



PHYSICAL EDUCATION

Curriculum & Assessment Map

TRANSITION STAGE

YEAR 7	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
CONTENT <i>Please note that the term that students do each unit may differ</i>	Tennis Rounders Cricket PRIDE Values	Netball Football PRIDE Values	Gymnastics Basketball PRIDE Values	Rugby Personal Development PRIDE Values	Athletics PRIDE Values	Rounders Cricket PRIDE Values
SKILLS	Building and developing physical literacy Building and developing students understanding of Personal Excellence, Respect, Inspiration, Determination and Equality through sport and activities Building and developing decision making Building and developing problem solving and creative thinking Building and developing skills within a range of sports and activities					
ASSESSMENT	Formative assessment to take place during every lesson and with other teachers and students during interform challenges.					
USEFUL RESOURCES / GUIDANCE: We offer a range of clubs before school, lunch time and after school. These will be advertised on the school website as well as inside school. We also offer a number of leadership opportunities during the course of the year, please do get involved!						



FOUNDATION STAGE

YEAR 8	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
CONTENT <i>Please note that the term that students do each unit may differ</i>	Tennis Rounders Cricket PRIDE Values	Netball / Handball Football PRIDE Values	Gymnastics / Parkour Basketball PRIDE Values	Rugby Personal Development PRIDE Values	Athletics PRIDE Values	Rounders Cricket PRIDE Values
SKILLS	Developing and embedding physical literacy Developing and embedding students understanding of Personal Excellence, Respect, Inspiration, Determination and Equality through sport and activities Developing and embedding decision making Developing and embedding problem solving and creative thinking Developing and embedding skills within a range of sports and activities					
ASSESSMENT	Formative assessment to take place during every lesson and with other teachers and students during interform challenges.					
USEFUL RESOURCES / GUIDANCE: We offer a range of clubs before school, lunch time and after school. These will be advertised on the school website as well as inside school. We also offer a number of leadership opportunities during the course of the year, please do get involved!						

YEAR 9	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
CONTENT <i>Please note that the term that students do each unit may differ</i>	Volleyball Outside Adventurous Activities PRIDE Values	Badminton Skateboarding PRIDE Values	Ultimate Frisbee Football PRIDE Values	Personal Development Dodgeball / Cheerleading / Handball Tag Rugby / Table Tennis PRIDE Values	Athletics PRIDE Values	Rounders Cricket PRIDE Values
SKILLS	Embedding and applying physical literacy Embedding and applying students understanding of Personal Excellence, Respect, Inspiration, Determination and Equality through sport and activities Embedding and applying decision making Embedding and applying problem solving and creative thinking Embedding and applying skills within a range of sports and activities					
ASSESSMENT	Formative assessment to take place during every lesson and with other teachers and students during interform challenges.					
USEFUL RESOURCES / GUIDANCE: We offer a range of clubs before school, lunch time and after school. These will be advertised on the school website as well as inside school. We also offer a number of leadership opportunities during the course of the year, please do get involved! The bronze Duke of Edinburgh award is open to all year 9 students.						



EXAMINATION STAGE

YEAR 10	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
CONTENT (CORE)	Sport Education PRIDE Values	Volleyball Netball / Handball PRIDE Values	La Cross Uni Hockey Rocketball Basketball PRIDE Values	Silent Disco Football PRIDE Values	Athletics Skateboarding PRIDE Values	Rounders Cricket PRIDE Values
CONTENT (GCSE)	Applied anatomy and physiology theory Netball, badminton, football, athletics, rock climbing, volleyball, table tennis practical	Movement Analysis theory Netball, badminton, football, athletics, rock climbing, volleyball, table tennis practical	Physical Training and use of data theory Netball, badminton, football, athletics, rock climbing, volleyball, table tennis practical	Sports Psychology theory Netball, badminton, football, athletics, rock climbing, volleyball, table tennis practical	Socio – cultural influences theory Netball, badminton, football, athletics, rock climbing, volleyball, table tennis practical	Health, fitness and wellbeing theory Netball, badminton, football, athletics, rock climbing, volleyball, table tennis practical
SKILLS	<p>CORE Applying and practicing physical literacy Applying and practicing students understanding of Personal Excellence, Respect, Inspiration, Determination and Equality through sport and activities Applying and practicing decision making Applying and practicing problem solving and creative thinking Applying and practicing skills within a range of sports and activities</p> <p>GCSE Students will gain knowledge and understanding in all areas of the course covered Students will develop and practice a range of skills in both individual and team sports</p>					
ASSESSMENT	<p>In Core PE formative assessment will take place during every lesson and across other teachers and students during interform challenges.</p> <p>In GCSE PE students will have an end of topic test after each sub topic. Students will also have 5 – 10 questions at the start of every lesson to consolidate learning</p>					
USEFUL RESOURCES / GUIDANCE:						
<p>We offer a range of clubs before school, lunch time and after school. These will be advertised on the school website as well as inside school. We also offer a number of leadership opportunities during the course of the year, please do get involved! The silver Duke of Edinburgh award is open to all Year 10 students.</p> <p>GCSE https://www.bbc.co.uk/bitesize/subjects/znyb4wx https://www.brianmac.co.uk/</p>						



