

Department Name: PE

GCSE PE

Department's vision: *In PE, the curriculum is designed to ensure students perform effectively in different physical activities by accurately and fluently selecting and using tactics, strategies and/ or compositional ideas. Students understand the contribution to which physical activity and sport make to health, fitness and well-being and follow by example. Students have an excellent understand and application of the physiological, psychological and social-cultural issues that affects performance in physical activity and sport. As a result, students will be confident and fluent communicators who are able to accurately interpret, analyse and evaluate complex and varied ideas with precision.*

Year Group	Topic One	Topic Two	Topic Three	Topic Four	Topic Five	Topic Six	Topic seven	Topic Eight	Topic nine		
Year 7	Health, fitness/ well-being	Rugby– contact	Badminton	Creative Movement	Hockey	Netball	Athletics	Rounder's	Tennis		
What will students know by the end of the topic...	Understanding Health and safety in Sport/ PA. The Components of fitness required for sport, and how to test each. The effects of exercise on the bodies system. Accurately evaluate own fitness against normative data.	Understand and can apply safely a range of core skills, qualities and fitness required for Rugby. Understand and demonstrate safety in Sport., including correct technique / warm up and a cool down for contact sports.	Under stand, know and can apply a range of core skills, qualities and fitness required for Badminton. Understand the rules and regulations of singles. Be able to coach others to improve their personal development.	Understand a range of core skills, qualities and compositional ideas required to perform accurately and fluently . Demonstrate an understanding of the axis of rotation. Accurately evaluate and analyse performance.	Understand and apply a range of core skills, qualities and strategies to outwit an opposition. Will analyse the components of fitness required for invasion games. Apply theory through practical examples.	Understand and apply a range of core skills, qualities and strategies to outwit an opposition. Will analyse the components of fitness required for invasion games. Accurately analyse own and others performance.	Understand a range of disciplines, knowing the accurate core techniques. Know how to evaluate effectively. Understand how to measure accurately. Evaluate own personal goals towards improving performance.	Understand and apply a range of core skills, qualities and fitness within the laws of the game. Use knowledge of data to accurately track and evaluate performance .	Understand and apply a range of core skills, qualities and fitness components. Understand the rules and regulations. Accurately analyse own and others performance.		
Year 8	Health, fitness/ well-being	Rugby– contact	Basketball	Trampolining	Handball	OAA	Athletics	Cricket	Table tennis		
What will students know by the end of the topic...	How to maintain a Healthy active lifestyle .Understand the methods of training to improve specific fitness. Understand the concept of reliability and validity. How to analyse personal data and make comparisons against year 7 data.	Understand and can apply safely a range of core/ advanced skills, qualities and tactics and fitness required to outwit the opposition in Rugby. Will analyse the components of fitness required for invasion games.	Under stand and can apply a range of core / advanced skills, qualities and fitness required for Badminton. Understand the Comparisons between singles and doubles play.	Understand a range of core/ advanced skills, qualities and compositional ideas required to perform accurately and fluently . Know the 4 types of guidance, and their importance. Accurately evaluate and analyse performance to improve.	Understand a range of core/ advanced skills, qualities and strategies to outwit an opposition. Effectively evaluate the difference between the two sports. Accurately evaluate and Analyse performance.	Understand the qualities of an effective team and leader. Understand the importance of problem solving and learning from mistakes. Know how to read and orientate a map. Accurately analyse own and others performance.	Understand a range of disciplines, knowing the accurate core/ advanced techniques. Know how to evaluate effectively. Know the 6 types of feedback used to improve performance.	Understand and apply a range of core/ Advanced skills, qualities and components of fitness within the laws of the game. Understand the history/ cultural background of Cricket.	Understand and apply a range of core / advanced skills, qualities and tactics to outwit an opponent. Evaluate the difference between singles and doubles play. Accurately analyse own and others performance.		
Year 9 GCSE	Physical training		Principles of training /Optimising training		Effects of exercise on body systems		Structure/ function of the cardio-respiratory system		Structure and function of the muscular-skeletal system		Movement analysis
