

Physical Education

KS3

Year 7		Year 8		Year 9	
HT1: Click or tap here to enter text.	HT2: Pupils will begin with an Introductory unit of benchmarking, which consists of health and safety aspects of Physical Education, fundamental motor skill and fitness activities, alongside two lessons of cross country. These activities will form a set of up-to-date and accurate information for group structures and challenge in class.	HT1: Pupils will study a range of summer activities which run on a carousel over two half terms. (Striking and fielding – Rounders; Softball; Cricket; Athletics activities –Skills and concepts for running, throwing and jumping techniques). Pupils will build on their physical development and skills learned in KS1 and KS2, to become more confident in their techniques and apply them across different sports and physical activities.	HT2: This term pupils will study a range of winter activities which run on a carousel over four half terms. (Badminton, Gymnastics, Orienteering, Health–related fitness, Football, Handball, Basketball, Netball and Rugby). Pupils will embed their physical development and skills learned in Year 7 to become more competent in their techniques and apply them across different sports and physical activities.	HT1: Pupils will study a range of summer activities which run on a carousel over two half terms. (Striking and fielding – Rounders; Softball; Cricket; Athletics activities –Skills and concepts for track and field events). Pupils will build on their physical development and skills learned in Year 8 to become expert in their techniques and apply them across different sports and physical activities.	HT2: Pupils will study a range of winter activities which run on a carousel over four half terms. (Badminton, Gymnastics/Conditioning, Fitness training, Football, Handball, Basketball, Netball, Rugby, and Hockey). Pupils will refine their physical development and skills learned in Year 8 to become expert in their techniques and apply them across different sports and physical activities.
HT3: Pupils will study a range of winter activities which run on a carousel over three half terms. (Badminton, Gymnastics, Orienteering, Football, Handball, Basketball, Netball and Rugby.) Pupils will build on their physical development and skills learned in KS1 and KS2, to become more confident in their techniques, and apply them across different sports and physical activities.	HT4: Pupils will study a range of winter activities which run on a carousel over three half terms. (Badminton, Gymnastics, Orienteering, Football, Handball, Basketball, Netball and Rugby.) Pupils will build on their physical development and skills learned in KS1 and KS2, to become more confident in their techniques, and apply them across different sports and physical activities.	HT3: This term pupils will study a range of winter activities which run on a carousel over four half terms. (Badminton, Gymnastics, Orienteering, Health–related fitness, Football, Handball, Basketball, Netball and Rugby). Pupils will embed their physical development and skills learned in Year 7 to become more competent in their techniques and apply them across different sports and physical activities.	HT4: This term pupils will study a range of winter activities which run on a carousel over four half terms. (Badminton, Gymnastics, Orienteering, Health–related fitness, Football, Handball, Basketball, Netball and Rugby). Pupils will embed their physical development and skills learned in Year 7 to become more competent in their techniques and apply them across different sports and physical activities.	HT3: Pupils will study a range of winter activities which run on a carousel over four half terms. (Badminton, Gymnastics/Conditioning, Fitness training, Football, Handball, Basketball, Netball, Rugby, and Hockey). Pupils will refine their physical development and skills learned in Year 8 to become expert in their techniques and apply them across different sports and physical activities.	HT4: Pupils will study a range of winter activities which run on a carousel over four half terms. (Badminton, Gymnastics/Conditioning, Fitness training, Football, Handball, Basketball, Netball, Rugby, and Hockey). Pupils will refine their physical development and skills learned in Year 8 to become expert in their techniques and apply them across different sports and physical activities.
HT5: Pupils will study a range of winter activities which run on a carousel over three half terms. (Badminton, Gymnastics, Orienteering, Football, Handball, Basketball, Netball and Rugby.) Pupils will build on their physical development and skills learned in KS1 and KS2, to become more confident in their techniques, and apply them across different sports and physical activities.	HT6: Pupils will study a range of summer activities which run on a carousel over two half terms. (Striking and fielding – Rounders; Softball; Cricket; Athletics activities –Skills and concepts for running, throwing and jumping techniques). Pupils will build on their physical development and skills learned in KS1 and KS2, to become more confident in their techniques and apply them across different sports and physical activities.	HT5: This term pupils will study a range of winter activities which run on a carousel over four half terms. (Badminton, Gymnastics, Orienteering, Health–related fitness, Football, Handball, Basketball, Netball and Rugby). Pupils will embed their physical development and skills learned in Year 7 to become more competent in their techniques and apply them across different sports and physical activities.	HT6: Pupils will study a range of summer activities which run on a carousel over two half terms. (Striking and fielding – Rounders; Softball; Cricket; Athletics activities –Skills and concepts for running, throwing and jumping techniques). Pupils will embed their physical development and skills learned in Year 7, to become more competent in their techniques and apply them across different sports and physical activities.	HT5: Pupils will study a range of winter activities which run on a carousel over four half terms. (Badminton, Gymnastics/Conditioning, Fitness training, Football, Handball, Basketball, Netball, Rugby, and Hockey). Pupils will refine their physical development and skills learned in Year 8 to become expert in their techniques and apply them across different sports and physical activities.	HT6: Pupils will study a range of summer activities which run on a carousel over two half terms. (Striking and fielding – Rounders; Softball; Cricket; Athletics activities –Skills and concepts for track and field events). Pupils will build on their physical development and skills learned in Year 8 to become expert in their techniques and apply them across different sports and physical activities.

