



The Henrietta Barnett School

Physical Education



Authenticity - Kindness - Curiosity
Connection - Endeavour

www.hbschool.org.uk

Year 7

In Year 7, we focus on developing a strong foundation of physical literacy and fostering a positive attitude towards sport and physical activity. Pupils develop the fundamental skills needed to participate confidently in a range of team and individual activities.

Activities include Netball, Football, Dance, Athletics and Rounders, with pupils working independently, in pairs and in groups of different sizes. Through these activities, pupils develop their movement skills, coordination and understanding of basic tactics, while learning how to communicate effectively and contribute positively to a team.

There is a strong emphasis on building confidence, encouraging participation and developing a sense of team cohesion. Our extensive extra-curricular programme complements curriculum learning and provides pupils with further opportunities to develop their skills and enjoy being active.

Year 8

In Year 8, pupils build on the fundamental skills developed in Year 7, learning to apply them more effectively and fluently within competitive situations. There is an increased focus on decision-making, tactical awareness and understanding how individual skills contribute to successful team performance.

Pupils develop their knowledge and understanding of the rules and principles of Netball, Athletics, Football and Basketball, applying these within increasingly competitive and challenging activities.

We continue to promote the importance of an active and healthy lifestyle, encouraging pupils to discover activities they enjoy and to develop positive habits around physical activity. Pupils are encouraged to participate in at least one extra-curricular sports club, with our wider programme providing opportunities to reinforce and extend the learning taking place in curriculum lessons.

Year 9

Year 9 provides pupils with opportunities to further refine their techniques and develop their ability to use skills, tactics and strategies effectively in a range of activities. Pupils are encouraged to take greater responsibility for their own performance and to make informed decisions in both individual and team-based activities.

A particular focus is placed on using tactics and strategies to overcome opponents in competitive situations. Pupils develop their ability to communicate, collaborate and adapt their approach according to the demands of the activity.

Dance forms an important part of the curriculum, giving pupils the opportunity to choreograph and perform using a range of stimuli. Through this unit, pupils develop creativity, musicality, performance skills and self-confidence, culminating in a performance day where they can showcase their work.

Year 10

In Year 10, pupils continue to develop their physical performance, tactical awareness and understanding of how to improve their own and others' performance. Alongside being performers, pupils are given opportunities to take on additional roles within sport, including leadership and organisational responsibilities.

Leadership is an important element of our Key Stage 4 curriculum. Pupils learn how to motivate and support others, communicate effectively and take responsibility for creating positive sporting experiences.

There is also a greater emphasis on Sport Education, providing pupils with authentic experiences that reflect the way sport is organised and experienced within community and inter-school settings. Pupils develop as competent, knowledgeable and enthusiastic participants while gaining a deeper appreciation of the different roles involved in sport.

Pupils are encouraged to participate in our extensive extra-curricular programme to complement their curriculum experiences. Year 10 pupils also play an important role in the planning, organisation and delivery of our annual Sports Day and inter-form competitions. These experiences provide valuable opportunities to develop and demonstrate team motivation, peer mentoring, organisation and leadership skills.

Year 11

In Year 11, we aim to provide pupils with enjoyable and purposeful opportunities to remain active and engaged in physical activity. Lessons focus on participation, performance and health-related fitness, with pupils taking part in a range of team and individual activities.

At this stage, we encourage pupils to take greater ownership of their physical activity and to recognise the positive impact that regular exercise can have on both physical and mental wellbeing.

Our aim is to ensure that pupils leave school with the confidence, knowledge and motivation to remain physically active beyond their school years. Pupils are encouraged to make use of our extra-curricular programme and to continue participating in activities that they enjoy.

Year 12

Physical Education in Year 12 provides students with a valuable opportunity to remain active alongside their academic studies. The weekly lesson offers a chance to break up the academic workload, enjoy being active and take part in team sport, providing an important balance to the demands of Year 12.

Students have opportunities to develop their teamwork, communication and leadership skills while participating in a range of sporting activities. They are also given greater responsibility for their learning, including planning and delivering a PE lesson to their peers.

This experience encourages students to develop confidence, organisation and leadership skills, while giving them the opportunity to contribute positively to the sporting experience of others. Ultimately, Year 12 PE provides students with time to be active, work collaboratively and enjoy sport, while recognising the important role that physical activity plays in supporting overall wellbeing and maintaining balance during a demanding academic year.