Assessment	Individual teacher assessment of performance in sports activities.	Individual teacher assessment of performance in sports activities.	Individual teacher assessment of performance in sports activities. Theory test based on topics studies.	Individual teacher assessment of performance in sports activities.	Individual teacher assessment of performance in sports activities.	Individual teacher assessment of performance in sports activities.