



Physical Education- Year7



AUTUMN 1

Baseline Assessment

Outwitting opponents in Rugby.
Outwitting opponents in Basketball.

Outwitting opponents in Football
Outwitting opponents in Netball

PRIOR LEARNING

KS2 - Developed a broad range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

Summative Assessment 1

Physical Literacy - Ongoing formative assessment through teacher observation, peer and self-assessment and questioning techniques. End of unit assessment to include the assessment of core and advanced skills both in isolation and application in competitive situations will determine the students ability to apply all the skills, tactics and techniques applied. Theoretical Knowledge - multiple choice questionnaires focused on core knowledge obtained during Y7 term 1.

AUTUMN 2

Net & wall developmental skills in Badminton.
Net & wall developmental skills in Table Tennis.
Outwitting opponents in Football, if not done previously.

Outwitting opponents in Handball.
Orienteering
Outwitting opponents in Netball, if not done previously.

Outwitting opponents in Hockey.
Life Fitness
Outwitting opponents in Basketball, if not done previously.

Developed a broad range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. Spatial awareness linked to invasion games.

SPRING 1

Outwitting opponents in Football, if not done previously.
Net and wall developmental skills in Table Tennis, if not done previously.
Introduction to First Aid.

Introduction to Trampolining.TOPIC
Life Fitness, if not done previously.

PRIOR LEARNING

Linking attacking movements in games and basic ball handling skills.

SPRING 2

Outwitting opponents in Basketball, if not done previously.
Outwitting opponents in Rugby, if not done previously.

Outwitting opponents in Netball, if not done previously.
Life Fitness, if not done previously.
Introducing Trampolining, if not done previously.

Net and wall developmental skills in Table Tennis, if not done previously.
Outwitting opponents in Hockey, if not done previously.

Strategies to get beyond the defence, creating space and teamwork.

Summative Assessment 2

Physical Literacy - Ongoing formative assessment through teacher observation, peer and self-assessment and questioning techniques. End of unit assessment to include the assessment of core and advanced skills both in isolation and application in competitive situations will determine the students ability to apply all the skills, tactics and techniques applied. Theoretical Knowledge - multiple choice questionnaires focused on core knowledge obtained during Y7 including application of skills this year.

SUMMER 1

Striking and fielding basics in Softball.
Striking and fielding basics in Rounders.
TOPIC

Striking and fielding basics in Cricket.
Athletics

PRIOR LEARNING

Batting techniques, use of fielding techniques closely linked to KS2 prior learning.
Athletics- linking components of fitness to all sports.

SUMMER 2

Striking and fielding basics in Cricket, if not done previously.

Striking and fielding basics in Softball, if not done previously.

Striking and fielding basics in Rounders, if not done previously.

Batting techniques, use of fielding techniques closely linked to KS2 prior learning.



Physical Education - Year 8



AUTUMN 1

Baseline Assessment
Outwitting opponents in Rugby.
Outwitting opponents in Basketball.

Outwitting opponents in Football
Outwitting opponents in Netball

PRIOR LEARNING
Yr 7 - a level of basic skills, techniques & decision making, with little precision, control & fluency, during a conditioned/formal/competitive situation.

Summative Assessment 1
Physical Literacy - Ongoing formative assessment through teacher observation, peer and self-assessment and questioning techniques. End of unit assessment to include the assessment of core and advanced skills both in isolation and application in competitive situations will determine the students ability to apply all the skills, tactics and techniques applied. Theoretical Knowledge - multiple choice questionnaires focused on core knowledge obtained during Y7 term 1.

AUTUMN 2

Net and wall developmental skills in Badminton.
Net and wall developmental skills in Table Tennis.
Life Fitness

Outwitting opponents in Football, if not done previously.
Outwitting opponents in Handball.
Outwitting opponents in Netball, if not done previously.

Orienteering
Outwitting opponents in Hockey.
Outwitting opponents in Basketball, if not done previously.

A competent level of skills, techniques and decision making, with some precision, control and fluency, during a conditioned/formal/competitive situation. Spatial awareness linked to invasion games.