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Physical Education

KS4 – Core

Year 10		Year 11	
<p>HT1:</p> <p>This term pupils will study a range of summer activities which run on a carousel over two half terms. (Striking and fielding – Rounders; Softball; Cricket; Athletics activities – Skills and concepts for track and field events). Pupils will continue to refine their physical development and skills learned in Year 9 to become more adept in their techniques, and apply them across different sports and physical activities.</p>	<p>HT2:</p> <p>This term pupils will study a range of winter activities which run on a carousel over four half terms. (Badminton, Fitness, Football, Handball, Basketball and Netball.) Pupils will continue to refine their physical development and skills learned in Year 9 to become more adept in their techniques, and apply them across different sports and physical activities. Cross-country week this half term.</p>	<p>HT1:</p> <p>Pupils will study one of their selected activities from the Core PE activity options. (Football, Badminton, Netball, Fitness Suite, Yoga, Powerwalking, Dance, Roefield Fitness, Rock-climbing, Roefield Football, Table Tennis/Badminton Masters Fitness and Golf). Pupils will work on developing their physical and mental wellbeing through physical activity, whilst also fostering the appeal of lifelong physical activity.</p>	<p>HT2:</p> <p>Pupils will study one of their selected activities from the Core PE activity options. (Football, Badminton, Netball, Fitness Suite, Yoga, Powerwalking, Dance, Roefield Fitness, Rock-climbing, Roefield Football, Table Tennis/Badminton Masters Fitness and Golf). Pupils will work on developing their physical and mental wellbeing through physical activity, whilst also fostering the appeal of lifelong physical activity.</p>
<p>HT3:</p> <p>This term pupils will study a range of winter activities which run on a carousel over four half terms. (Badminton, Fitness, Football, Handball, Basketball and Netball.) Pupils will continue to refine their physical development and skills learned in Year 9 to become more adept in their techniques, and apply them across different sports and physical activities.</p>	<p>HT4:</p> <p>This term pupils will study a range of winter activities which run on a carousel over four half terms. (Badminton, Fitness, Football, Handball, Basketball and Netball.) Pupils will continue to refine their physical development and skills learned in Year 9 to become more adept in their techniques, and apply them across different sports and physical activities.</p>	<p>HT3:</p> <p>Pupils will study one of their selected activities from the Core PE activity options. (Football, Badminton, Netball, Fitness Suite, Yoga, Powerwalking, Dance, Roefield Fitness, Rock-climbing, Roefield Football, Table Tennis/Badminton Masters Fitness and Golf). Pupils will work on developing their physical and mental wellbeing through physical activity, whilst also fostering the appeal of lifelong physical activity.</p>	<p>HT4:</p> <p>Pupils will study one of their selected activities from the Core PE activity options. (Football, Badminton, Netball, Fitness Suite, Yoga, Powerwalking, Dance, Roefield Fitness, Rock-climbing, Roefield Football, Table Tennis/Badminton Masters Fitness and Golf). Pupils will work on developing their physical and mental wellbeing through physical activity, whilst also fostering the appeal of lifelong physical activity.</p>
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Physical Education