Curriculum & Assessment Map

YEAR 11	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
CONTENT (CORE)	Leadership in a range of sporting activities PRIDE values	Leadership in a range of sporting activities PRIDE values	Leadership and competition in a range of sporting activities PRIDE values	Leadership and competition in a range of sporting activities PRIDE values	Leadership and competition in a range of sporting activities PRIDE values	
CONTENT (GCSE)	Applied anatomy and physiology theory Netball, badminton, football, athletics, rock climbing, volleyball, table tennis practical's	Movement Analysis theory Written Course work Netball, badminton, football, athletics, rock climbing, volleyball, table tennis practical's	Physical Training and use of data theory Netball, badminton, football, athletics, rock climbing, volleyball, table tennis practical's	Sports Psychology theory Socio – cultural influences theory Health, fitness and wellbeing theory	Revision of all topic areas	
SKILLS	<p>CORE Practicing and leading physical literacy Practicing and leading students understanding of Personal Excellence, Respect, Inspiration, Determination and Equality through sport and activities Practicing and leading decision making Practicing and leading problem solving and creative thinking Practicing and leading skills within a range of sports and activities</p> <p>GCSE Students will develop and embed their knowledge and understanding in all areas of the course covered Students will develop and practice a range of skills in both individual and team sports</p>					
ASSESSMENT	<p>In Core PE formative assessment will take place during every lesson and across other teachers and students during interform challenges.</p> <p>In GCSE PE students will have an end of topic test after each sub topic. Students will also have 5 – 10 questions at the start of every lesson to consolidate learning. Students will have practical moderations where skills will be assessed in isolation and in full competition.</p>					
<p>USEFUL RESOURCES / GUIDANCE: We offer a range of clubs before school, lunch time and after school. These will be advertised on the school website as well as inside school. We also offer a number of leadership opportunities during the course of the year, please do get involved! The silver Duke of Edinburgh award is open to all Year 11 students.</p> <p>GCSE https://www.bbc.co.uk/bitesize/subjects/znyb4wx https://www.brianmac.co.uk/</p>						



Curriculum & Assessment Map

ADVANCED STAGE

YEAR 12	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
CONTENT	Applied Anatomy and physiology Cardiovascular system Skill Acquisition Skill continuum and classification Sport and Society Globalisation in sport	Applied Anatomy and physiology Respiratory system Skill Acquisition Principles of learning Sport and Society Industrial and post industrial	Applied Anatomy and physiology Neuromuscular system Skill Acquisition Guidance and feedback Sport and Society Post WW2	Applied Anatomy and physiology Muscular skeletal system Skill Acquisition Memory models Sport and Society Sport and Society	Applied Anatomy and physiology Energy systems Skill Acquisition Information processing model	Written Coursework and practical filming
SKILLS	Students will gain understanding on how to apply their knowledge to the exam paper and the different styles of questions					
ASSESSMENT	Students will have an end of topic test after each sub topic. Students will also have 5 – 10 questions at the start of every lesson to consolidate learning					
USEFUL RESOURCES / GUIDANCE:						
https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582 https://www.teachpe.com/courses/a-level-pe-quizzes https://revisionworld.com/a2-level-level-revision/physical-education-level-revision						

YEAR 13	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
CONTENT	Exercise and physiology Diet and nutrition Training and injury Psychology Personality Attitude Arousal Anxiety Aggression Society and technology Concept of PE Elite performers Ethics	Biomechanics Principles Leavers Linear motion Psychology Motivation Achievement theory Social facilitation Group dynamics Goal setting Society and technology Violence Drugs Sport and law	Biomechanics Angular motion Projectile in motion Fluid motion Psychology Attribution theory Confidence Leaders Stress management Society and technology Commercialisation Technology	Application and revision		
SKILLS	Students will gain understanding on how to apply their knowledge to the exam paper and the different styles of questions					
ASSESSMENT	Students will have an end of topic test after each sub topic. Students will also have 5 – 10 questions at the start of every lesson to consolidate learning					
USEFUL RESOURCES / GUIDANCE:						
https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582 https://www.teachpe.com/courses/a-level-pe-quizzes https://revisionworld.com/a2-level-level-revision/physical-education-level-revision						