SPRING 1

Outwitting opponents in Football, if not done previously.
Net and wall developmental skills in Table Tennis, if not done previously.

Introduction to First Aid.
Introduction to Trampolining.
Life Fitness, if not done previously.

PRIOR LEARNING
Linking attacking movements in games and basic ball handling skills, capable of applying some tactical and strategic ideas.

SPRING 2

Outwitting opponents in Basketball, if not done previously.
Outwitting opponents in Rugby, if not done previously.

Outwitting opponents in Netball, if not done previously.
Life Fitness, if not done previously.
Introducing Trampolining, if not done previously.

Net and wall developmental skills in Table Tennis, if not done previously.
Outwitting opponents in Hockey, if not done previously.

Strategies to get beyond the defence, creating space and teamwork. Demonstrating a good level of skills, techniques and decision making, with good precision, control and fluency, during a conditioned/formal/competitive situation.

Summative Assessment 2
Physical Literacy - Ongoing formative assessment through teacher observation, peer and self-assessment and questioning techniques. End of unit assessment to include the assessment of core and advanced skills both in isolation and application in competitive situations will determine the students ability to apply all the skills, tactics and techniques applied. Theoretical Knowledge - multiple choice questionnaires focused on core knowledge obtained during Y7 including application of skills this year.

SUMMER 1

Striking and fielding basics in Softball.
Striking and fielding basics in Rounders.

Striking and fielding basics in Cricket.
Athletics

PRIOR LEARNING
Batting techniques, use of fielding techniques closely linked to KS2 prior learning. Athletics - linking components of fitness to all sports.

SUMMER 2

Striking and fielding basics in Cricket, if not done previously.

Striking and fielding basics in Softball, if not done previously.

Striking and fielding basics in Rounders, if not done previously.

Know how the body reacts to different types of exercise. Beginning to understand different components of fitness & the location of major muscles in the body.



Physical Education - Year 9



AUTUMN I

Baseline Assessment
Outwitting opponents in Rugby.
Outwitting opponents in Basketball.

Outwitting opponents in Football
Outwitting opponents in Netball

PRIOR LEARNING

Yr 8 - a good level of skills, techniques and decision making, with good precision, control and fluency, during a conditioned/formal/competitive situation. They are capable of applying some tactical and strategic ideas.

Summative Assessment 1

Physical Literacy - Ongoing formative assessment through teacher observation, peer and self-assessment and questioning techniques. End of unit assessment to include the assessment of core and advanced skills both in isolation and application in competitive situations will determine the students ability to apply all the skills, tactics and techniques applied. Theoretical Knowledge - multiple choice questionnaires focused on core knowledge obtained during Y7 term 1.

AUTUMN 2

Net and wall developmental skills in Badminton.
Net and wall developmental skills in Table Tennis.
Outwitting opponents in Football, if not done previously.

Outwitting opponents in Handball.
Orienteering
Outwitting opponents in Netball, if not done previously.

Outwitting opponents in Hockey.
Life Fitness
Outwitting opponents in Basketball, if not done previously.

A good level of skills, techniques and decision making, with good precision, control and fluency, during a conditioned/formal/competitive situation. Spatial awareness linked to invasion games.

SPRING I

Outwitting opponents in Football, if not done previously.
Net and wall developmental skills in Table Tennis, if not done previously.

Introduction to First Aid.
Introduction to Trampolining.
Life Fitness, if not done previously.

PRIOR LEARNING

Linking attacking movements in games and more advanced ball handling skills, beginning to apply different and more advanced tactical and strategic ideas.

SPRING 2

Outwitting opponents in Basketball, if not done previously.
Outwitting opponents in Rugby, if not done previously.

Outwitting opponents in Netball, if not done previously.
Life Fitness, if not done previously.
Introducing Trampolining, if not done previously.

Net and wall developmental skills in Table Tennis, if not done previously.
Outwitting opponents in Hockey, if not done previously.

Demonstrating a very good level of skills, techniques and decision making, with very good precision, control and fluency, during a conditioned/formal/competitive situation. They are beginning to apply different and more advanced tactical and strategic ideas.

