

Curriculum (Subject) Overview



Believe, Succeed, Together

2018

Year 7 PHYSICAL EDUCATION

	Autumn Term	Spring Term	Summer Term
Topics	<p>Practical</p> <ul style="list-style-type: none"> • Fitness • Basketball • Swim • Trampolining • Rugby <p>Theoretical</p> <ol style="list-style-type: none"> 1. Why warming up is important 2. How to stretch 3. How to exercise safely 4. Names & locations of muscles in the body 	<p>Practical</p> <ul style="list-style-type: none"> • Netball • Hockey • Swimming • Badminton • Trampolining • Athletics <p>Theoretical</p> <ol style="list-style-type: none"> 1. Types of fitness 2. Link types of fitness to specific activities 	<p>Practical</p> <ul style="list-style-type: none"> • Athletics • Cricket • Rounders <p>Theoretical</p> <ol style="list-style-type: none"> 1. Methods of training 2. Link methods of training to specific activities
Assessment	<p>Formal assessments for unit rotation – Week 3 and 6</p> <p>Assessment of key skills; performance, subject knowledge, preparation and execution of skill, evaluating performances</p> <p>Assessment of whether they can complete a safe warm up that is appropriate to the activity</p>	<p>Formal assessments for unit rotation – Week 3 and 6</p> <p>Assessment of key skills; performance, subject knowledge, preparation and execution of skill, evaluating performances</p> <p>Explanation of why certain types of fitness are more important in some sports than others</p>	<p>Formal assessments for unit rotation – Week 3 and 6</p> <p>Assessment of key skills; performance, subject knowledge, preparation and execution of skill, evaluating performances</p> <p>To devise their own training session using a specific method of training as part of a small group</p>
Resources	<ul style="list-style-type: none"> • Equipment relevant to activities studied • Indicative competencies 	<ul style="list-style-type: none"> • Equipment relevant to activities studied • Indicative competencies 	<ul style="list-style-type: none"> • Equipment relevant to activities studied • Indicative competencies

YEAR 8 PHYSICAL EDUCATION

	Autumn Term	Spring Term	Summer Term
Topics	<p>Practical</p> <ul style="list-style-type: none"> • Fitness • Basketball • Swim • Trampolining • Rugby <p>Theoretical</p> <ol style="list-style-type: none"> 1. How the body reacts to different kinds of exercise 2. Names of muscles & locations in the body 	<p>Practical</p> <ul style="list-style-type: none"> • Netball • Hockey • Swimming • Badminton • Trampolining • Athletics <p>Theoretical</p> <ol style="list-style-type: none"> 1. Types of fitness continued .. 2. Link types of fitness to specific activities 	<p>Practical</p> <ul style="list-style-type: none"> • Athletics • Cricket • Rounders <p>Theoretical</p> <ol style="list-style-type: none"> 3. Methods of training continued... 4. Link methods of training to specific activities
Assessment	<p>Formal assessments for unit rotation – Week 3 and 6</p> <p>Assessment of key skills; performance, subject knowledge, preparation and execution of skill, evaluating performances</p> <p>Explanation of what happens to the body during exercise specific to the body systems</p>	<p>Formal assessments for unit rotation – Week 3 and 6</p> <p>Assessment of key skills; performance, subject knowledge, preparation and execution of skill, evaluating performances</p> <p>Explanation of why certain types of fitness are more important in some sports than others</p>	<p>Formal assessments for unit rotation – Week 3 and 6</p> <p>Assessment of key skills; performance, subject knowledge, preparation and execution of skill, evaluating performances</p> <p>To devise their own training session using a specific method of training with a partner</p>
Resources	<ul style="list-style-type: none"> • Equipment relevant to activities studied • Indicative competencies 	<ul style="list-style-type: none"> • Equipment relevant to activities studied • Indicative competencies 	<ul style="list-style-type: none"> • Equipment relevant to activities studied • Indicative competencies

