

Physical Education 5 Year Curriculum Overview

5 Year Curriculum Intent:

For students to acquire and develop core skills across a range of sports and activities. Acquiring these skills will ensure that students develop the necessary attributes required to progress through to Yr.8 & Yr.9. The Key Stage 3 curriculum will be a 5 week cyclical curriculum with three core forms of 'INTENT' behind each year group's own bespoke curriculum, to promote the stretch, challenge and progression needed through each year group. Year 7 will be centered on 'Acquiring Core Skills' giving the students a solid foundation to develop their understanding and application of skills that they will need as they progress through KS3. With this foundation, Year 8 will progress through developing their tactical awareness and understanding and applying the core skills learnt in Year 7, within more competitive situations and understanding specific rules/laws of various games/sports. Finally, Year 9's curriculum INTENT will be focussed upon 'developing leadership and how to improve performance'. Students will create their own drills/practices in order to improve key areas of their own performance. They will lead certain elements of the lesson, developing core skills such as teamwork, communication and co-operation with their peers. Analysis of performance will occur here with greater emphasis on understanding GCSE and Sports Studies specific key terminology. Students at KS3 will also engage in theory lessons, at three points in the academic year. This will enable retention of key language and help embed acquired knowledge from practical lessons. Each year group will sit a formal assessment at the end of their respective academic year.

Ultimately, within KS3 PE, we want students to develop their resilience & meta-cognitive skills by challenging them to perform challenging and complex tasks, whilst also giving students the chance to work independently and collaboratively with their peers. We want to develop students holistically, not only developing their physical prowess and ability, but also their social and mental well-being. Our activities will encourage their communication, teamwork & leadership skills with students developing a sport for life after their time with us.

With this foundation of knowledge, students who progress to KS4 qualifications have the base of understanding to apply their practical knowledge into theory content. Students in Yr.10 & 11 will develop the written skills in order to transfer this knowledge into well written exam answers. Students will also develop their practical application and understanding by developing sports in greater detail in terms of greater tactical and technical awareness. Students will become aware of wide societal issues affected by sport and develop the ability to critically evaluate/analyse these topics and issues.

	Autumn Term	Spring Term	Summer Term
Year 7	Boys & Girls: Base Line Testing & Fitness Boys: Rugby, Dance & Gymnastics Girls: Netball & Hockey Theory Round 1	Boys: Football, Basketball, Handball Girls: Football, Dance & Gymnastics, Table Tennis & Badminton Theory Round 2	Boys: Athletics, Tennis, Striking & Fielding (Cricket) Girls: Athletics, Tennis, Striking & Fielding (Rounders) Theory Round 3
5 Year Links	- Introduce practical activities needed at GCSE and SS level and core knowledge required. - Introduce key terminology and language that is embedded within each year group. - The INTENT of this curriculum plan will allow students to have a natural progression through each year of KS3. This will give students the foundation of each activity to then move towards more strategic and self-development tasks in Yr.8 & 9.		
School Curriculum Links	- Biology: Anatomy & Physiology, effects of exercise on the body. Measuring resting HR and working HR for fitness testing unit. - Mathematics: Counting and totalling points/scores. - English: Understanding key terminology and what they mean. Understanding specific instructions to follow, interpreting that information and then being to articulate oral responses. - R.S: Developing character and personal being. Creating leaders and working within a team. Understanding fair play and etiquette within each activity. - Geography: KS2, understanding where different activities have originated from. E.g. Dance we will look to study the 'Capoeira' style of Dance which originated from Brazil.		
Year 8	Boys: Football, Rugby, Table Tennis & Gymnastics Girls: Football, Hockey, Fitness & Netball Theory Round 1	Boys: Table Tennis, Rugby, Handball & Basketball Girls: Fitness, Hockey, Gymnastics & Orienteering Theory Round 2	Boys: Athletics, Tennis, Striking & Fielding (Cricket) Girls: Athletics, Tennis, Striking & Fielding (Rounders) Theory Round 3
5 Year Links	- Core skills learnt in Year 7, will give students in this year the foundation and core knowledge to utilise these skills in greater game play contexts. - Students will start to understand the tactical skills needed in activities, alongside the development in understanding of rules & laws.		