What will students know by the end of the topic...	Know all 10 components of fitness and a suitable test for each. Understand various practical examples. Analyse and evaluate data, including graphs and tables. Develop and understand exam technique for these questions .		Understand and can apply the Principles of training. Know all methods of training. Know how to prevent injury when participating in physical activities and sport. The potential hazards , and how risks can be minimised .		Know the short term and long term effects of exercise on the cardiovascular, respiratory, muscular-skeletal system. Understand the difference between aerobic and anaerobic exercise, including multiple examples.		The functions of the blood vessels; pathway of blood; double-circularity system The pathway of air through the respiratory system. The role of respiratory muscles in breathing. Understand the process of gaseous exchange.		The names and location of the muscles/ bones in the body, and their function. Know the structure and function of a synovial joint and how movement occurs. Develop and understand exam technique for these questions .		3 levers in the body / 3 axis of rotation/ 3 planes of movement. Apply detailed practical examples for all biomechanics.
GCSE Practical	Table Tennis		Trampolining		Handball/ Football		Athletics		AEP		
What will students know by the end of the topic...	Know and can apply a range of core / advanced skills, qualities fitness and tactical understanding required for Table Tennis. Know a range of practical examples, linked to their own performance.		Know how to perform all core and advanced skills and qualities. Understand the compositional ideas used to create two routines. Know strengths and weakness in their and others performance.		To understand and apply a range of core/ advanced skills, qualities, fitness and strategies to outwit an opposition. Understand their role on court as a positional player. E.g. playmaker.		To know the advanced techniques required for 2 disciplines and use this knowledge to perfect their technique to improve their personal best.		Know how to effectively evaluate performance, justifying the impact.		
Year 10 Theory	Sport Psychology: Classification of skill		Sport Psychology: Goal Setting		Sport Psychology: Mental preparation, Guidance and feedback		Health fitness and Well-being; Diet and nutrition		Engagement patterns and Participation in Sport		
What will students know by the end of the topic...	Know the characteristics of skilful movement; the two different skill continuums. Justifying their application to sport. Develop and understand exam technique for these questions .		Understand the importance of ST/ LT goal setting. Know and apply SMART goals to sports performance. Develop and understand exam technique for these questions .		Know the importance of mental preparation techniques, guidance and feedback to improve performance and psychological state. Know the advantages and disadvantages. Develop and understand exam technique for these questions . Know all Key vocab		Know the effects of a healthy active lifestyle on social, physical and emotional health. Understand the consequences of a sedentary lifestyle and the components of a balanced diet.		The current trends and factors affecting participation for a range of different groups in society will be understood, along with strategies to promote participation. Analyse and evaluate data, including graphs and tables.		
Year 11	Commercialisation		Ethical and socio-cultural issues		Exam technique: Paper 1		Exam technique: Paper 2		Exam technique: Extended questions synopsis		Exam technique
What will students know by the end of the topic...	Know and understand the commercialisation of physical activity including sponsorship, and the influences of the media . Evaluate the positive and negative effects on participation and performance.		Know ethics in sport. The effects of drugs in sport and the reasons why sports performers use drugs . Know and understand frustration in sport.		Students will know all key terms for this topic area. Know how to analyse and evaluate data. Understand ow to answer questions to achieve target grade.		Students will know how to apply their knowledge and understanding, through demonstrating excellent exam technique. Knowledge of all key vocab. They will provide detailed practical examples throughout.		Know and understand how to answer 6 mark questions, to achieve all criteria, A01, A02, A03. PED. Will know how to answer synoptic questions at a level 1,2,3		Will understand what makes a detailed practical examples. Understand how to develop an answer to fully achieve A02.
Year 12: A level PE	Applied anatomy and Physiology		Exercise Physiology		Sport Acquisition		Sport and Society		Performance of coaching in Physical education		
Year 13: A Level	Evaluation and Analysis of Performance for Improvement		Biomechanics		Sport psychology		Contemporary issues in PA and Sport				

