

Subject: Physical Education

Year 7	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
What students are learning	Indoor athletics Health-related fitness	Netball/ football	Dance/gymnastics OAA	Dance/gymnastics Rugby/futsal	Athletics Cricket/rounders	Athletics Cricket/rounders
Key Content and Skills	Indoor athletics: exploring different events. Invasion games: exploring different types of invasion games. Football/netball: skills required for football and netball. Health related fitness: explore different components of fitness required for different sports		Dance: explore various dance concepts through Indian dance. Gymnastics: travel, balances and creating sequences. OAA: orienteering and map-reading skills. Rugby/futsal: skills required for rugby and futsal.		Athletics: students learn about the importance of health and safety of using throwing equipment. They explore the skills required to carry out different athletics disciplines - shot put, discus, hammer, sprinting, long distance running. Cricket/rounders: exploring the skills required for cricket and rounders.	

Assessment	Practical assessment	Practical assessment	Practical assessment
How can students prepare beyond the classroom?	Students should: • Keep active and try to complete 20 minutes of physical activity a day • Join an after-school club • Research the activities being taught and watch videos of the skills required		

Year 8	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
What students are learning	Indoor athletics/HRF Netball/futsal/football	Indoor athletics/HRF Netball, rugby/futsal	Dance/gymnastics OAA	Dance/gymnastics Rugby/gaelic	Athletics Rounders/cricket	Athletics Rounders/cricket
Key Content and Skills	Indoor athletics: Leading different indoor athletics events. HRF: exploring different methods of training required to improve the components of fitness that students learnt in Year 7. Netball, futsal rugby and football: using the skills learnt in Year 7 to develop an understanding of tactics needed to		Dance: learn about the film 'Bugsy Malone'. Students create choreography based on themes from this film and incorporate the skills learnt in Year 7. Gymnastics: students build on knowledge from Year 7 to explore different group balances and the type of fitness required to do gymnastics.		Athletics: how to become competitive in each athletic discipline using the skills learnt in Year 7, eg. using a rotation or glide to improve throw. Rounders/cricket: develop understanding of game play through exploring different tactics required to be successful in games. e.g. 'magic triangle' using base 1 to get a player out when the batter has missed the	

	develop understanding of the game, eg. looking at how outwitting techniques can be used for centre passes in netball.	Gaelic football: explore the skills required to do Gaelic football. This is students' first taste of Gaelic football.	ball.
Assessment	Practical assessment	Practical assessment	Practical assessment
How can students prepare beyond the classroom?	Students should: • Keep active and try to complete 20 minutes of physical activity a day • Join an after-school club • Research each sport identifying skills, positions and rules		

Year 9	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
What students are learning	HRF/trampolining Netball/football	HRF/trampolining /table tennis Futsal/rugby	GCSE PE/BTEC Taster lessons OAA	Dance/Basketball Sports Education	Athletics Rounders/cricket	Danish longball Rounders/cricket
Key Content and Skills	HRF: students learn about the principles of training and create their own training sessions using this knowledge. Trampolining: students learn about the health and safety of using a trampoline. Explore different skills required for		OAA: students in Year 9 carry out various team-building challenges each week where they look at different types of communication, teamwork, strategic thinking and creativity. GCSE PE/BTEC taster lessons: during this		Rounders and cricket: students in Year 9 will recap skills and rules required to play these activities. They will also start to practise umpiring and playing full sided competitive games. Athletics: students in Year 9 will recap the	

	trampolining.	unit students will learn about the difference between the two courses so that they have a greater insight into what is required for the course. The topics covered are: warm up and cool down, skill classification, the muscular system, principles of training, sport provision, barriers that affect participation in sport and components of fitness. Sports Education: Students will create lesson plans which focus on a different skill each week. They will then deliver their own plans taking on different roles such as team manager, captain, warm up coach, drill coach, equipment manager, vice captain, umpire, publicist and score keeper.	skills and rules of each discipline and will then take on leadership roles through running competitions. Students will gain opportunities in timing, measuring, recording and setting up. Students will also have the opportunity to compete against other students across a range of athletic disciplines to gain points.
Assessment	Practical assessment	Practical assessment	Practical assessment
How can students prepare beyond the classroom?	Students should: • Keep active and try to complete 20 minutes of physical activity a day • Join an after-school club	Students should: • Research each sport identifying the main rules and skill required • Begin to assess their strengths and weaknesses in each activity	Students should: • Use the internet to recap the rules required in the activities taught • Research different leadership roles, eg. coach, manager and publicist. How could these roles be implemented in the activities being taught?