KS4 - GCSE

Year 10		Year 11	
<p>HT1: Component 1 – Physical Factors affecting performance; Unit 1B – the Muscular System</p> <p>Pupils will develop their understanding and knowledge of the muscular system and how this system impacts sporting performance. Pupils will look at developing their skills in AO1 (recall), building on their AO2 skills (practical examples) and start to look at AO3 skills (evaluation).</p> <p>In practical lessons pupils will study the core and advanced skills of Badminton Singles and Doubles, developing their standard of accuracy, control, and fluency.</p>	<p>HT2: Component 1 – Physical Factors affecting performance; Unit 1C – the Cardiovascular System</p> <p>Pupils will develop their understanding and knowledge of the cardiovascular system and how this system impacts sporting performance. Pupils will look at developing their skills in AO1 (recall), building on their AO2 skills (practical examples) and building their AO3 skills (evaluation).</p> <p>In practical lessons pupils will study the core and advanced skills of Handball, developing their standard of accuracy, control, consistency, and fluency.</p>	<p>HT1: Component 2 - Socio-Cultural issues and Sports Psychology; Unit 6 – Socio-Cultural influences</p> <p>Pupils will develop their knowledge and understanding of engagement patterns and commercialisation in physical activity and sport and their impact on participation. Pupils will continue to embed their skills in AO1 (recall), enhance their AO2 skills (practical examples) and enhance their AO3 skills (evaluation).</p> <p>Pupils will also complete their AEP controlled assessment piece of work, completing the Overview and Assessment sections.</p> <p>In practical lessons pupils will refine the core and advanced skills of Badminton and Handball enhancing their standard of consistency and develop their application of relevant strategies and tactics for the activity.</p> <p>HERE.</p>	<p>HT2: Component 2 - Socio-Cultural issues and Sports Psychology; Unit 6 – Socio-Cultural influences and Unit 5 – Sports Psychology</p> <p>Pupils will develop their knowledge and understanding of ethical and socio-cultural issues in physical activity and sport and their impact on participation and start to develop their understanding of how psychological factors affect performance in physical activities and sports. Pupils will continue to embed their skills in AO1 (recall) and AO2 (practical examples) and enhance their AO3 skills (evaluation).</p> <p>Pupils will also complete their AEP controlled assessment piece of work, completing the Action Plan and Movement Analysis sections.</p> <p>In practical lessons pupils will refine the core and advanced skills of Netball and Football, enhancing their standard of consistency and develop their application of relevant strategies and tactics for the activity.</p>
<p>HT3: Component 1 – Physical Factors affecting performance; Unit 1D – the Respiratory System and Unit 1E – Short- and long-term effects of exercise</p> <p>Pupils will develop their understanding and knowledge of the respiratory system and short- and long-term effects of exercise and how these impact sporting performance and link to the cardiovascular system. Pupils will look at enhancing their skills in AO1 (recall), developing on their AO2 skills (practical examples) and building on their AO3 skills (evaluation).</p> <p>In practical lessons pupils will study the core and advanced skills of Basketball, developing their standard of accuracy, control, consistency, and fluency.</p>	<p>HT4: Component 1 – Physical Factors affecting performance; Unit 1E – Short- and long-term effects of exercise</p> <p>Pupils will develop their understanding and knowledge of the short- and long-term effects of exercise and how these impact sporting performance and link to the cardiovascular and respiratory system. Pupils will look at enhancing their skills in AO1 (recall), developing on their AO2 skills (practical examples) and building on their AO3 skills (evaluation).</p> <p>In practical lessons pupils will study the core and advanced skills of Football and Netball, developing their standard of accuracy, control, and fluency.</p>	<p>HT3: Component 2 - Sports Psychology; Unit 5 – Sports Psychology and Unit 4a – Health, Fitness and Wellbeing</p> <p>Pupils will develop their knowledge and understanding of psychological factors which affect performance in physical activities and sports and the benefits of participating in physical activities and sport to their health, fitness, and wellbeing. Pupils will continue to embed their skills in AO1 (recall), AO2 (practical examples) and AO3 (evaluation).</p> <p>In practical lessons for four weeks pupils will complete the final practical assessment ready for submission to the exam board. Practical lessons will stop after this.</p>	<p>HT4: Component 2 - Socio-Cultural issues and Sports Psychology; Unit 4b – Diet and Nutrition.</p> <p>Pupils will develop their knowledge and understanding of how diet and nutrition affect performance. Pupils will continue to embed their skills in AO1 (recall), AO2 (practical examples) and AO3 (evaluation). Pupils will also start to recap problem topic areas, consolidate their knowledge and practise exam techniques.</p>
<p>HT5: Component 1 – Physical Factors affecting performance; Unit 2F – The Components of Fitness and Unit 2G – Optimising training</p> <p>Pupils will develop their understanding and knowledge of the components of fitness and the appropriate fitness tests for each component and start to develop their understanding of the principles of training. Pupils will look at enhancing their skills in AO1 (recall), enhancing their AO2 skills (practical examples) and developing their AO3 skills (evaluation).</p> <p>In practical lessons pupils will study the core and advanced skills of Football and Netball, developing their standard of accuracy, control, and fluency.</p> <p>In practical lessons pupils will refine the core and advanced skills of their two chosen Athletic events, enhancing their standard of consistency and develop their application of relevant strategies and tactics for the activity.</p>	<p>HT6: Component 1 – Physical Factors affecting performance; Unit 2G – Optimising training and Unit 3 - Prevention of Risk and Hazards</p> <p>Pupils will develop their understanding and knowledge of types of training, warm up and cool down and how to assess potential risk and hazards connected to sporting events and venues. Pupils will look at enhancing their skills in AO1 (recall), enhancing their AO2 skills (practical examples) and developing their AO3 skills (evaluation).</p> <p>Pupils will also complete their AEP controlled assessment piece of work, completing the Evaluation and Analysis sections.</p> <p>In practical lessons pupils will refine the core and advanced skills of cricket, enhancing their standard of consistency and develop their application of relevant strategies and tactics for the activity.</p>	<p>HT5: Recap and Practise</p> <p>This half term pupils will recap problem topic areas, consolidate their knowledge and practise exam techniques. Pupils will continue to embed their skills in AO1 (recall), AO2 (practical examples) and AO3 (evaluation) through exam papers and will focus on the skills needed for the longer answer question.</p>	<p>HT6:</p> <p>Summer examinations taking place.</p>

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