YEAR 9 PHYSICAL EDUCATION

	Autumn Term	Spring Term	Summer Term
Topics	<p>Practical</p> <ul style="list-style-type: none"> • Fitness • BB • Swimming • Trampolining • Football <p><u>GCSE THEORY</u> Types of fitness and how they can be used to maximise performance</p> <p>The different body systems</p>	<p>Practical</p> <ul style="list-style-type: none"> • Netball • Hockey • Swimming • Swimming • Badminton <p><u>GCSE Theory</u> Health Fitness & well being Lifestyle choices Fitness & sedentary lifestyle Interpreting data Diet & nutrition Energy, diet & hydration</p>	<p>Practical</p> <ul style="list-style-type: none"> • Athletics • Rounders • Cricket <p><u>GCSE Theory</u> Energy, diet & hydration Classification of skill Forms of practice Guidance on performance Feedback SMART goals Mental preparation</p>
Assessment	<p>Formal assessments for unit rotation – Week 3 and 6</p> <p>Assessment of key skills; performance, subject knowledge, preparation and execution of skill, evaluating performances</p> <p>Analysis of types of fitness used and the benefit they have within specific activities</p>	<p>Formal assessments for unit rotation – Week 3 and 6</p> <p>Assessment of key skills; performance, subject knowledge, preparation and execution of skill, evaluating performances</p> <p>9 mark exam questions on Fitness & sedentary lifestyle</p>	<p>Formal assessments for unit rotation – Week 3 and 6</p> <p>Assessment of key skills; performance, subject knowledge, preparation and execution of skill, evaluating performances</p> <p>End of Unit test 9 mark exam questions on sports psychology</p>
Resources	<ul style="list-style-type: none"> • Equipment relevant to activities studied 	<ul style="list-style-type: none"> • Equipment relevant to activities studied • Lesson PowerPoint & pupil booklet 	<ul style="list-style-type: none"> • Equipment relevant to activities studied • Lesson PowerPoint & pupil booklet • End of unit test paper and mark scheme

YEAR 10 PHYSICAL EDUCATION

	Autumn Term	Spring Term	Summer Term
Topics	<p>Practical</p> <ul style="list-style-type: none"> • Fitness • BB • Swimming • Trampolining • Football <p><u>GCSE Theory</u> Influences on participation Commercialisation of sport Sporting behaviour End of unit test</p>	<p>Practical</p> <ul style="list-style-type: none"> • Netball • Hockey • Swimming • Swimming • Badminton <p><u>GCSE Theory</u> Warm up & cool down Fitness & fitness tests Principles & methods of training Injury prevention</p>	<p>Practical</p> <ul style="list-style-type: none"> • Athletics • Rounders • Cricket <p><u>GCSE Theory</u> Injury treatment Performance enhancing drugs 6wk controlled assessment</p>
Assessment	<p>Formal assessments for unit rotation – Week 3 and 6</p> <p>Assessment of key skills; performance, subject knowledge, preparation and execution of skill, evaluating performances</p> <p>End of unit test on Sport, society & culture</p>	<p>Formal assessments for unit rotation – Week 3 and 6</p> <p>Assessment of key skills; performance, subject knowledge, preparation and execution of skill, evaluating performances</p> <p>9 mark exam questions on training</p>	<p>Formal assessments for unit rotation – Week 3 and 6</p> <p>Assessment of key skills; performance, subject knowledge, preparation and execution of skill, evaluating performances</p> <p>Controlled assessment – 6 week personal exercise programme</p> <p>End of year exam</p>
Resources	<ul style="list-style-type: none"> • Equipment relevant to activities studied • End of unit test paper & mark scheme • Powerpoint & pupil booklet • Revision workbook 9-1 	<ul style="list-style-type: none"> • Equipment relevant to activities studied • Powerpoint & pupil booklet • Revision workbook 9-1 	<ul style="list-style-type: none"> • Equipment relevant to activities studied • Powerpoint & pupil booklet • Controlled assessment – tick sheet

YEAR 11 PHYSICAL EDUCATION

	Autumn Term	Spring Term	Summer Term
Topics	Practical activity practice in preparation for practical exam (40%): x1 individual activity x1 team activity x1 team/individual activity <u>GCSE Theory</u> Musco – skeletal system Cardio – respiratory system Revision of Paper 2	Practical activity practice in preparation for practical exam (40%): x1 individual activity x1 team activity x1 team/individual activity Practical exam <u>GCSE theory</u> Revision of paper 1	<u>GCSE Theory</u> Revision of paper 2 Revision of paper 1
Assessment	Practice questions Year 11 Mock exams	GCSE practical exam Practice papers	Practice papers GCSE exams – Paper 2 & 1
Resources	<ul style="list-style-type: none"> • Practice papers • Practice questions • Revision workbook 9-1 	<ul style="list-style-type: none"> • Practice papers • Practice questions • Revision workbook 9-1 	<ul style="list-style-type: none"> • Practice papers • Practice questions • Revision workbook 9-1