Summative Assessment 2

Physical Literacy - Ongoing formative assessment through teacher observation, peer and self-assessment and questioning techniques. End of unit assessment to include the assessment of core and advanced skills both in isolation and application in competitive situations will determine the students ability to apply all the skills, tactics and techniques applied. Theoretical Knowledge - multiple choice questionnaires focused on core knowledge obtained during Y7 including application of skills this year.

SUMMER I

Striking and fielding basics in Softball.
Striking and fielding basics in Rounders.

Striking and fielding basics in Cricket.
Athletics

PRIOR LEARNING

Batting techniques, use of fielding techniques closely linked to Y7 and Y8 prior learning. Athletics-linking components of fitness to all sports.

SUMMER 2

Striking and fielding basics in Cricket, if not done previously.
Striking and fielding basics in Softball, if not done previously.
Striking and fielding basics in Rounders, if not done previously.

Participate in all training programmes showing consistently high levels of achievement (technique etc) Students can explain the long term effects of exercise on our body by giving reasons for why these changes occur.



P.E. GCSE Paper 1- Year 10



AUTUMN 1

Location of major bones
Structure of the skeleton

Functions
Structure of Synovial Joints

Types of freely movable joints
Types of movements

PRIOR LEARNING

KS3 theoretical knowledge on majors bones in the body. Cross curricular links to biology.

Summative Assessment 1

Multiple choice and longer answer questions focussing on core concepts from Y10 term 1, and drawing on prior learning from KS3.

AUTUMN 2

Location of major muscles
Antagonistic Pairs
Application of knowledge to sporting examples.

Respiratory system - the pathway of air
Respiratory system - Gaseous exchange

Mechanics of breathing
Interpretation of a spirometer trace.

Theoretical knowledge on majors bones & muscles in the body. Cross curricular links to biology.

SPRING 1

Structure of the heart
Cardiac Cycle and the pathway of blood.
Cardiac output, stroke volume and heart rate

Blood vessels
Anaerobic and Aerobic exercise

PRIOR LEARNING

KS3 knowledge on the effects of exercise on the body systems. Cross curricular links to biology.

SPRING 2

The immediate and short effects of exercise
The long term effects of exercise
Components of fitness

Linking sports and physical activity to the required components of fitness
Fitness Testing

KS3 knowledge on the effects of exercise on the body systems, components of fitness, principles of training and types of training

Summative Assessment 2

Multiple choice and longer answer questions focussing on skills and knowledge from Y10 GCSE PE Paper 1, including application of skills and knowledge covered this year.

SUMMER 1

The principles of training
Types of training
Analysis of Performance Coursework

PRIOR LEARNING

KS3 knowledge on the effects of exercise on the body systems, components of fitness, principles of training and types of training.

SUMMER 2

Analysis of Performance Coursework

KS3 knowledge on the effects of exercise on the body systems, components of fitness, principles of training and types of training



P.E. GCSE Paper 2 - Year 10



AUTUMN 1

Health - reasons for participation
Consequences of a sedentary lifestyle
Obesity and how it may affect performance in physical activity and sport

Somatotypes
Nutrition - energy use

Nutrition - the role of carbohydrates, fat, protein and vitamins/minerals.
Nutrition - Hydration

PRIOR LEARNING

KS3 theoretical knowledge on a balanced diet and energy consumption. Cross curricular links to biology.

Summative Assessment 1

Multiple choice and longer answer questions focussing on core concepts from Y10 term 1, and drawing on prior learning from KS3.

AUTUMN 2

Skill Classifications
Arousal
Stress

Motivation
Personality

Theoretical knowledge from paper 1 on major bones & muscles in the body. Cross curricular links to biology.

SPRING 1

Goals
SMART Targets
Guidance

Feedback
Information Processing

PRIOR LEARNING

KS3 knowledge on analysis of performance.

