

SPORTS DEPARTMENT CURRICULUM OVERVIEW



Physical Education at Tiffin aims to provide a wide range of activities to all students with the opportunity to develop their physical competence, self-esteem and to value the benefits of exercise and a “healthy lifestyle”.

Through curricular and co-curricular sport, we aim to gain the interest and enthusiasm of every student in a particular activity so that they will participate regularly whilst at school and that their experiences in a range of physical activities will lead to life-long participation.

The programme offered in P.E. and Games is firmly based on participation, progression and performance and aims to incorporate the notion of fair play throughout. The school organises an extensive range of Inter-House Competitions where this is encouraged.

Many activities operate at a club level and provision is made for all those who train to have the opportunity to represent the school. There is an open invitation to all students to make best use of the facilities and the opportunities before them either at a recreational level or as part of a more structured programme.

In the Games programme, new activities are available to students as they progress through the school. In addition, we carefully plan and co-ordinate the timing of training sessions and fixtures for activities so that students can participate in more than one activity. We seek to allow dual access to activities through games and extra-curricular sessions so that certain players are able to take part in another activity to supplement fitness training. Throughout the whole school we offer a physical education curriculum appropriate to each individual child. Our curriculum is delivered in a fully inclusive manner. Students are provided with a balance of individual, group and team activities some of which are competitive. We promote the impact that Physical activity can have on a student's mental health and well-being. Students have access to a highly differentiated revised curriculum linked to games, athletic activities, outdoor activities and health related fitness. This range of experiences is intended to provide for students' increasing self confidence in their ability to manage themselves and their bodies within a variety of movement situations and to increase understanding of the importance of a healthy lifestyle. This allows for them to develop as part of a team, learning how to communicate with others and work together. It allows them to cope with disappointments, being able to communicate in an appropriate manner and adhere to the rules and regulations will help our students reintegrate into mainstream society and post school life. The emphasis is upon providing a supportive learning environment that encourages maximum participation and rewards endeavour while remaining sympathetic to student's physical needs and degree of learning difficulty.

KS3 PE AND GAMES CURRICULUM



	Year 7 PE	Year 7 Games	Year 8 PE	Year 8 Games	Year 9 PE	Year 9 Games
Autumn Term 1	HRF	Rugby	HRF	Rugby	HRF	Rugby Sports Rotation (basketball, Hockey, Rugby) Rowing
Autumn Term 2	Basketball	Rugby	Badminton Table Tennis Strength and Conditioning Football	Rugby	Badminton Table Tennis Strength and Conditioning Football	Rugby Sports Rotation (basketball, Hockey, Rugby) Rowing
Spring Term 1	Net Games	Rugby	Badminton Table Tennis Strength and Conditioning Football	Rugby	Badminton Table Tennis Strength and Conditioning Football	Rugby Sports Rotation (basketball, Hockey, Rugby) Rowing
Spring Term 2	Strength and Conditioning	Football	Badminton Table Tennis Strength and Conditioning Football	Football	Badminton Table Tennis Strength and Conditioning Football	Rugby Rowing Football
Summer Term 1	Athletics	Cricket Athletics	Athletics	Cricket Athletics Rowing Tennis	Athletics	Cricket Athletics Rowing Tennis Softball Volleyball
Summer Term 2	Volleyball	Cricket Athletics	Volleyball	Cricket Athletics Rowing Tennis	Volleyball	Cricket Athletics Rowing Tennis Softball Volleyball

KS4 SPORTS DEPARTMENT CURRICULUM



	Year 10 PE	Year 10 Games	Year 11 PE	Year 11 Games
Autumn Term 1	Options of: Basketball Table Tennis Gym Badminton Football	Rugby Basketball Hockey Table Tennis Gym Rowing	Options of: Basketball Table Tennis Gym Badminton Football	Rugby Basketball Hockey Table Tennis Gym Rowing
Autumn Term 2	Options of: Basketball Table Tennis Gym Badminton Football	Rugby Basketball Hockey Table Tennis Gym Rowing	Options of: Basketball Table Tennis Gym Badminton Football	Rugby Basketball Hockey Table Tennis Gym Rowing
Spring Term 1	Options of: Basketball Table Tennis Gym Badminton Football	Rugby Basketball Hockey Table Tennis Gym Rowing	Options of: Basketball Table Tennis Gym Badminton Football	Rugby Basketball Hockey Table Tennis Gym Rowing
Spring Term 2	Options of: Basketball Table Tennis Gym Badminton Football	Rugby Basketball Hockey Table Tennis Gym Rowing Football	Options of: Basketball Table Tennis Gym Badminton Football	Rugby Basketball Hockey Table Tennis Gym Rowing Football
Summer Term 1	Options of: Table Tennis Gym Football Volleyball Cricket	Cricket Athletics Rowing Tennis Softball Volleyball	Options of: Table Tennis Gym Football Volleyball Cricket	Cricket Athletics Rowing Tennis Softball Volleyball
Summer Term 2	Options of: Table Tennis Gym Football Volleyball Cricket	Cricket Athletics Rowing Tennis Softball Volleyball		



