

PHYSICAL EDUCATION – CURRICULUM INTENT

ASPIRE – CHALLENGE – ACHIEVE

The Physical Education department aims to produce confident, resilient and enthusiastic sports students. The wide range of topics allows the students to develop key skills that can be transferred into different activity areas, throughout all key stages which is further enhanced by our vast extra-curricular programme. The curriculum allows students to develop an understanding of the world they live in in terms of communication, sportsmanship, teamwork, cooperation, etiquette and fair play. Our ethos of 'sport for all' provides opportunities for all students to participate in a wide variety of activities and extra-curricular activities which helps to develop skills, confidence and self-esteem.

Schemes of work aim to enrich and promote enjoyment of sport as well as developing an understanding of the need for healthy lifestyles which include physical, social and mental well-being. Cross-curricular links are provided throughout each Key Stage. In KS3, learners are given the opportunity to secure the foundation of Physical Education knowledge and implement skills that are important for developing and maintaining a healthy lifestyle. KS4 and 5 aim to further develop these skills and allow learners to develop a deeper understanding of Physical Education. They are also given the opportunity to prepare for higher education through the promotion of independence and leadership.

In Physical Education we strive to improve students' extended writing skills through vocational courses. This equips them better to more successfully complete long answer questions in examination units. Through independent working students are encouraged to constantly develop a wider vocabulary, linked to sporting and scientific concepts supported by teacher feedback.

PHYSICAL EDUCATION– CURRICULUM MAP

Key = Matching colours denote links between topics either in content or skills across Key Stages

7	Netball Football	Football Rugby	Dance Basketball	Fitness suite Hockey	Table Tennis Gymnastics	Rounders	Cricket Tennis	Athletics
8	Netball Football	Football Rugby	Dance Basketball	Fitness suite Hockey	Table Tennis Gymnastics	Trampolining Rounders	Cricket Tennis	Athletics
9	Netball Football	Football Rugby	Dance Basketball	Fitness suite Hockey	Table Tennis Trampolining	Rounders	Cricket Tennis	Athletics
9CNAT	Fitness & training	Fitness testing	Skeletal system	Muscular system	Respiratory system	Cardiovascular system	Sporting injuries	Injury prevention
10 CORE	Girls Trampolining Netball Table Tennis	Boys Football Fitness	Girls Netball Fitness Dance	Boys Dodgeball Hockey	Girls Hockey Trampolining Table Tennis	Boys Fitness Football	Girls Football Hockey Fitness	Boys Basketball Rugby
10 CNAT	Training & Fitness unit: Training methods, fitness tests, training principles, fitness training programme. Assessed via coursework tasks				Body systems unit: Skeletal system, Muscular system, Respiratory system & Cardiovascular system. Assessed via coursework tasks			
11 CORE	Girls Trampolining Netball Table Tennis	Boys Football Fitness	Girls Netball Fitness Dance	Boys Dodgeball Hockey	Intervention sessions	REVISION	GCSE EXAMS	
11 CNAT	Sporting injuries & prevention Assessed via exam			Diet & nutrition Assessed via coursework tasks			GCSE EXAMS	
12	Body systems: Skeletal system, Muscular system, Respiratory system, Cardiovascular & movement systems – Examination in May Sports coaching & Leadership- coursework unit with practical assessment of leadership / coaching tasks					REVISION	AS EXAMS	Start Yr13: *Psychology * Nutrition * Sport organisation
13	Sport & exercise Psychology / Nutrition & diet for sport & exercise Sport organisation & development					Assessed via coursework tasks Assessed via coursework tasks Assessed via examination		