SPRING 2

Aggression
Revision sessions and PPE Preparation
PPE Feedback

KS3 knowledge on the psychological and physiological effects of sport, components of fitness, principles of training and types of training

Summative Assessment 2

Multiple choice and longer answer questions focussing on skills and knowledge from Y10 GCSE PE Paper 1, including application of skills and knowledge covered this year.

SUMMER 1

Analysis of Performance Coursework

PRIOR LEARNING

KS3 knowledge on the effects of exercise on the body systems, components of fitness, principles of training and types of training.

SUMMER 2

Analysis of Performance Coursework

KS3 knowledge on the effects of exercise on the body systems, components of fitness, principles of training and types of training



P.E. GCSE Paper 1- Year 11



AUTUMN 1

Recap of year 10 - musculoskeletal system
Movement analysis - Lever Systems

Movement analysis - Mechanical Advantage
Movement analysis - Analysing sporting movements

Movement analysis - Identifying planes and Axes
Movement analysis - analysing movements in planes and Axes

PRIOR LEARNING

Year 10 theoretical knowledge on major bones and muscles in the body. Different types of movement.

Summative Assessment 1

Multiple choice and longer answer questions focussing on core concepts from Y10 term 1, and drawing on prior learning from KS3.

AUTUMN 2

Calculating intensities to optimise training effectiveness
Considerations to prevent injury

Specific training techniques
Seasonal aspects

Y10 knowledge on the effects of exercise on the body systems, components of fitness, principles of training and types of training

SPRING 1

Warming up and cooling down
Use of data - quantitative vs qualitative
Presenting data

Analysing and evaluating data
Exam preparation and revision

PRIOR LEARNING

Y10 knowledge on the effects of exercise on the body systems, blood and respiratory volumes. All prior topics revisited.

Summative Assessment 2

Multiple choice and longer answer questions focussing on skills and knowledge from Y10 GCSE PE Paper 1, including application of skills and knowledge covered this year.

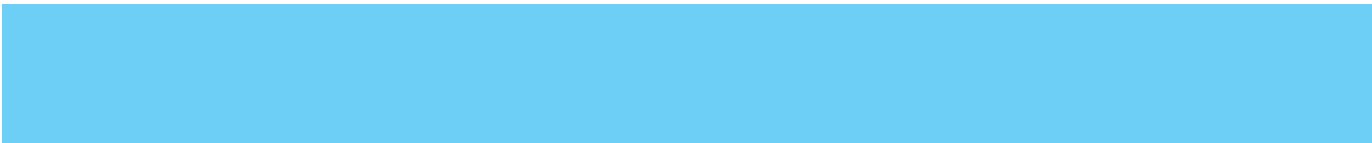
SPRING 2



SUMMER 1



SUMMER 2





P.E. GCSE Paper 2- Year 11



AUTUMN 1

Social Groups - gender, race/religion/culture, age, family/friends/peers, disability
Social groups - factors and their relevance to engagement patterns

Hooliganism - spectator behaviour & reason why hooliganism occurs
Hooliganism - strategies to combat hooliganism
Conduct of performers

PRIOR LEARNING

Year 10 theoretical knowledge on health, fitness and wellbeing.

Summative Assessment 1

Multiple choice and longer answer questions focussing on core concepts from Y10 term 1, and drawing on prior learning from KS3.

AUTUMN 2

Prohibited substances
Prohibited methods i.e. blood doping
Performance Enhancing Drugs (PED's)

Commercialisation
Sponsorship

Theoretical knowledge on major bones & muscles in the body. Cross curricular links to biology.

SPRING 1

Warming up and cooling down
Use of data - quantitative vs qualitative
Presenting data

Analysing and evaluating data
Exam preparation and revision

PRIOR LEARNING

Y10 knowledge on the effects of exercise on the body systems, blood and respiratory volumes. All prior topics revisited.

Summative Assessment 2

Multiple choice and longer answer questions focussing on skills and knowledge from Y10 GCSE PE Paper 1, including application of skills and knowledge covered this year.