Year 10 BTEC/GCSE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
What students are learning	<u>Core PE</u> First Aid training Individual sports Invasion games These will vary each half term. <u>GCSE PE:</u> Component 1 Topic 1: Applied anatomy and physiology Component 2 Topic 1: Health, fitness and wellbeing Component 3 Netball and Cross-country <u>BTEC Sport:</u> Component 1 Delivery - Preparing Participants to Take Part in Sport and Physical Activity		<u>Core PE</u> First Aid training Individual sports Invasion games These will vary each half term. <u>GCSE PE:</u> Component 1 Topic 1: Applied anatomy and physiology Topic 3: Physical training Component 2 Topic 2: Sport psychology Component 3 Gaelic football <u>BTEC Sport:</u> Component 2 Delivery - Taking Part and Improving Other Participants' Sporting Performance		<u>Core PE</u> First Aid training Individual sports Invasion games These will vary each half term. <u>GCSE PE:</u> Component 1 Topic 3: Physical training Component 2 Topic 2: Sport psychology Component 3 Athletics Component 4-PEP - Aim and planning analysis - Carrying out and monitoring the PEP Evaluation of the PEP <u>BTEC Sport:</u> - Component 3 Delivery - Developing fitness to improve other participants' performance in sport and physical activity.	

Key Content and Skills	<u>GCSE PE:</u> Component 1 • The musculo-skeletal system, cardio-respiratory system Component 2 • Physical, emotional and social well-being, lifestyle choice and sedentary lifestyles, energy balance <u>BTEC Sport:</u> • Types of provision in sport • Equipment and Technology • Preparing participants to take part in sport	<u>GCSE PE:</u> Component 1/4 • Anaerobic and aerobic exercise • The relationship between health and fitness and the role that exercise plays in both • The components of fitness, benefits for sport and how fitness is measured and improved • The principles of training and their application to personal exercise/ training programmes Component 2 • Classification of skills and SMART targets <u>BTEC Sport:</u> • Components of fitness. • Roles and responsibilities of officials	<u>GCSE PE:</u> Component 2 • Guidance and feedback • Mental preparation in sport Component 4 • Personal Exercise Plan (PEP) Coursework unit: Students will embark on a six-week training programme. Prior to this programme beginning, students will carry out fitness testing and set performance/fitness targets. Post PEP students will evaluate the effectiveness of the PEP. <u>BTEC Sport:</u> • Fitness and health and their importance in sport. • Fitness Testing • Training Methods • Training Programmes
Assessment	Core PE: Practical assessment. Pass, Merit or Distinction GCSE PE: end of topic tests and practical assessment BTEC: Coursework completed over five supervised hours in class.	Core PE: Practical assessment. Pass, Merit or Distinction GCSE PE: end of topic tests and practical assessment BTEC: Coursework completed over four supervised hours in class	Core PE: Practical assessment. Pass, Merit or Distinction GCSE PE: end of topic tests and practical assessment BTEC: PPE papers and end of topic tests.
How can	Students should:		

students prepare beyond the classroom?	<u>Core PE</u> • Keep active and try to complete 20 minutes of physical activity a day • Join an after-school club • Practice and use First Aid App <u>GCSE</u> • Use GCSE PE <i>BBC Bitesize</i> alongside teacher provided resources to revise • Complete homework set each week • Complete 30 minutes of revision each week • Read through PowerPoints on google classroom • Complete 30 minutes of physical activity three times a week <u>BTEC</u> • Complete homework tasks that are set each week. • All resources used in class are on Google Classroom and are accessible at home. • Ensure that notes are being kept up to date as these can be used in the coursework assessment • Take part in physical activity regularly.
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Year 11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
What students are learning	<u>Core PE</u> First Aid training Individual sports Invasion games These will vary each half term. <u>GCSE PE:</u> Component 1 Topic 2: Movement analysis		<u>Core PE</u> First Aid training Individual sports Invasion games These will vary each half term. <u>GCSE PE:</u> Component 1 Topic 2: Movement analysis		<u>Core PE</u> First Aid training Individual sports Invasion games These will vary each half term. <u>GCSE PE:</u> • Revision <u>BTEC Sport</u>	

