

Physical Education Curriculum Overview 2023 – 2024

Department Name:	Physical Education
Head of	Mr M Walsh
Department:	ivii ivi vvaisii
Subject Teachers:	Miss A Gibbs, Miss K Smith, Mr G Moynes, Mrs C Walsh, Mr A Backshell, Mr D Mallia, Mr B Raher
Accommodation and Resources:	Sports Hall, Main Hall, Dance Studio, 3 Football Pitches, 800m Athletics Track, 3 Tennis Courts, Netball Court, 2 Rounders pitches, 2 Softball pitches.
What will students learn in each year?	
	'ME in PE' holistic assessments are made of students through skill-based activities within football, netball basketball, table tennis, gymnastics, rugby, dance, OAA, badminton, athletics, cricket, rounders, tennis, softball.
	Students will be assessed against the following key progress indicators:
	Assessment 1
	Physical Me - I am able to perform individual movements/skills to a basic level in a practice
	situation
	Thinking Me - I can recall 3 basic teaching points of a skill/movement
	Creative Me - I have some basic ideas to use in my own performances
	Personal Me - I try to be positive in every lesson
	Healthy Me - I can state why we need to warm up for exercise
	Social Me -I always actively take part in lessons
	Assessment 2
	Physical Me - I am able to perform a number of individual movements/skills to a basic level
	within a competitive situation
	Thinking Me - I can comment on my own and others performance
	Creative Me - I have some original ideas to make my performances stand out from others
	Personal Me - I can describe basic strengths and weaknesses in my own performance

Healthy Me - I can state why exercise is good for me

Social Me - I am able to control my emotions in various settings and situations

Assessment 3

Physical Me - I am able to perform basic principles of attack within a competitive situation

Thinking Me - I can recall one attacking and one defensive strategy

Creative Me - I am beginning to adapt strategies according to specific sporting situations

Personal Me - I am motivated to improve my own performance and work hard to do so

Healthy Me - I demonstrate basic Strength, Speed, Stamina and Suppleness during Physical

Education lessons

Social Me - I regularly attend one or more physical activity clubs a week

Year 8

'ME in PE' holistic assessments are made of students through more challenging activities, including tactics and strategies, within football, netball basketball, table tennis, gymnastics, rugby, dance, OAA, badminton, athletics, cricket, rounders, tennis, softball.

Students will be assessed against the following key progress indicators:

Assessment 1

Physical Me - I am able to perform movements/skills to a consistently good level in practice situations

Thinking Me - I am able to analyse my own and others performances and comment on skills and ideas used

Creative Me - I have lots of good ideas for my own performances

Personal Me - I remain calm and positive when things get difficult

Healthy Me - I am aware of all the components of a warm up and can state these when prompted

Social Me - I will always try hard in new and/or unfamiliar situations

Assessment 2

Physical Me - I can perform different movements/skills consistently to a good level within a competitive situation

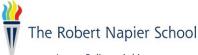
Thinking Me - I am able to make decisions according to the situation and act on them to improve my performance

Creative Me - I can overcome problems that occur in situations by using my initiative

Personal Me -I am determined to develop and improve regardless of how successful I am

Healthy Me - I can state which types of exercise improve each component of fitness

Social Me - I understand that people have different strengths and weaknesses and help



others when needed

Assessment 3

Physical Me - I am able to perform principles of attack and defence consistently displaying good control and quality in performance

Thinking Me - I can be critical of strategies/tactics used and offer ideas to my team of how to improve

Creative Me - I have a good understanding of tactics/strategies and can develop these to achieve success

Personal Me - I am confident in myself and my own ability

Healthy Me - I can demonstrate good levels of the four components of fitness

Social Me - I regularly represent the school in a sports team

Year 9

Year 9 is a bridging year so students can embed key skills and knowledge to go into Key Stage 4 with confidence. This is to help secure progress at the end of Key Stage 4. It helps students to have some autonomy over their curriculum decisions, without narrowing their curriculum prematurely.

