

### Subject Intent

Our curriculum aims to:

- Develop physically active students with the competence and confidence to excel in a wide range of physical activities.
- Raise aspirations by encouraging students from all parts of the community and across all ability levels to participate.
- Promote engagement in competitive sports, diverse activities, and wider experiences, including residential programs.
- Foster reading and writing skills through physical education, enhancing both cognitive and physical development.
- Ensure staff facilitate a love for physical education and sport, driving ambition for all students to succeed.
- Inspire students to lead healthy, active lifestyles and maintain this commitment well into adulthood.

| Year 7                               |                                                                |                                                                |                                                                |                                                                |                                                                |                                                                  |
|--------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------------------|
|                                      | HT1                                                            | HT2                                                            | HT3                                                            | HT4                                                            | HT5                                                            | HT6                                                              |
| <b>Enquiry Question</b>              | How can teamwork help us overcome challenges?                  | How can invasion game principles create success?               | How can we attack and defend effectively in games?             | How do rhythm and strategy improve performance?                | How can we improve our athletic performance?                   | How can we outwit opponents in striking and fielding activities? |
| <b>Subject Content</b>               | Outdoor Adventurous Activities                                 | Donor Sports/Futsal & Gymnastics                               | Football/Netball                                               | Dance & Net/Wall                                               | Athletics                                                      | Striking & Fielding                                              |
| <b>Disciplinary Knowledge/Skills</b> | Communication, leadership, navigation, problem solving         | Movement skills, balance, coordination, spatial awareness      | Passing, receiving, attacking, defending, tactical awareness   | Performance quality, timing, accuracy, shot selection          | Running, jumping, throwing, performance analysis               | Batting, bowling, fielding, decision-making                      |
| <b>Theme (if applicable)</b>         | Teamwork and Resilience                                        | Core Physical Literacy                                         | Competition                                                    | Creativity and Strategy                                        | Personal Best                                                  | Applying Tactics                                                 |
| <b>SMSC</b>                          | Respect, perseverance and teamwork across all units            | Respect, perseverance and teamwork across all units            | Respect, perseverance and teamwork across all units            | Respect, perseverance and teamwork across all units            | Respect, perseverance and teamwork across all units            | Respect, perseverance and teamwork across all units              |
| <b>Careers</b>                       | Outdoor instructor, sports coach, PE teacher, leisure industry | Outdoor instructor, sports coach, PE teacher, leisure industry | Outdoor instructor, sports coach, PE teacher, leisure industry | Outdoor instructor, sports coach, PE teacher, leisure industry | Outdoor instructor, sports coach, PE teacher, leisure industry | Outdoor instructor, sports coach, PE teacher, leisure industry   |

| Year 8                               |                                                                        |                                                                        |                                                                        |                                                                        |                                                                        |                                                                        |
|--------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------|
|                                      | HT1                                                                    | HT2                                                                    | HT3                                                                    | HT4                                                                    | HT5                                                                    | HT6                                                                    |
| <b>Enquiry Question</b>              | How can physical challenges develop resilience and confidence?         | How can sport be adapted so everyone can participate?                  | How can healthy lifestyles improve performance?                        | How can we refine game tactics to outwit opponents?                    | How can performance data improve athletic success?                     | How can teamwork improve outcomes in striking and fielding games?      |
| <b>Subject Content</b>               | OAA, Gymnastics & Football                                             | Donor Sports, Inclusive Sport & Health and Wellbeing                   | Donor Sports, Inclusive Sport & Health and Wellbeing                   | Net/Wall, Dance & Invasion Games                                       | Athletics                                                              | Striking & Fielding                                                    |
| <b>Disciplinary Knowledge/Skills</b> | Leadership, collaboration, movement competence                         | Adaptation, inclusion, tactical understanding                          | Fitness, health, wellbeing, self-management                            | Performance analysis, strategy, movement quality                       | Measuring, analysing and improving performance                         | Applying tactics, communication, officiating                           |
| <b>Theme (if applicable)</b>         | Leadership                                                             | Inclusion                                                              | Healthy Living                                                         | Performance Improvement                                                | Challenge and Achievement                                              | Competitive Success                                                    |
| <b>SMSC</b>                          | Understanding individual differences, fair play and respect for others | Understanding individual differences, fair play and respect for others | Understanding individual differences, fair play and respect for others | Understanding individual differences, fair play and respect for others | Understanding individual differences, fair play and respect for others | Understanding individual differences, fair play and respect for others |
| <b>Careers</b>                       | Coaching, physiotherapy, sports development, health promotion          | Coaching, physiotherapy, sports development, health promotion          | Coaching, physiotherapy, sports development, health promotion          | Coaching, physiotherapy, sports development, health promotion          | Coaching, physiotherapy, sports development, health promotion          | Coaching, physiotherapy, sports development, health promotion          |

| Year 9                               |                                                 |                                                              |                                                           |                                                        |                                                        |                                                         |
|--------------------------------------|-------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|---------------------------------------------------------|
|                                      | HT1                                             | HT2                                                          | HT3                                                       | HT4                                                    | HT5                                                    | HT6                                                     |
| <b>Enquiry Question</b>              | How can advanced tactics influence performance? | How can decision making affect success in competitive sport? | How can performers adapt under pressure?                  | How does fitness support participation and wellbeing?  | How can athletes maximise performance?                 | How can strategy influence success in competition?      |
| <b>Subject Content</b>               | Netball, Table Tennis & Football                | Basketball, Table Tennis & Football                          | Basketball, Table Tennis & Football                       | Net/Wall & Health and Wellbeing                        | Athletics                                              | Striking & Fielding                                     |
| <b>Disciplinary Knowledge/Skills</b> | Tactical awareness, communication, leadership   | Decision making, officiating, teamwork                       | Adaptability, pressure management, performance evaluation | Physical fitness, health literacy, training principles | Event techniques, performance analysis, target setting | Tactical planning, independent performance, officiating |
| <b>Theme (if applicable)</b>         | Leadership in Sport                             | Competition                                                  | Excellence                                                | Healthy Lifestyles                                     | Achievement                                            | Strategic Thinking                                      |