	Component 2 Topic 3: Socio-cultural influences Component 3 Trampolining <u>BTEC Sport</u> • Component 3 Delivery - Developing fitness to improve other participants' performance in sport and physical activity.	Component 2 Topic 3: Socio-cultural influences Component 3 Football Preparation for moderation <u>BTEC Sport</u> • Component 3 Delivery - Developing fitness to improve other participants' performance in sport and physical activity. • FIRST ATTEMPT AT EXAMINATION	• RETAKE OF EXAMINATION IF NECESSARY
Key Content and Skills	<u>GCSE PE:</u> Component 1 • Levers and Planes of Axes. Component 2 • Socio-cultural influence, commercialisation and sporting behaviours <u>BTEC Sport</u> • Fitness and health and their importance in sport. • Fitness Testing • Training Methods • Training Programmes	<u>GCSE PE:</u> • Levers and Planes of Axes. <u>BTEC Sport</u> • Fitness and health and their importance in sport. • Fitness Testing • Training Methods • Training Programmes. • FIRST ATTEMPT AT EXAMINATION	<u>BTEC Sport</u> • Component 3 Exam • Fitness and health and their importance in sport. • Fitness Testing • Training Methods • Training Programmes. • RETAKE OF EXAMINATION IF NECESSARY

Assessment	Core PE: Practical assessment. Pass, Merit or Distinction GCSE PE: end of topic tests and practical assessment	Core PE: Practical assessment. Pass, Merit or Distinction GCSE PE: end of topic tests and practical assessment BTEC: EXTERNAL EXAM	Core PE: Practical assessment. Pass, Merit or Distinction GCSE PE: end of topic tests and practical assessment BTEC: EXTERNAL EXAM (if required)
How can students prepare beyond the classroom?	Students should: <u>BTEC</u> • Aim to understand the needs of their favourite sports. What are the demands? • Create training plans that can make them better in their sport <u>GCSE</u> • Use GCSE PE <i>BBC Bitesize</i> alongside teacher provided resources to revise • Complete homework set each week • Complete 30 minutes of revision each week • Read through PowerPoints on Google Classroom • Complete 30 minutes of physical activity three times a week • Hand in practical videos in preparation for component 3 assessment <u>Core PE</u> • Keep active and try to complete 20 minutes of physical activity a day • Join an after-school club • Practice and use First Aid App	Students should: <u>BTEC</u> • Remember PE classes and activities. What warm ups did you like? • Remember your favourite drill in your favourite sport • Create a training session within your favourite sport <u>GCSE</u> • Use GCSE PE <i>BBC Bitesize</i> alongside teacher provided resources to revise; • Hand in practical videos in preparation for component 3 assessment • Attend after-school revision club • Meet with PE mentor weekly <u>Core PE</u> • Keep active and try to complete 20 minutes of physical activity a day • Join an after-school club • Practice and use First Aid App	Students should: • Revise and prepare for exams <u>Core PE</u> • Keep active and try to complete 20 minutes of physical activity a day • Join an after-school club • Practice and use First Aid App

Year 12	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
What students are learning	<u>BTEC Sport:</u> Unit 1 - Anatomy and physiology <u>A-Level PE</u> Paper 1 1.1 Applied anatomy and physiology Paper 2 2.1 Skill acquisition Paper 3 3.1 Sport and society Paper 5 H555/05 Practical Performances This component will assess either: • core and advanced skills in performing one activity or • core and advanced skills in coaching one activity. To be completed out of school		<u>BTEC Sport:</u> Unit 3 – Careers in Sport <u>A-Level PE</u> Paper 1 1.1 Applied anatomy and physiology Paper 2 2.1 Skill acquisition Paper 3 3.1 Sport and society Paper 5 H555/05 Practical Performances This component will assess either: • core and advanced skills in performing one activity or • core and advanced skills in coaching one activity. To be completed out of school		<u>BTEC Sport:</u> Unit 2 - Fitness, Training and Programming for Health, Sport and Well-being <u>A-Level PE</u> Paper 1 1.2 Exercise physiology Paper 2 2.1 Skill acquisition Paper 3 3.1 Sport and society Paper 4 H555/06 Evaluating and Analysing Performance for Improvement This component draws upon the knowledge, understanding and skills a learner has learnt throughout the course and enables them to analyse and evaluate a peer's performance in one activity. Paper 5 H555/05 Practical Performances This component will assess either: • core and advanced skills in performing one activity	

