St Benedict's Catholic School
The Catholic Secondary School for West Suffolk

Ora et Labora

Physical Education Curriculum Guide

Students study Physical Education to gain knowledge and understanding of various sports and activities and provide an opportunity to develop their understanding of the importance of living an active healthy lifestyle. The variety of sports and activities covered in the curriculum will develop students respect for one another, teamwork, fairness, competitive nature and self-confidence at the same time as following the whole school Catholic ethos. Physical education will develop student's tactical mind as well as their health and fitness and inspire them to continue leading an active life after leaving school.

We have chosen to cover a variety of sports for each group so that our curriculum is enjoyable and engaging throughout the year. This is an overview of the sports that we wish to follow this academic year, however due to COVID restrictions the time of the year that these sports are covered may change. We endeavour to continue to offer a diverse PE curriculum.

At Key Stage 3 pupils have 4 lessons across a fortnight (2 lessons of each sport a fortnight) and at Key Stage 4 pupils receive 2 lessons across a fortnight. Year 7 lessons are taught in mixed gender groups and from year 8 upwards they are taught in single sex groups.

Year 7 – Skills and Knowledge

Half-Term	Sports covered
Autumn 1	Athletics and Health and Fitness
Autumn 2	Hockey and Football
Spring 1	Rugby and Basketball
Spring 2	Netball and Volleyball
Summer 1	Handball and Gymnastics
Summer 2	Cricket, Rounders & Tennis

Year 8 – Skills and Tactics

Half-Term	Sports covered
Autumn 1	Athletics and Health and Fitness
Autumn 2	Football and Handball
Spring 1	Rugby and Netball
Spring 2	Hockey and Volleyball
Summer 1	Rounders and Basketball
Summer 2	Cricket and Tennis

Year 9 – Analysis, Evaluation and Development

Half-Term	Sports covered
Autumn 1	Athletics and Health and Fitness
Autumn 2	Hockey and Football
Spring 1	Rugby and Handball/Tchoukball
Spring 2	Netball and Volleyball
Summer 1	Rounders and Basketball
Summer 2	Cricket and Tennis

Year 10 – Teamwork

Half-Term	Sports covered
Autumn 1	Athletics and Health and Fitness
Autumn 2	Girls: Netball & Football Boys: Football & Handball
Spring 1	Basketball & Rugby
Spring 2	Volleyball & Hockey
Summer 1	Rounders
Summer 2	Cricket and Tennis

Year 11 – Recreational Participation

Half-Term	Sports covered
Autumn 1	Athletics and Health and Fitness
Autumn 2	Girls: Netball & Football Boys: Football & Handball
Spring 1	Basketball & Rugby
Spring 2	Volleyball & Hockey
Summer 1	Study/Revision or Sport
Summer 2	Study/Revision or Sport

Assessment

In Key Stage 3 pupils are assessed in all sports covered throughout the year. We then use these to create our assessment point data throughout the year. In Key Stage 4 Core PE we only assess pupils using the 'St Benedict's Effort Levels'.

Extra and Super Curricular Opportunities

Throughout the year there is a variety of extra-curricular activities available through the Physical Education department. These clubs are held at lunchtime and after school and the school is fully involved in many competitions in a variety of sports against other schools. Please refer to the PE clubs list that is sent out each term throughout the year.

Reading List

Sports Fiction and True Accounts Reading List

The following lists are designed to help with wider reading of a particular sports taught during the academic year:

Athletics

Running for Gold by Owen Slot Heartbeat by Sharon Creech Going for Gold by Jocelyn Andrews (true)

Life's New Hurdles by Colin Jackson (true)

Basketball

Tall Story by Candy Gourlay

Dance

The Drowning by Valerie Mendes Billy Elliot by Melvin Burgess and Lee Hal

Football

The Keeper by Mal Peet

Penalty by Mal Peet

Exposure by Mal Peet

Goal by Dee Phillips

Man of the Match by Dan Freedman

The Kick Off by Dan Freedman

Shooting Star by Martin Waddell

Reading List continued...

Football

Dream On by Bali Rai

Foul Play by Tom Palmer

Julie and Me by Alan Gibbons

Goal! By Robert Rigby

Goal II by Robert Rigby

The Braves by David Klass

Doing the Double by Alan Durrant

A New Team is Born by Dave Spurdens

Keeper's Ball by Rob Childs

The Dirty Dozen by Tony Bradman

Boy Overboard by Morris Gleitzman

Dream to Win – Wayne Rooney (true)

Dream to Win – David Beckham (true)

World Cup Heroes: David Beckham by Owen Russell (true)

World Cup Heroes: Rio Ferdinand by Wensley Clarkson (true)

World Cup Heroes: Steven Gerrard by Adam Cottier (true)

Theo Walcott by Andy Croft (true)

Moving the Goalposts by Rob Childs (GN)

Tackling Life by Charlie Oatway (true)

Rugby

Scrum by Tom Palmer

Grand Slam Man by Dan Lydiate (true)

Rugby Rivals by Martyn Williams (true)

Tennis

Break Point by Rosie Rushton

Dream to Win: Andy Murray (true)

Roger Federer the greatest by Chris Bowers

Other books that you might be interested in:

- Football: How it works (The Science of Sport) by Emily Sohn

- The World's Greatest Olympians (The Olympics) by Michael Hurley

- Knowledge Encyclopedia Human Body! by DK