

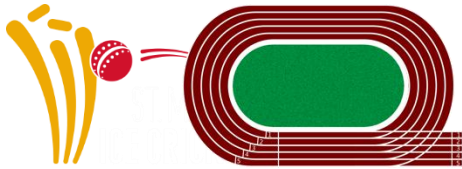

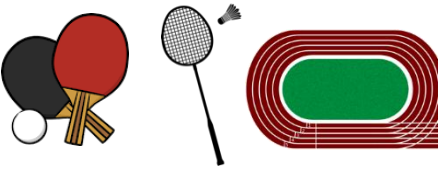



Physical Education

Year 7 (KS3 PE – Focus: Skill Development)

Autumn Term	Spring Term	Summer Term
Half Term 1	Half Term 3	Half Term 5
		
<ul style="list-style-type: none"> • Handball (Boys) • Netball (Girls) • Basketball (Mixed) • Health & Wellbeing – Baseline (All pupils) 	<ul style="list-style-type: none"> • Badminton (Boys & Girls) • Football (Mixed) • Health & Wellbeing – Movement & Balance through Dance (All pupils) 	<ul style="list-style-type: none"> • Striking & Fielding (All pupils) • Athletics (All pupils)
<p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Use a range of tactics and strategies to overcome opponents in direct competition through team/individual games. • Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	<p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. • Develop their technique and improve their performance in other competitive sports. • Perform dances using advanced dance techniques within a range of dance styles and forms. 	<p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Develop their technique and improve their performance in other competitive sports. • Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.
Half Term 2	Half Term 4	Half Term 6
		
<ul style="list-style-type: none"> • Basketball (Boys) • Football (Girls) • Netball (Mixed) • Health & Wellbeing - Cardiovascular fitness through OAA (All pupils) 	<ul style="list-style-type: none"> • Table Tennis (Boys & Girls) • Badminton (Mixed) • Athletics (All pupils) 	<ul style="list-style-type: none"> • Touch Rugby (Boys) • Handball (Girls) • Handball (Mixed) • Health & Wellbeing – Coordination through games (All pupils)
<p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems (Individual/group) 	<p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Develop their technique and improve their performance in other competitive sports. • Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. 	<p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Use a range of tactics and strategies to overcome opponents in direct competition through team/individual games. • Develop their technique and improve their performance in other competitive sports.

Year 8 (KS3 PE – Focus: Tactics & Strategies)






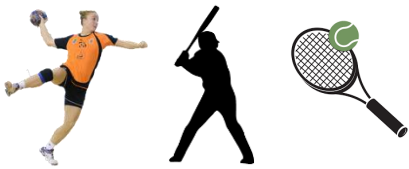
Autumn Term	Spring Term	Summer Term
Half Term 1	Half Term 3	Half Term 5
		
<ul style="list-style-type: none"> • Rugby (Boys) • Netball (Girls) • Basketball (Mixed) • Health & Wellbeing - Baseline (All pupils) 	<ul style="list-style-type: none"> • Badminton (Boys & Girls) • Football (Mixed) • Health & Wellbeing – Movement & Balance through Dance (All pupils) 	<ul style="list-style-type: none"> • Striking & Fielding (All pupils) • Athletics (All pupils)
<p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Use a range of tactics and strategies to overcome opponents in direct competition through team/individual games. • Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	<p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. • Develop their technique and improve their performance in other competitive sports. • Perform dances using advanced dance techniques within a range of dance styles and forms. 	<p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Develop their technique and improve their performance in other competitive sports. • Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.
Half Term 2	Half Term 4	Half Term 6
		
<ul style="list-style-type: none"> • Basketball (Boys) • Football (Girls) • Netball (Mixed) • Health & Wellbeing - Cardiovascular fitness through OAA (All pupils) 	<ul style="list-style-type: none"> • Table Tennis (Boys & Girls) • Badminton (Mixed) • Athletics (All pupils) 	<ul style="list-style-type: none"> • Handball (Boys & Girls) • Handball (Mixed) • Health & Wellbeing – Coordination through games (All pupils)
<p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems (Individual/group) 	<p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Develop their technique and improve their performance in other competitive sports. • Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. 	<p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Use a range of tactics and strategies to overcome opponents in direct competition through team/individual games. • Develop their technique and improve their performance in other competitive sports.

Year 9 (KS3 PE – Focus: Analysis & Feedback)

Autumn Term	Spring Term	Summer Term
Half Term 1	Half Term 3	Half Term 5
		
<ul style="list-style-type: none"> • Rugby (Boys) • Netball (Girls) • Basketball (Mixed) • Health & Wellbeing - Baseline (All pupils) 	<ul style="list-style-type: none"> • Badminton (Boys & Girls) • Football (Mixed) • Health & Wellbeing – Movement & Balance through gym (All pupils) 	<ul style="list-style-type: none"> • Striking and Fielding (All pupils) • Athletics (All pupils)
<p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Use a range of tactics and strategies to overcome opponents in direct competition through team/individual games. • Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. 	<p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. • Develop their technique and improve their performance in other competitive sports. • Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. • Perform dances using advanced dance techniques within a range of dance styles and forms. 	<p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Develop their technique and improve their performance in other competitive sports. • Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. • Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.
Half Term 2	Half Term 4	Half Term 6
		
<ul style="list-style-type: none"> • Basketball (Boys) • Football (Girls) • Netball (Mixed) • Health & Wellbeing - Cardiovascular fitness through OAA (All pupils) 	<ul style="list-style-type: none"> • Table Tennis (Boys & Girls) • Badminton (Mixed) • Athletics (All pupils) 	<ul style="list-style-type: none"> • Handball (Boys & Girls) • Handball (Mixed) • Health & Wellbeing – Coordination through games (All pupils)
<p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems (Individual/group) • Analyse their performances. 	<p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Develop their technique and improve their performance in other competitive sports. • Analyse their performances. 	<p>KS3 National Curriculum Links</p> <ul style="list-style-type: none"> • Use a range of tactics and strategies to overcome opponents in direct competition through team/individual games. • Develop their technique and improve their performance in other competitive sports. • Analyse their performances.

Curriculum Pathway
Physical Education

Year 10 (KS4 Core PE – Focus: Leadership through Sport)






Autumn Term	Spring Term	Summer Term
Half Term 1	Half Term 3	Half Term 5
		
Rugby Netball Fitness Basketball	Badminton Kinball Volleyball Fitness	Athletics Cricket Rounders Fitness
Preparation for activity (i.e. warm ups) <ol style="list-style-type: none"> 1. Pulse raisers 2. Stretches 3. Skill based warm ups 4. Warm up delivery 5. Warm up delivery 6. Warm up delivery 	Safety/risk assessment <ol style="list-style-type: none"> 1. Potential hazards 2. Actions to reduce risk 3. Importance of warming up 4. Importance of correct clothing (inc. jewellery, not chewing gum etc) 5. Sportsmanship/fair play 6. SALTAPS (pupil response to injury) 	Officiating <ol style="list-style-type: none"> 1. Rules 2. Timing 3. Scoring 4. Officiating 5. Officiating 6. Officiating
<p style="text-align: center;">KS4 National Curriculum Links</p> <ul style="list-style-type: none"> • Use and develop a variety of tactics and strategies to overcome opponents in team and individual games 	<p style="text-align: center;">KS4 National Curriculum Links</p> <ul style="list-style-type: none"> • Develop their technique and improve their performance in other competitive sports • Use and develop a variety of tactics and strategies to overcome opponents in team and individual games 	<p style="text-align: center;">KS4 National Curriculum Links</p> <ul style="list-style-type: none"> • Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best • Develop their technique and improve their performance in other competitive sports
Half Term 2	Half Term 4	Half Term 6
		
Football Basketball OAA/Problem solving Fitness	Dance Table tennis Athletics Fitness	Tennis Handball Softball Fitness
Effective Communication <ol style="list-style-type: none"> 1. Verbal 2. Non-verbal (hand signals) 3. Use of a whistle 4. Positioning 5. Group management 6. Voice projection 	Coaching and planning drills <ol style="list-style-type: none"> 1. Drills set up (equipment) 2. Coaching principles 3. Coaching delivery 4. Coaching delivery 5. Coaching delivery 6. Coaching delivery 	Competition <ol style="list-style-type: none"> 1. Team selection 2. Formats 3. Competition 4. Competition 5. Competition 6. Competition

Curriculum Pathway
Physical Education

KS4 National Curriculum Links	KS4 National Curriculum Links	KS4 National Curriculum Links
<ul style="list-style-type: none">• Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group • Use and develop a variety of tactics and strategies to overcome opponents in team and individual games	<ul style="list-style-type: none">• Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best	<ul style="list-style-type: none">• Use and develop a variety of tactics and strategies to overcome opponents in team and individual games

Curriculum Pathway
Physical Education

Year 11 (KS4 Core PE – Focus: Sport Education linked to Fitness)

Autumn Term	Spring Term	Summer Term
Half Term 1	Half Term 3	Half Term 5
		
Rugby Basketball Netball Fitness	Badminton Kinball Volleyball Fitness	Option(s)
Cardiovascular fitness	Flexibility	Coordination
KS4 National Curriculum Links	KS4 National Curriculum Links	KS4 National Curriculum Links
<ul style="list-style-type: none"> Use and develop a variety of tactics and strategies to overcome opponents in team and individual games 	<ul style="list-style-type: none"> Develop their technique and improve their performance in other competitive sports Use and develop a variety of tactics and strategies to overcome opponents in team and individual games 	<ul style="list-style-type: none"> Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best Develop their technique and improve their performance in other competitive sports
Half Term 2	Half Term 4	Half Term 6
		
Football Basketball OAA/Problem solving Fitness	Dance Table tennis Athletics Fitness	
Strength	Agility	
KS4 National Curriculum Links	KS4 National Curriculum Links	KS4 National Curriculum Links
<ul style="list-style-type: none"> Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group 	<ul style="list-style-type: none"> Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	

Year 10 Cambridge Nationals: Sport Science

Autumn Term	Spring Term	Summer Term
<p>Half Term 1</p> <p>R181: Applying the Principles of Training</p> <ul style="list-style-type: none"> • Topic Area 1: Components of fitness applied in sport • 1.1 – Relevance of components of fitness to different sports • 1.2 – Assess components of fitness 	<p>Half Term 1</p> <p>R181: Applying the Principles of Training</p> <ul style="list-style-type: none"> • 2.2 – Methods of training and their benefits • Topic Area 3: Organising and planning a fitness training programme • 3.1 – Factors when designing a fitness training programme • 3.2 – Planning a fitness training programme 	<p>Half Term 1</p> <p>R183: Nutrition and sports performance</p> <ul style="list-style-type: none"> • Topic Area 1: Nutrients needed for a healthy, balanced nutrition plan • 1.1 Characteristics of a balanced nutrition plan • 1.2 The role of nutrients in sports and their sources
<p>Half Term 2</p> <p>R181: Applying the Principles of Training</p> <ul style="list-style-type: none"> • 1.3 – Application of components of fitness to skill performance • Topic Area 2: Principles of Training in Sport • 2.1 – Principles of training and goal setting in a sporting context 	<p>Half Term 2</p> <p>R181: Applying the Principles of Training</p> <ul style="list-style-type: none"> • 3.3 – Recording results from fitness training programme • Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme • 4.1 – Effectiveness of a fitness training programme 	<p>Half Term 2</p> <p>R183: Nutrition and sports performance</p> <ul style="list-style-type: none"> • Topic Area 2: Applying differing dietary requirements to varying types of sporting activity • 2.1 The dietary requirements of endurance/aerobic activities • 2.2 The dietary requirements of short intense/anaerobic activities • 2.3 The dietary requirements of strength based activities

Year 11 Cambridge Nationals: Sports Science

Autumn Term	Spring Term	Summer Term
<p>Half Term 1</p> <p>R183: Nutrition and sports performance</p> <ul style="list-style-type: none"> • Topic Area 3: Developing a balanced nutrition plan for a selected sporting activity • 3.1 – How to design and develop a balanced nutrition plan • 3.2 - Key factors when considering the success / impact of a nutrition plan • Topic Area 4: How nutritional behaviours can be managed to improve sports performance • 4.1 – The effect of overeating on sports performance • 4.2 - The effects of undereating on sports performance • 4.3 - The effect of dehydration on sports performance 	<p>Half Term 1</p> <p>R180: Reducing the risk of sports injuries and responding to common medical conditions</p> <ul style="list-style-type: none"> • 2.2 – Physiological and psychological benefits of a warm up • 2.3 – Key components of a cool down • 2.4 – Physiological benefits of a cool down • Topic Area 3: Different types and causes of sports injuries • 3.1 – Acute injuries • 3.2 – Chronic injuries 	<p>Half Term 1</p> <p>R180: Reducing the risk of sports injuries and responding to common medical conditions</p> <ul style="list-style-type: none"> • Topic Area 5: Causes, symptoms and treatment of medical conditions • 5.1 – Asthma • 5.2 – Diabetes • 5.3 – Epilepsy • 5.4 – Sudden cardiac arrest (SCA) • 5.5 – Other medical conditions • Revision
<p>Half Term 2</p> <p>R180: Reducing the risk of sports injuries and responding the common medical conditions</p> <ul style="list-style-type: none"> • Topic Area 1: Different factors which influence the risk and severity of injury • 1.1 – Extrinsic factors • 1.2 – Intrinsic factors • Topic Area 2: Warm up and cool down routines • 2.1 – Key components of a warm up 	<p>Half Term 2</p> <p>R180: Reducing the risk of sports injuries and responding to common medical conditions</p> <ul style="list-style-type: none"> • Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions • 4.1 – Measured taken before/after sport to reduce risk and severity of injury • 4.2 – Responses and treatment to injuries/medical conditions in a sporting context 	<p>Half Term 2</p> <ul style="list-style-type: none"> • Exam (May/June)