TIFFIN SCHOOL

Year 7 Physical Education

ROADMAP

Health Related Fitness

- link to Relevant Component of Fitness : Strength

- Aspects of RAMP
- Raise
- Activate
- Mobilise
- Potentiate



Badminton

- link to Relevant Component of Fitness : Agility

- No touching net rule
- Scoring
- Court dimensions



Basketball

- link to Relevant Component of Fitness : Power

- Court lines
- Passing
- Team numbers



Rugby

- link to Relevant Component of Fitness : Strength

- Passing
- Tackle tech
- Scoring



Athletics

- link to Relevant Component of Fitness : Cardiovascular Endurance

- Jumps = 1 foot only
- Shot = push
- Javelin grip



Cricket

- link to Relevant Component of Fitness : Coordination

- Bowling elbow
- Crease rules
- Scoring



Volleyball

- link to Relevant Component of Fitness : Power

- Scoring
- No touching net rule
- Team numbers



TIFFIN SCHOOL

Year 8 Physical Education

ROADMAP

Health Related Fitness

- link to Relevant Component of Fitness : Strength

- Components of Fitness

Definitions

Body Composition	Agility
Endurance	Balance
Flexibility	Coordination
Strength	Power
Speed	Reaction Time



Badminton

- link to Relevant Component of Fitness : Agility

- Pairs vs singles
- Clear shot
- Serve



Basketball

- link to Relevant Component of Fitness : Power

- Dribbling
- Scoring
- Contact



Table Tennis

- link to Relevant Component of Fitness : Coordination

- Serve
- No touching table rule
- Scoring



Athletics

- link to Relevant Component of Fitness : Cardiovascular Endurance

- Shot and javelin line/ circle rule
- Sprint starts / baton exchange
- Long jump board rules



Cricket

- link to Relevant Component of Fitness : Coordination

- Long barrier
- Close fielding positions
- Batting stance



Volleyball

- link to Relevant Component of Fitness : Power

- Serve
- Digs and Sets
- Pitch dimensions





TIFFIN SCHOOL

Year 9 Physical Education

ROADMAP

Health Related Fitness

link to Relevant Component of Fitness : Strength

- Principles of training
- S.P.O.R.T
- F.I.T.T



Badminton

- link to Relevant Component of Fitness : Agility
- Smash shot
- Target space
- Drop shot



Basketball

link to Relevant Component of Fitness : Power

- Spacing
- Lay-ups
- Triple threat



Table Tennis

- link to Relevant Component of Fitness : Coordination
- Spin
- Back hand push
- Forehand push



Athletics

link to Relevant Component of Fitness : Cardiovascular Endurance

- Discus tech
- Javelin = extend - bend - send
- High jump - run up



Cricket

link to Relevant Component of Fitness : Coordination

- Types of shots
- Types of bowls
- Run outs



Volleyball

link to Relevant Component of Fitness : Power

- Spikes
- Blocking
- Setting up an Attack

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TIFFIN SCHOOL

Year 10 Physical Education

ROADMAP

Health Related Fitness

link to Relevant Component of Fitness : Strength

- Application of Principles of training



Badminton

- link to Relevant Component of Fitness : Agility
- Player manoeuvring



Basketball

link to Relevant Component of Fitness : Power

- Attacking set plays



Table Tennis

- link to Relevant Component of Fitness : Coordination
- Finishing options



Athletics

link to Relevant Component of Fitness : Cardiovascular Endurance

- Completion rules



Cricket

link to Relevant Component of Fitness : Coordination

- Scoring and wicket options



Volleyball

link to Relevant Component of Fitness : Power

- Player manoeuvring

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