	- This will enable students to have a greater grasp of each activity, as they move through into Yr9 and KS4. - Elements of GCSE and SS will be delivered within the SOWs for these activities.		
School Curriculum Links	- Biology: Anatomy & Physiology, effects of exercise on the body. Measuring resting HR and working HR for fitness testing unit. - Mathematics: Counting and totalling points/scores. - English: Understanding key terminology and what they mean. Understanding specific instructions to follow, interpreting that information and then being to articulate oral responses. - R.S: Developing character and personal being. Creating leaders and working within a team. Understanding fair play and etiquette within each activity.		
Year 9	Boys: Football, Fitness, Rugby & Gymnastics Girls: Badminton, Netball, Hockey & Fitness Theory Round 1	Boys: Gymnastics, Rugby, Handball & Basketball Girls: Fitness, Hockey, Table Tennis & Football Theory Round 2	Boys: Athletics, Tennis, Striking & Fielding (Cricket) Girls: Athletics, Tennis, Striking & Fielding (Rounders) Theory Round 3
5 Year Links	- Intent of this Yr.'s curriculum is centred upon leadership and self-evaluation, key components of the GCSE and SS courses. - Students will have an end of year exam encapsulating knowledge acquired in practical lessons. - Students will build on knowledge acquired in Yr.7 & 8 to be able to lead elements of practices and be able to identify areas of improvement in their own and others' performances.		
School Curriculum Links	- Biology: Anatomy & Physiology, effects of exercise on the body. Measuring resting HR and working HR for fitness testing unit. - Mathematics: Counting and totalling points/scores. - English: Understanding key terminology and what they mean. Understanding specific instructions to follow, interpreting that information and then being to articulate oral responses. - R.S: Developing character and personal well-being. Creating leaders and working within a team. Understanding fair play and etiquette within each activity.		
Year 10	GCSE: Applied Anatomy and Physiology Physical Training SS: R184: Contemporary Issues In Sport SS: R185: Performance & Leadership	GCSE: Applied Anatomy and Physiology Physical Training SS: R186: Sport & the Media SS: R185: Performance & Leadership	GCSE: Physical Training Year 10 Exam Preparation Performance Analysis Assessment (Coursework) SS: R184: Contemporary Issues In Sport SS: R185: Performance & Leadership SS: R186: Sport & the Media
5 Year Links	- Students will capitalise on knowledge and understanding acquired from KS3 to aid their performance in practical activities. - Students will use their varied knowledge of sport to facilitate their learning in the above topics and be able to apply theoretical content, practically. - Students will gain knowledge into how to incorporate these skills into written exam answers or pieces of assessed coursework.		
School Curriculum Links	- Biology: Anatomy & Physiology, effects of exercise on the body. Understanding bodily systems. - Mathematics: Counting and totalling points/scores & interpreting data. - English: Understanding key terminology and what they mean. Understanding specific instructions to follow, interpreting that information and then being to articulate oral responses. Being able to coherently write sentences and answers to exam questions. - R.S: Developing character and personal well-being. Creating leaders and working within a team. Understanding fair play and etiquette within each activity.		
Year 11	GCSE: Sports psychology / Socio-cultural / Commercialisation SS: R184: Contemporary Issues In Sport SS: R185: Performance & Leadership	GCSE: Commercialisation / Ethical issues SS: R184: Contemporary Issues In Sport SS: R185: Performance & Leadership	GCSE: Health and fitness SS: R184: Contemporary Issues In Sport SS: R185: Performance & Leadership
5 Year Links	Students can link back to practical application of their practical lessons in KS3 and KS4 to help with their understanding of the Sports Psychology topics. E.g. when in Year 8, the teacher used manual guidance in Gymnastics to help us gain the feel of how to perform a cartwheel safely and correctly.		

	Topics taught in Year 10 will be re-visited and utilised here to further understanding and retention of knowledge. E.g. the students have the knowledge of the benefits of exercise and how that impacts upon us physically. Students will utilise this to identify what happens when we don't exercise and the impact on our mental and social health, as well as our physical health.
School Curriculum Links	Psychology: Sports psychology topics identified. Business: Impact of sport on the media and how/why sponsors invest in sports and athletes. Development of sports due to increased exposure in the media and revenue. Mathematics: Counting and totalling points/scores & interpreting data. English: Understanding key terminology and what they mean. Understanding specific instructions to follow, interpreting that information and then being to articulate oral responses. Being able to coherently write sentences and answers to exam questions. R.S: Developing character and personal well-being. Creating leaders and working within a team. Understanding fair play and etiquette within each activity.
Gatsby Benchmark 4 – Linking Curriculum to Careers	Within KS3, there are key career areas that we look to implement within our curriculum. These include:- - Theory lessons, to help with Post 14 exam course choice. Students have a greater informed decision as they can experience what a GCSE and Sports Studies lesson would be like. - PE notice board solely linked to careers and opportunities within sport because of developing knowledge and understanding within Physical Education. - National careers week. Staff share their experiences and career pathways. During this week, there is focus on how our curriculum and skills acquired can help students on their journeys into a multitude of careers within sport. Within KS4, we look to promote careers within our curriculum, in the following ways:- - Interleave careers within our curriculum. - Prepare students for Post 16 and 18 courses, due to theoretical and practical knowledge acquired. - PE notice board dedicated to careers within sport and Physical Education. - Students to access visits to local Universities or NGB centres. - Emphasis on Physical Education within National Careers week. - Opportunity for students to become PE ambassadors alongside sports leadership programme.