





# PE- Curriculum Overview

	skills- Confidence, communication, organisation, motivation, discipline, mutual respect	skills- Confidence, communication, organisation, motivation, discipline, mutual respect	skills- Confidence, communication, organisation, motivation, discipline, mutual respect	skills- Confidence, communication, organisation, motivation, discipline, mutual respect	skills- Confidence, communication, organisation, motivation, discipline, mutual respect	skills- Confidence, communication, organisation, motivation, discipline, mutual respect
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## Year 11

Half Term:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics:	Options	Options	Options	Options	Options	
Assessment & End Points:	Students able to lead/independently complete a warm up/small group task.	Students will learn the importance of being physically active. What the physical and psychological benefits of exercise are.	Students will know and understand what a healthy active lifestyle is and the importance of living a healthy active lifestyle.	Students will be given the opportunity to lead and coach others if this is a pathway they wish to take. Students will learn how and where they can take part in sport/physical activities outside of the school setting.		

## Year 10 GCSE PE

Half Term:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theory topics	Skeletal system Muscular System Principles of training Methods/types of training	Prevention of injury: risks/hazards/ 5 part warm up Skill classification Goal Setting	Controlled assessment AEP Task: Overview Assessment Movement analysis Analysis	Controlled assessment AEP Task: Evaluation Action plan	Cardiovascular system Respiratory System	Short/long term effects of exercise Levers/planes/axis



# PE- Curriculum Overview

		Components of fitness: 10 components including completion of fitness tests for all				
NEA	Practical skill development and assessment of:  Football, netball, table-tennis, handball, badminton (Order determined by facility availability)	Practical skill development and assessment of:  Football, netball, table-tennis, handball, badminton (Order determined by facility availability)	Practical skill development and assessment of:  Football, netball, table-tennis, handball, badminton (Order determined by facility availability)	Practical skill development and assessment of:  Football, netball, table-tennis, handball, badminton (Order determined by facility availability)	Practical skill development and assessment of:  Athletics, tennis, cricket (Order determined by facility availability)	Practical skill development and assessment of:  Athletics, tennis, cricket (Order determined by facility availability)
Assessment & End Points:	AP1 – Movement analysis practice task  Practical sport assessments	AP2 – Skill classification and goal setting task  Practical sport assessments	AP3/4 – AEP mark  Practical sport assessments	AP3/4 – AEP mark  Practical sport assessments	AP5 – Y10 Mock exam  Practical sports assessments	AP6 – Test on summer1 and 2 theory content  Practical sports assessments

## Year 11 GCSE PE

Half Term:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theory topics	Engagement patterns  Commercialisation	Ethical and sociocultural issues in sport: Ethics Drugs Violence  Skill classification  Goal setting	Mental preparation  Guidance  Feedback  Health fitness and well-being  Diet and nutrition	Revision / exam technique / exam preparation	Revision / exam technique / exam preparation	Exam Leave
NEA	Practical skill development and assessment of:  Football, netball, table-tennis, handball, badminton (Order determined by facility availability)	Practical skill development and assessment of:  Football, netball, table-tennis, handball, badminton (Order determined by facility availability)	Practical moderation (date TBC)	Practical moderation (date TBC)		
Assessment & End Points:	AP1 – Test on Aut 1  Practical sport assessments	AP2 – Y11 mock paper 1  Practical sport assessments	AP3 – Test on ethics in sport	AP4 – Paper 2 (Psychology/health and well-being)		



# PE- Curriculum Overview

## Year 10 Cambridge Nationals Sport Studies

Half Term:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic 1:	R051: contemporary issues within sport.  Highlight different user groups and barriers to participation	R051: contemporary issues within sport.  Highlight sporting values, Olympic and Paralympic values, and initiatives within sport	R051: contemporary issues within sport.  Highlight different major sporting events and the process behind hosting an event	R051: contemporary issues within sport.  Highlight different National Governing Bodies, their job roles and how they promote sport.	R051: Official Exam	R054: Sports and the Media  Highlight different ways the media promote sport
Topic 2:	R052: Developing Sports skills (Individual Sport)	R052: Developing Sports skills (Team Sport)	R052: Developing Sports skills (Team Sport)	R052: Developing Sports skills (Officiating)	R052: Official deadline for coursework	R053: Sports Leadership  (Different methods of leadership)
Assessment & End Points:		Assessing individuals sporting skills – using the witness statement document		Mock papers for R051  Assessing individuals sporting skills – using the witness statement document		

## Year 11 Cambridge Nationals Sport Studies

Half Term:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic 1:	R054: Sports and the Media  Highlight the positives of the media and how they promote sport	R054: Sports and the Media  Highlight the negatives of the media and how they disrupt sport	R054: Sports and the Media  Find the relationship between the media and sport – explaining how they benefit one another and the changes which have occurred to ensure each sport is promoted	R054: Sports and the Media  Compare and analyse two different types of media outlets	R054: Official deadline for coursework	
Topic 2:	R053: Sports Leadership  (Different methods of leadership)	R053: Sports Leadership  (Demonstrate the different types of leadership methods within sporting activities)	R053: Sports Leadership  (Highlight different sporting exams and their leadership role)	R053: Sports Leadership  (Analyse your leadership method and ways to improve)	R053: Official deadline for coursework	
Assessment & End Points:	Assessing different methods of leadership – written coursework		Assessing written coursework for both R054 and R053			



# PE- Curriculum Overview

Completing LO1 for R054: officially					
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## Year 12 BTEC Sport

