



PE- Curriculum Overview

Year 7

Half Term:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics:	OAA, Creative Movement, Rugby, Dance & Netball (A04)		GAA, Table Tennis, Basketball, Rugby/Football (A04)	Invasion Games, Badminton and Dance (A04)	Athletics and Striking & Fielding (A04)	
Assessment & End Points:	State the core skills (A01/2)	State the core skills and give examples (A01/2)	State the core skills and identify your strengths (A01/2)	State the core skills and identify your weaknesses (A01/2)	State the core skills and explain how you are going to improve (A01/2)	State the core skills and barriers which may influence you improving (A01/2)

Year 8

Half Term:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics:	OAA, Creative Movement, Rugby, Dance & Netball (A04)		GAA, Table Tennis, Basketball, Rugby/Football (A04)	Invasion Games, Badminton and Dance (A04)	Athletics and Striking & Fielding (A04)	
Assessment & End Points:	Describe core and advanced skills used during your sporting activities (A02)		Explain how you are going to improve on your weaker skill sets for each sport they you are completing (A02)		create SMART goals to improve your skills set, focusing on both core and advanced skills (A02)	

Year 9

Half Term:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics:	OAA, Creative Movement, Rugby, Dance & Netball (A04)		GAA, Table Tennis, Basketball, Rugby/Football (A04)	Invasion Games, Badminton and Dance (A04)	Athletics and Striking & Fielding (A04)	
Assessment & End Points:	Analyse your performance by giving 2 positives and 2 ways to improve. The analysis can be either practical skills or methods to improve participation (A03).	Analyse performance based on A01 content (A01 = a range of factors affecting performance, using specific terminology) (A03).	Analyse performance based on A01 content and A02 content (A02 = knowledge and understanding of factors that underpin my performance) (A03).	Justify your analysis by talking about factors that underpin my performance (A03).	Evaluate each skill. A maximum of 4 skills. You must use A01, A02 and A04 criteria (A03).	



PE- Curriculum Overview

Year 10

Half Term:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics:	OAA, GAA, Football, Badminton, Fitness	Fitness, American Football, Basketball, Netball	Handball, Badminton, Football, Gymnastics	Outdoor Basketball, Volleyball, Invasion Games	Foot tennis, Danish Longball, Tennis, Bench Ball	Golf & Striking and Fielding
Assessment & End Points:	Meeting the NHS guidance of being actively engaged for 30 minutes or more, per lesson, on a consistent basis. Participating within core PE lesson and actively engaging in a range of sporting activities. Able to show consistent leadership skills through coaching, officiating or creating drills within sporting activity (RAG Rated).					

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:	Meeting the NHS guidance of being actively engaged for 30 minutes or more, per lesson, on a consistent basis. Participating within core PE lesson and actively engaging in a range of sporting activities. Able to show consistent leadership skills through coaching, officiating or creating drills within sporting activity (RAG Rated).					



PE- Curriculum Overview

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 Components of fitness: 10 components including completion of fitness tests for all	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
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:	Practical skill development and assessment of:	Practical moderation (date TBC)	Practical moderation (date TBC)		



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	Football, netball, table-tennis, handball, badminton (Order determined by facility availability)	Football, netball, table-tennis, handball, badminton (Order determined by facility availability)				
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)		

Year 10 Cambridge Nationals Sport Studies

Half Term:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic 1:	R184: contemporary issues within sport. Highlight different user groups and barriers to participation	R184: contemporary issues within sport. Highlight sporting values, Olympic and Paralympic values, and initiatives within sport	R184: contemporary issues within sport. Highlight different major sporting events and the process behind hosting an event	R184: contemporary issues within sport. Highlight different National Governing Bodies, their job roles and how they promote sport.	R185: Official deadline for coursework	R186: Sports and the Media Highlight different ways the media promote sport
Topic 2:	R185: Developing Sports skills (Individual Sport)	R185: Developing Sports skills (Team Sport)	R185: Developing Sports skills (Team Sport)	R185: Developing Sports skills (Leadership)		
Assessment & End Points:		Assessing individuals sporting skills – using the witness statement document		Mock papers for R184 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:	R186: Sports and the Media Highlight the positives of the media and how they promote sport	R186: Sports and the Media Highlight the negatives of the media and how they disrupt sport	R186: 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	R186: Sports and the Media Compare and analyse two different types of media outlets	R186: Official deadline for coursework R184: Official Exam for R184	