Key Stage Four Specification Link: <https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/>

Key Stage Five Specification Link : <https://www.ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/>

What will students see in their books or folders? Regular Low stakes quizzing to test knowledge, with systematic tracking/ revisiting of content. Modelling and scaffolding to answer a variety of questions to achieve A01, A02 and A03 criteria. Regular Peer assessment and targeted feedback	This subject supports students' reading and literacy through... Using and highlighting key Vocab / Challenging questions and texts/ Creating confident, independent thinkers and effective decision makers who can communicate effectively. Ensuring quality of written and verbal responses	This subject supports students' numeracy through... Students have to demonstrate an understanding of how data are collected – both qualitative and quantitative. Be able to present, analyse and evaluate data, including graphs and tables.	This subject promotes the following revision strategies as the most effective means of retaining content... Look cover write check, to learn key vocab. P.E.E: Point, Example, Explanation practice for 4-6 mark questions ; Mind maps/ flash cards to map our and retain knowledge	Opportunities for exploring this subject further are available through ... Extensive wider readings available to students electronically and in the library Inspirational talks from outside agencies / Visits to universities/ wider facilities/ Leadership qualifications	Educational visits OAA Trips: Y7 Lockerbrook/ Y8 Hagg Farm Year 9-11 Club Correze, Dordogne France Water sports Seasonal day visits: Leister tigers, Rugby/ Loughborough Lightening, Netball
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Department Name: PE

BTEC/ CORE

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Y9Examination PE	Physical training		Principles of training /Optimising training		BTEC Unit 3 Applying the Principles of Personal Training				
What will students know by the end of the topic...	Know all 10 components of fitness and a suitable test for each. Understand various practical examples. Analyse and evaluate data, including graphs and tables. Know and understand how to answer questions for this topic area.		Understand and can apply the Principles of training. Know all methods of training. Know how to prevent injury when participating in physical activities and sport. The potential hazards , and how risks can be minimised . Know exam technique for 6 mark questions.		Know how to and design a personal fitness training programme/ know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training/ Implement a self-designed personal fitness training programme to achieve own goals and objectives Review a personal fitness training programme. Understand how to interpret data, and evaluate accurately.				
Year 9 Core	Volleyball	Table Tennis	Invasion games: Field Hockey/ Rugby	Trampolining	Leadership/ OAA	Softball			
Year 10 BTEC	Unit 1: Fitness for Sport and Exercis				Unit 6 Leading Sports Activities				
What will students know by the end of the topic...	Know about the components of fitness and the principles of training and explore different fitness training methods. Be able to investigate fitness testing to determine fitness levels, and analyse data, comparing to norms. Know all key vocab for unit 1. Know and undertsnad how to				In this unit you will: Know the attributes associated with successful sports leadership. Undertake the planning and leading of sports activities. Use your knowledge to review the planning and leading of sports activities . Effectivly evaluate own performance and recommend actions for improvement.				
Year 10 Core	Health nd Mental Well being: Martial Arts	Dodgeball	Creative movement: PK/ Dance/ Trampolining	Invasion games: Gaelic Football / Football	Leadership: Tennis Official	Striking and Fielding			
Year 11 BTEC	Unit 2 Practical Performance in Sport								
What will students know by the end of the topic...	Understand the rules, regulations and scoring systems for two selected sports and demonstrate these in practice. Practically you will demonstrate the core and advanced skills, techniques and tactics required for an individual and team sport. Lastly, effectively evaluate your own and others performance, implementing an action plan for change.								
Year 11 Core	Health, Fitness and mental well-being	Invasion games	OAA/ Target sports	Invasion games	Net wall– Tennis/ Table tennis	Striking and Fielding			
Year 12	Unit 1: Anatomy and Physiology				Unit 2: Fitness Training and Programming for Health, Sport and Well-being				
Year 13	Unit 3: Professional Development in the Sports Industry				Unit 7: Practical Sports Performance OR Unit 4 Sports Leadership				

Key Stage Four Specification Link: <https://qualifications.pearson.com/content/dam/pdf/BTEC-Firsts/Sport/2020/>

Key Stage Five Specification Link : <https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport>

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Regular Low stakes quizzing to test knowledge, with systematic tracking/ revisiting of content. Rag rated contents page . Modelling and scaffolding to answer questions effectively Regular Peer assessment and targeted feedback	Using and highlighting key Vocab Challenging questions and texts Creating confident, independent thinkers who can communicate effectively.	Students have to demonstrate an understanding of how data are collected – both qualitative and quantitative. Be able to present, analyse and evaluate data.	Look cover write check, to learn key vocab. Mind maps/ flash cards to map our and retain knowledge	Extensive wider readings available to students electronically and in the library Inspirational talks from outside agencies Leadership qualifications	OAA Trips: Y7 Lockerbrook/ Y8 Hagg Farm / Year 9-11 Club Correze, Dordogne France Water sports Club visits: Leister tigers/ Loughborough university Extensive Extra Curricular/ leadership provision