SPRING 2

SUMMER 1

SUMMER 2

PRIOR LEARNING



CNAT in Sports Studies R185 - Year 10



AUTUMN 1

R185 Topic 1 Team Sport (Football)
R185 Topic 1 Team Sport (Basketball)
R185 Topic 2: 2.1 Strengths and weaknesses of sports performance

PRIOR LEARNING

Performance of skills and techniques and application of strategies and tactics learned at KS3. Analysing and improving performance skills from KS3.

Summative Assessment 1

Demonstrates comprehensive application of skills and techniques as an individual performer in a sporting activity. Creativity, use of tactics/ strategies/ compositional ideas and decisionmaking shows accuracy and fluency on most occasions. Hand in dates identified and shared with students. Departmental meeting standardisation of R185 Topics throughout the year. Unit Marking Sheets & Department OCR Tracker completed

AUTUMN 2

R185 Topic 2 start 2.2 Methods to improve performance
R185 Topic 1 Individual Sport (Table Tennis)

Performance of skills and techniques and application of strategies and tactics learned at KS3. Analysing and improving performance skills from KS3.

SPRING 1

R185 Topic Area 3: Organising and planning a sports activity session
R185 Topic Area 3: Practical Ideas lessons.

PRIOR LEARNING

Performance of skills and techniques and application of strategies and tactics learned at KS3. Analysing and improving performance skills from KS3.

SPRING 2

R185 Topic Area 3: Organising and planning a sports activity session
R185 Topic Area 3: Practical Ideas lessons.

Performance of skills and techniques and application of strategies and tactics learned at KS3. Analysing and improving performance skills from KS3.

Summative Assessment 2

Demonstrates comprehensive application of skills and techniques as an individual performer in a sporting activity. Creativity, use of tactics/ strategies/ compositional ideas and decisionmaking shows accuracy and fluency on most occasions.

SUMMER 1

R185 Topic Area 4: Leading a sports activity session

PRIOR LEARNING

Performance of skills and techniques and application of strategies and tactics learned at KS3. Analysing and improving performance skills from KS3.

SUMMER 2

R185 Topic Area 5: Reviewing your own performance

Performance of skills and techniques and application of strategies and tactics learned at KS3. Analysing and improving performance skills from KS3.



CNAT Sports Studies R186 - Year10



AUTUMN 1

R186 Topic 1 sources of media that cover sport & link to Club scenario TOPIC
R186 Topic 2 Positive effects of the media in sport & link to Club scenario.

AUTUMN 2

R186 Topic 2 Positive effects of the media in sport & link to Club scenario.
R186 Topic 3 Negative effects of the media in sport & link to Club scenario.

SPRING 1

R186 Topic 3 Negative effects of the media in sport & link to Club scenario.
Coursework completion Date Easter of Year 10.

SPRING 2

TOPIC
TOPIC
TOPIC
TOPIC

SUMMER 1

TOPIC
TOPIC
TOPIC
TOPIC

SUMMER 2

TOPIC
TOPIC
TOPIC
TOPIC

PRIOR LEARNING

Performance of skills and techniques and application of strategies and tactics learned at KS3. Analysing and improving performance skills from KS3.

Performance of skills and techniques and application of strategies and tactics learned at KS3. Analysing and improving performance skills from KS3.

PRIOR LEARNING

Performance of skills and techniques and application of strategies and tactics learned at KS3. Analysing and improving performance skills from KS3.

Performance of skills and techniques and application of strategies and tactics learned at KS3. Analysing and improving performance skills from KS3.

PRIOR LEARNING

Summative Assessment 1

Provides detailed links to most of the different media sources and provides a wide range of examples of how they might be used to provide information to their club's spectators. Demonstrates a comprehensive understanding of the different media sources relevant to their club's sporting activity. Gives clear and detailed recommendations of the media sources that would most benefit their club. Hand in dates identified and shared with students. Departmental meeting standardisation of R185 Topics throughout the year. Unit Marking Sheets & Departmental OCR Tracker completed

Summative Assessment 2

Demonstrates a comprehensive breadth of knowledge of the positive impacts of the media in their club's sporting activity. Demonstrates a comprehensive breadth of knowledge of the negative impacts of the media in their club's sporting activity.