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Topic 2:	R184: contemporary issues within sport. Highlight different user groups and barriers to participation	R184: contemporary issues within sport. Highlight sporting values, Olympic and Paralympic values, and initiatives within sport	R184: contemporary issues within sport. Highlight different major sporting events and the process behind hosting an event	R184: contemporary issues within sport. Highlight different National Governing Bodies, their job roles and how they promote sport.	R185: Official deadline for coursework	
Assessment & End Points:	Assessing different methods of leadership – written coursework Completing LO1 for R186: officially		Assessing written coursework for both R186 and R185			

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"> Skeletal System Muscular System Cardiovascular System 	Unit 1 Anatomy and Physiology <ul style="list-style-type: none"> Respiratory System Energy Systems 	OFFICIAL EXAM FOR UNIT 1 Unit 2 Fitness training and programming for health, sport and well-being <ul style="list-style-type: none"> Examine lifestyle factors and their effect on health and well-being Understand programme-related nutritional needs 	Unit 2 Fitness training and programming for health, sport and well-being <ul style="list-style-type: none"> Examine training methods for different components of fitness Understand training programme design 	OFFICIAL EXAM FOR UNIT 2 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	AO3 Analyse exercise and sports movements, how the body responds to short-term and long-term exercise and other additional factors	AO3 Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests AO4 Evaluate qualitative and quantitative evidence	AO3 Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests AO4 Evaluate qualitative and quantitative evidence			



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	<p>Command words: describe, give, identify, name, state</p> <p>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 exercise and sporting performance</p> <p>Command words: describe, explain, give, name, state</p>	<p>affecting each body system</p>	<p>to make informed judgements about how an individual's health and well-being could be improved</p>	<p>to make informed judgements about how an individual's health and well-being could be improved</p> <p>AO5 Be able to develop a fitness training programme with appropriate justification</p>		
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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



PE- Curriculum Overview

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 Cardio-vascular system Respiratory system Industrial and post-industrial Britain Post World War II Skill, Skill continuums and transfer of skills Impact of skill of practice classification on structure of practice for learning AA2: Analysis task Practical coursework ongoing	Neuromuscular system Musculoskeletal system Post World War II Sociological theories applied to equal opportunities Use of guidance and feedback Principles and theories of learning and performance AA2: Analysis task Practical coursework ongoing	Preparation and training methods in relation to maintaining physical activity and performance Underrepresented groups in sport and barriers to participation. Benefits of raising participation. Principles and theories of learning and performance continued. Aspects of personality AA2: Evaluation task Practical coursework ongoing	Biomechanic principles Levers Understanding of technology for sports analytics Attitudes, Arousal, Anxiety, Aggression, Motivation AA2: Evaluation task Practical coursework ongoing	Prep for mock exam for all topics Practical coursework ongoing	Diet and nutrition and their effect on physical activity and performance Concepts of physical activity Social facilitation, group dynamics. Importance of goal setting Practical coursework ongoing
Assessment & End Points:	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
Topics:	Energy systems Concepts of physical activity in sports Ethics in sport Memory models Efficiency of information processing AA3: Analysis task	Injury prevention and the rehabilitation of injury Violence in sport Drugs in sport Achievement motivation theory Attribution theory AA3: Evaluation task	Linear, angular and projectile motion Fluid mechanics Sport and the law Commercialisation Functions of sports analytics Equipment and facilities Technology	Revision, exam prep, re-teach year 12. Practical moderation (date TBC)	Revision, exam prep	



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	Practical coursework ongoing	Practical coursework ongoing	Self-efficacy and confidence Leadership Stress management Practical moderation (date TBC)			
Assessment & End Points:	AP1 for each topic	AP2 for each topic	AP3 - Mock exam	AP4 for each topic		