Half Term:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics:	Unit 1 Anatomy and Physiology <ul style="list-style-type: none"> <li>Skeletal System</li> <li>Muscular System</li> <li>Cardiovascular System</li> </ul>	Unit 1 Anatomy and Physiology <ul style="list-style-type: none"> <li>Respiratory System</li> <li>Energy Systems</li> </ul>	<b>OFFICIAL EXAM FOR UNIT 1</b>  Unit 2 Fitness training and programming for health, sport and well-being <ul style="list-style-type: none"> <li>Examine lifestyle factors and their effect on health and well-being</li> <li>Understand programme-related nutritional needs</li> </ul>	Unit 2 Fitness training and programming for health, sport and well-being <ul style="list-style-type: none"> <li>Examine training methods for different components of fitness</li> <li>Understand training programme design</li> </ul>	<b>OFFICIAL EXAM FOR UNIT 2</b>  Unit 3, Learning outcome A: Understand the career and job opportunities in the sports industry	Unit 3, Learning outcome A: Understand the career and job opportunities in the sports industry
Assessment & End Points:	AO1 Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors affecting each body system Command words: describe, give, identify, name, state  AO2 Demonstrate understanding of each body system, the short- and long-term effects of sport and exercise on each system and additional factors that can affect body systems in relation to	AO3 Analyse exercise and sports movements, how the body responds to short-term and long-term exercise and other additional factors affecting each body system	AO3 Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests  AO4 Evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved	AO3 Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests  AO4 Evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved  AO5 Be able to develop a fitness training programme with appropriate justification		



# PE- Curriculum Overview

exercise and sporting performance	Command words: describe, explain, give, name, state					
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## Year 13 BTEC Sport

Half Term:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics:	Unit 3, Learning outcome A: Understand the career and job opportunities in the sports industry & Learning Outcome B: Explore own skills using a skills audit to inform a career development action plan	Unit 3, Learning outcome C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway & Learning outcome D: Reflect on the recruitment and selection process and your individual performance	Unit 4, Learning outcome A: Understand the roles, qualities and characteristics of an effective sports leader	Unit 4, Learning outcome Learning aim B: Examine the importance of psychological factors and their link with effective leadership	Unit 4, Learning outcome C: Explore an effective leadership style when leading a team during sport and exercise activities	
Assessment & End Points:	AP1, AP2, AM1, BP3, BP4, BM2, BM3 Assessment, Written	CP5, CP6 Assessment Interview CM4, CDD2 Assessment Written	AP1, AP2, AM1 AND AD1 Assessment, written	BP3, BM2 and BD2 Assessment, Written	CP4 & CM3 Assessment, Practical	CP5, CM4 and CD3 Assessment, Written and Presentation

## Year 12 ALEVEL

Half Term:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics: Red – A&P, Ex & phys, biomechanics Blue – sport and society, technology Green – Skill acq and sports psychology Purple – coursework	Understanding of the impact of physical activity and sport on the health and fitness of the individual <b>Cardio-vascular system</b> <b>Respiratory system</b>  Industrial and post-industrial Britain	<b>Neuromuscular system</b> <b>Musculoskeletal system</b>  Post World War II Sociological theories applied to equal opportunities  Use of guidance and feedback	<b>Preparation and training methods in relation to maintaining physical activity and performance</b>  Underrepresented groups in sport and barriers to participation. Benefits of raising participation.	<b>Biomechanic principles</b> <b>Levers</b>  Understanding of technology for sports analytics  <b>Attitudes, Arousal, Anxiety, Aggression, Motivation</b>	Prep for mock exam for all topics  <b>Practical coursework ongoing</b>	<b>Diet and nutrition and their effect on physical activity and performance</b>  Concepts of physical activity  <b>Social facilitation, group dynamics. Importance of goal setting</b>



# PE- Curriculum Overview

	<p>Post World War II</p> <p>Skill, Skill continuums and transfer of skills Impact of skill of practice classification on structure of practice for learning</p> <p>AA2: Analysis task Practical coursework ongoing</p>	<p>Principles and theories of learning and performance</p> <p>AA2: Analysis task Practical coursework ongoing</p>	<p>Principles and theories of learning and performance continued. Aspects of personality</p> <p>AA2: Evaluation task Practical coursework ongoing</p>	<p>AA2: Evaluation task Practical coursework ongoing</p>		<p>Practical coursework ongoing</p>
<b>Assessment &amp; End Points:</b>	AP1 for each topic area	AP2 for each topic area	AP3 for each topic area	AP4 for each topic area	AP5 – mock exam	AP6 for each topic area

## Year 13 ALEVEL

Half Term:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Topics:</p>	<p><b>Energy systems</b></p> <p>Concepts of physical activity in sports Ethics in sport</p> <p>Memory models Efficiency of information processing</p> <p>AA3: Analysis task Practical coursework ongoing</p>	<p><b>Injury prevention and the rehabilitation of injury</b></p> <p>Violence in sport Drugs in sport</p> <p>Achievement motivation theory Attribution theory</p> <p>AA3: Evaluation task Practical coursework ongoing</p>	<p><b>Linear, angular and projectile motion</b> <b>Fluid mechanics</b></p> <p>Sport and the law Commercialisation Functions of sports analytics Equipment and facilities Technology</p> <p>Self-efficacy and confidence Leadership Stress management</p> <p>Practical moderation (date TBC)</p>	<p>Revision, exam prep, re-teach year 12.</p> <p>Practical moderation (date TBC)</p>	<p>Revision, exam prep</p>	
<b>Assessment &amp; End Points:</b>	AP1 for each topic	AP2 for each topic	AP3 - Mock exam	AP4 for each topic		