			or • core and advanced skills in coaching one activity. To be completed out of school
Key Content and Skills	BTEC Sport: - Unit 1 - Anatomy and Physiology - The skeletal system - The muscular system - The respiratory system - The cardiovascular system - The energy system A-Level PE Paper 1 - Skeletal and muscular system - Cardiorespiratory system - Energy for exercise Paper 2 - Skill Acquisition Paper 3 - Sport and society	- Part A and B: A: Understand the career and job opportunities in the sports industry B: Explore own skills using a skills audit to inform a career development action plan - Part C and D: C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway D: Reflect on the recruitment and selection process and your individual performance A-Level PE Paper 1 - Environmental factors on the body's system - Exercise physiology Paper 2 - Skill Acquisition Paper 3 - Sport and society	Topic 1 - Examine Lifestyle factors and their effect on health and well being - Exercise and well being - Benefits of healthy diet - Government recommendations - Negative lifestyle factors - Lifestyle modification techniques A-Level PE Paper 1 - Preparation and training methods in relation to improving and maintaining physical activity and performance - Injury prevention and the rehabilitation of injury Paper 2 - Sports psychology Paper 3 - Contemporary issues in physical activity and sport

Assessment	BTEC Examination A-Level PE In class assessments	BTEC Coursework A-Level PE In class assessments	BTEC Examination A-Level PE In class assessments
How can students prepare beyond the classroom?	Students should: • Use BBC bitesize for skeletal, muscular, respiratory and cardiovascular revision • Use the Google Classroom for powerpoint notes and revision guides • Track and monitor answers in each lesson to help with recalling the correct information in tests	Students should: • Ensure all deadlines are being met • Use the resources on Google Classroom to help with the structure of your coursework • Read through the assignment briefs carefully • Use the recommended reading list posted on Google Classroom	Students should: • Use past papers to practise examination answers. Ensure notes are kept up to date • Use the resources on Google Classroom to help revise for the exam • Research the 'Eatwell Guide' in preparation for topics to be studied in Year 13.

Year 13	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
What students are learning	<u>BTEC SPORT</u> Unit 2 - Fitness, Training and Programming for Health, Sport and Well-being <u>A-Level PE</u> Paper 1 • Biomechanics • Biomechanical principles, levers and the use of technology		<u>BTEC Sport:</u> Unit 4 - Sports Leaders <u>A-Level PE</u> Revision			

	• Linear motion, angular motion, fluid mechanics and projectile motion Paper 2 • Sports psychology Paper 3 • Contemporary issues in physical activity and sport	
Key Content and Skills	BTEC Topic 1 - Examine Lifestyle factors and their effect on health and well being • Exercise and well being • Benefits of healthy diet • Government recommendations • Negative lifestyle factors • Lifestyle modification techniques Topic 2 - Understand the screening process for training programming • Par Q • Health monitoring tests • Interpreting data Topic 3 - Understand programme related nutritional needs • Components of a balanced diet • Energy • Hydration and Dehydration • Nutritional strategies	BTEC • Learning Aim A – Understand the roles, qualities and characteristics of an effective sports leader • Learning Aim B – Examine the importance of psychological factors and their link with effective leadership • Learning Aim C – Explore and effective leadership style when leading a team during sport and exercise activities

Assessment	Examination	Coursework
How can students prepare beyond the classroom?	Students should: • Use past papers to practise examination answers. Ensure notes are kept up to date • Use the resources on Google Classroom to help revise for the exam • Ensure that notes for the examination are detailed and handed in on time.	Students should: • Ensure all deadlines are being met. • Use the resources on Google Classroom to help with the structure of your coursework • Read through the assignment briefs carefully • Use the recommended reading list posted on Google Classroom.