- Term 1: Hybrid skills Fitness Testing / Data Collection
- Term 2: Principles of Training
- Term 3: Sports Injuries
- Term 4: Use of Technology in Sport
- Term 5: Nutrition and Performance
- Term 6: Application of previous knowledge to practical activities

Year 10

• Unit R183 (September to May half term)

Nutrition and sports performance

By completing this unit students will gain understanding of healthy, balanced nutrition. They will consider the necessity of certain nutrients and their role in enabling effective performance in different sporting activities. The knowledge they gain will be used to produce an appropriate, effective nutrition plan for a performer.

Topics include:

Topic Area 1: Nutrients needed for a healthy, balanced nutrition plan

Topic Area 2: Applying different dietary requirements to varying types of sporting activity

Topic Area 3: Developing a balanced nutrition plan for a selected sporting activity
Topic Area 4: How nutritional behaviours can be managed to improve sports performance

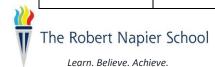
OCR set assignment Approx. 8-10 hours

Unit R181 (May half term to July)

Applying the principles of training: fitness and how it affects skill performance

Students will conduct a range of fitness tests, understand what they test and their advantages and disadvantages.

Topics include:



Topic Area 1: Components of fitness applied in sport

Topic Area 2: Principles of training in sport

Year 11

Unit R181 (September to December)

Applying the principles of training: fitness and how it affects skill performance

Students will also learn how to design, plan and evaluate a fitness training programme. Students will then interpret the data collected from these fitness tests and learn how best to feed this back.

Topics include:

Topic Area 3: Organising and planning a fitness training programme

Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme

OCR set assignment Approx. 16-18 hours

• Unit R180 (January to May) Exam Unit

Reducing the risk of sports injuries and dealing with common medical conditions

By completing this unit students will be prepared to take part in physical activity in a way which minimises the risk of injuries occurring. It will also prepare them to know how to react to common injuries that can occur during sport and physical activity, and how to recognise the symptoms of some common medical conditions.

Topics include:

Topic Area 1: Different factors which influence the risk and severity of injury

Topic Area 2: Warm up and cool down routines

Topic Area 3: Different types and causes of sports injuries

Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions

Topic Area 5: Causes, symptoms and treatment of medical conditions

• Examination: 1 hour 15 minutes

Year 12

Exam Board: Pearson Qualification: Level 3 BTEC Sport

Term 1:

Fitness Training and Programming in Sport. Professional development in the Sports Industry.

Term 2:

Fitness Training and Programming in Sport. Professional development in the Sports Industry.

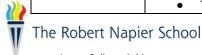
• Term 3:

Fitness Training and Programming in Sport. Professional development in the Sports Industry.

Term 4:

Fitness Training and Programming in Sport. Professional development in the Sports Industry.

• Term 5:



Sports Leadership. Fitness Training and Programming in Sport

• Term 6:

Anatomy and Physiology. Sports Leadership.

Exam Board: OCR CTEC (Cambridge Technical) Qualification: Level 2 Sport

- Term 1 to 3: UNIT 1: Physical activity, health and wellbeing
- Term 4 to 6: UNIT 2: Physical preparation and readiness for sport and physical activity

Year 13

Exam Board: Pearson Qualification: Level 3 BTEC Sport

• Term 1:

Anatomy and Physiology.

• Term 2:

Anatomy and Physiology.

• Term 3:

Sports Leaders.

• Term 4:

Sports Leaders.

• Term 5:

Sports Leaders.

Exam Board: OCR CTEC (Cambridge Technical) Qualification: Level 2 Sport

- Term 1 to 3: UNIT 3: Inclusivity, equality and diversity in delivering sport and physical activity
- Term 4 to 6: UNIT 4: Leading sport and physical activity sessions

