

[PRIMARY](#)

[KEY STAGE 3](#)

[KEY STAGE 4](#)

[KEY STAGE 5](#)

Curriculum Intent

To develop highly competent practitioners who understand the value of healthy lifestyles and regular physical activity. Pupils will also develop a competitive edge and be secure in the theoretical aspects of PE.

1. How do you ensure consistent delivery of the subject across all key stages?

The intent is applicable to all key stages. Practitioners focus on developing skills, competition, healthy lifestyles and theoretical knowledge appropriate to Key Stage. HOD for Primary and Secondary meet regularly to ensure this consistency which is helped by 1 teacher in primary teaching all years and regular CPD in secondary.

2. How does the curriculum cater for disadvantaged, SEND and other minority group students?

Curriculum is planned so all students can access and have equal opportunities. SOL and lessons are adapted for students individual needs e.g. use of resources for physically impaired, Other students supporting EAL, Kit for PP, Specific examples in department improvement plan

3. How does the curriculum embed prior knowledge and aid long-term retention of knowledge?

Knowledge organisers, repetition of sports/skills throughout key stages, EYFS/KS1/2 questioning in lessons links to KS3 mid year testing linked to KS4/KS5 examinations.

PRIMARY

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS	Fundamentals of movement (Agility, balance and co-ordination) Gymnastics linked to Real PE		Fundamentals of movement. Invasion games (Tag, sharks and fishes etc)		Fundamentals of movement. Introduction to throwing and catching. Preparation for sports day.	
1	Fundamentals of movement (Agility, balance and co-ordination) Gymnastics linked to Real PE		Fundamentals of movement (A B,C'S) Invasion games (Foxes and hounds, stuck in the mud etc)		Fundamentals of movement (A,B,C'S) Throwing and catching. Preparation for sports day.	
2	Fundamentals of movement (Agility, balance and co-ordination) Gymnastics linked to Real PE		Invasion games (6 weeks) Throwing and catching. Introduction to bench ball (6 weeks)		Introduction to cricket (6 weeks) Preparation for sports day (6 weeks)	
3	Fundamentals of movement circuits (3 weeks) Gymnastics and Counter Balance (3 weeks) Introduction to Dodgeball (3 weeks)		Bench ball (4 weeks) Throwing and catching (4 weeks) Introduction to football (4 weeks)		Cricket/quick cricket (4 weeks) Introduction to Tennis (4 weeks) Preparation for Sports day (4 weeks)	
4	Fundamentals of movement circuits (4 weeks) Bench ball (4 weeks) Dodgeball (4 weeks)		Gymnastics and Counter Balance (4 weeks) Football (4 weeks) Rugby (4 weeks)		Cricket/quick cricket (3 weeks) Introduction to Rounders (3 weeks) Tennis (3 weeks) Preparation for Sports day (3 weeks)	
5	Circuits/Fundamentals of movement (4 weeks) Football (4 weeks) Rugby (6 weeks)		Bench ball (4 weeks) Gymnastics/Counter Balance (4 weeks) Dodgeball (4 weeks)		Rounders (3 weeks) Cricket (3 weeks) Tennis (3 weeks) Preparation for sports day (3 weeks)	
6	Circuits/fitness (4 weeks) Football (4 weeks) Rugby (4 weeks)		Bench ball (4 weeks) Gymnastics/Counter Balance (4 weeks) Dodgeball (4 weeks)		Rounders (3 weeks) Cricket (3 weeks) Tennis (3 weeks) Preparation for sports day (3 weeks)	

KEY STAGE 3

	1st Half of the year (Sep – Jan)	2nd Half of the year (Jan-July)
7	<p>Introduce key skills and tactics, and develop basic skills in a mixture of individual and team sports.</p> <p>Sports delivered include: Girls = Netball, Athletics, Trampoline, Fitness, Football, Dance and Rounders Boys = Football, Rugby, Basketball, Athletics, Trampoline, Badminton and Cricket.</p>	<p>Introduce key skills and tactics, and develop basic skills in a mixture of individual and team sports.</p> <p>Sports delivered include: Girls = Netball, Athletics, Trampoline, Fitness, Football, Dance and Rounders Boys = Football, Rugby, Basketball, Athletics, Trampoline, Badminton and Cricket.</p>
	<p>Mid-Year Assessment KPI 8 Test on Health and Fitness</p>	<p>End of Year Assessment KPI 9 Test on the Components of fitness</p>
8	<p>Master basic skills and tactics, and develop advanced skills and tactics in competitive situations in a mixture of individual and team sports.</p> <p>Sports delivered include: Girls = Netball, Athletics, Trampoline, Badminton, Rugby, Dance and Basketball. Boys = Football, Rugby, Netball, Athletics, Trampoline, Table Tennis and Cricket.</p>	<p>Master basic skills and tactics, and develop advanced skills and tactics in competitive situations in a mixture of individual and team sports.</p> <p>Sports delivered include: Girls = Netball, Athletics, Trampoline, Badminton, Rugby, Dance and Basketball. Boys = Football, Rugby, Netball, Athletics, Trampoline, Table Tennis and Cricket.</p>
	<p>Mid-Year Assessment KPI 8 Test on Methods of Training</p>	<p>End of Year Assessment KPI 9 Test on Fitness testing</p>
9	<p>Master basic skills and tactics and advanced skills and tactics in competitive situations, and start to introduce these skills and tactics into full games and competitions in a mixture of individual and team sports.</p> <p>Sports delivered include: Girls = Netball, Athletics, Trampoline, Basketball, Rugby, Fitness, Hockey, Lacrosse and Rounders. Boys = Football, Rugby, Netball, Athletics, Trampoline, Table Tennis and Badminton.</p>	<p>Develop and master advanced skills and tactics in competitive situations, and start to introduce these skills and tactics into full games and competitions in a mixture of individual and team sports.</p> <p>Sports delivered include: Girls = Netball, Athletics, Trampoline, Basketball, