

PE 5 Year curriculum Overview

Broader concepts:

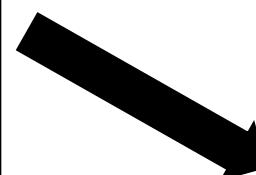
Introduce students to a wide range of activities and basic skills needed to play sport, including games, aesthetics, net and wall, athletics and strike and fielding. Each sport will be delivered half termly.

Y7 Aims

Skills:	Knowledge:
Students will be introduced to the basic skills of each sport. This includes:- Passing Receiving Dribbling Shooting Defending Attacking Outwitting opponent Leadership Aesthetics Use of a bat/racket Using correct technique	Students will develop knowledge on the basic skills needed and develop them in how to play each type of sport. Students will develop understanding of basic rules of each sport. Students will gain an introductory knowledge of tactics in each sport. Identify benefits of warming up and cooling down. Names and locations of muscles and bones. Identify short term effects of exercise. Understand sportsmanship and gamesmanship.

Recall: any skills learnt in KS2 (catching, throwing, kicking, running, jumping, body control)

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239040/PRIMARY_national_curriculum - Physical_education.pdf



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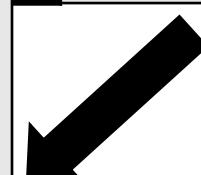
Students will continue to develop their basic skills in a broad range of sports from Y7 and work on core skills that are fundamental for each sport. Each sport will be delivered half termly.

Y8 Aims

Skills:	Knowledge:
Basic skills will continue to be developed and core skills will be introduced including:- Passing Receiving Dribbling Shooting Defending Attacking Outwitting opponent Leadership Handling Carrying Tackling Putting weight on hands Balances Routines Striking a ball with a bat/racket Serving Spin Rallying Using correct technique	Students will continue to build on knowledge of performing basic skills as well as develop knowledge of core skills in specific sports. Students will increase knowledge of tactics, rules and regulations of each sport. Students will begin to develop leadership skills through warm-ups and officiating. Explain benefits of warming up and cooling down. Names and locations of muscles and bones. Explain short term effects of exercise. Explain sportsmanship and gamesmanship.

Recall: any basic skills learnt in Y7

Passing, receiving, dribbling, shooting, attacking, defending, aesthetics, use of racket/bat, correct technique.



Y9 Aims

Skills:

Skills:	Knowledge:
Core skills will continue to be developed and advanced skills will be introduced including:- Passing Receiving Dribbling Shooting Defending Attacking Outwitting opponent Leadership Handling Carrying Tackling Putting weight on hands Balances Routines Striking a ball with a bat/racket serving Spin Rallying Using correct technique Backhand shots Volleys Aerials Falling shots Formations and positions.	Students will be challenged to increase knowledge in advanced skills. Students will regularly learn how to apply tactics in competitive situations. Students will regularly be given leadership and officiating responsibility. Justify benefits of warming up and cooling down. Names and locations of muscles and bones. Justify short term effects of exercise. Justify sportsmanship and gamesmanship.

Recall: any core skills learnt in Y8

Passing, receiving, dribbling, shooting, defending, attacking, outwitting opponent, leadership, handling, carrying, tackling, putting weight on hands, balances, routines, striking a ball with a bat/racket, using correct technique.

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Broader concepts:	
In Y10 students will chose one of three pathway options: 1. GCSEP PE [5 hours] 2. Cambridge National Sport Science [5 hours] 3. Core PE [2 hours]	
Skills:	Knowledge:
GCSE PE Analyse exam questions and develop exam technique. Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts. Interpreting figures and data. Plotting and describing graphs.	Skeletal System Muscular System Movement Analysis Cardiovascular System Respiratory System Short/Long term effects Components of Fitness Principles of Training Training Methods Warm-ups / Cool downs Preventing injury in Sport
Cambridge National Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts. The ability to work independently. Analyse exam questions and develop exam technique.	Identify principles of training Identify methods of training Fitness tests Develop a fitness programme Factors which influence the risk of injury Benefits of a warm-up & cool-down How to respond to injuries Medical conditions
Core PE Are physically active for sustained periods of time and lead healthy, active lives. Develop personal skills that are transferable outside of the classroom. This can be in the form of: Sport Education, Coaching or Leadership pathways.	Students will be challenged to increase ability and knowledge in advanced skills. Students will regularly learn how to apply tactics in competitive situations. Students will regularly be given leadership and officiating responsibility. Students will learn about healthy living and active lifestyles. Students will develop their skills in teamwork, communication, leadership, resilience and performance. We hope this helps them later in life to live and lead healthy active lifestyles.
Recall: Advanced skills from year 9 and knowledge related to the theory content of our exam courses.	
Passing, receiving, dribbling, shooting, defending, attacking, outwitting opponent, leadership, handling, carrying, tackling, putting weight on hands, balances, routines, striking a ball with a bat/racket serving, spin, rallying, using correct technique, backhand shots, volleys, aerials, falling shots, formations and positions.	
Justify benefits of warming up and cooling down, names and locations of muscles and bones, justify short term effects of exercise, justify sportsmanship and gamesmanship.	

Work Hard | Be Kind | Aim High | Show GRIT

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	Broader concepts:								
	<p>In Y11 students will continue their chosen pathway:</p> <ol style="list-style-type: none"> 1. GCSEPE PE [5 hours] 2. Cambridge National Sport Science [5 hours] 3. Core PE [2 hours] 								
	<table border="1"> <thead> <tr> <th>Skills:</th><th>Knowledge:</th></tr> </thead> <tbody> <tr> <td> GCSE PE Analyse exam questions and develop exam technique. Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts. The ability to work independently. </td><td> Classification of Skills Goal Setting Mental Prep Guidance & Feedback AEP - Coursework Engagement in Sport Commercialisation Ethics in Sport Health, Fitness & Wellbeing </td></tr> <tr> <td> Cambridge National Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts. The ability to work independently. </td><td> Know the components of the musculo-skeletal and cardio-respiratory systems, their functions and roles. Understand the importance of the musculo-skeletal and cardio-respiratory systems in health and fitness. Be able to assess short-term effects and long-term effects on the musculo-skeletal and cardio-respiratory systems using technology. </td></tr> <tr> <td> Core PE Are physically active for sustained periods of time and lead healthy, active lives. Develop personal skills that are transferable outside of the classroom. This can be in the form of: Sport Education, Coaching or Leadership pathways. </td><td> Students will be challenged to increase ability and knowledge in advanced skills. Students will regularly learn how to apply tactics in competitive situations. Students will regularly be given leadership and officiating responsibility. Students will learn about healthy living and active lifestyles. Students will develop their skills in teamwork, communication, leadership, resilience and performance. We hope this helps them later in life to live and lead healthy active lifestyles. </td></tr> </tbody> </table>	Skills:	Knowledge:	GCSE PE Analyse exam questions and develop exam technique. Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts. The ability to work independently.	Classification of Skills Goal Setting Mental Prep Guidance & Feedback AEP - Coursework Engagement in Sport Commercialisation Ethics in Sport Health, Fitness & Wellbeing	Cambridge National Describe, explain, analyse, evaluate, assess, make judgements and justify key concepts. The ability to work independently.	Know the components of the musculo-skeletal and cardio-respiratory systems, their functions and roles. Understand the importance of the musculo-skeletal and cardio-respiratory systems in health and fitness. Be able to assess short-term effects and long-term effects on the musculo-skeletal and cardio-respiratory systems using technology.	Core PE Are physically active for sustained periods of time and lead healthy, active lives. Develop personal skills that are transferable outside of the classroom. This can be in the form of: Sport Education, Coaching or Leadership pathways.	Students will be challenged to increase ability and knowledge in advanced skills. Students will regularly learn how to apply tactics in competitive situations. Students will regularly be given leadership and officiating responsibility. Students will learn about healthy living and active lifestyles. Students will develop their skills in teamwork, communication, leadership, resilience and performance. We hope this helps them later in life to live and lead healthy active lifestyles.
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Y11 Aims	<p>Recall: Advanced skills from year 9/year 10 and knowledge related to the theory content of our exam courses.</p> <p>Passing, receiving, dribbling, shooting, defending, attacking, outwitting opponent, leadership, handling, carrying, tackling, putting weight on hands, balances, routines, striking a ball with a bat/racket serving, spin, rallying, using correct technique, backhand shots, volleys, aerials, falling shots, formations and positions.</p> <p>Justify benefits of warming up and cooling down, names and locations of muscles and bones, justify short term effects of exercise, justify sportsmanship and gamesmanship.</p>								

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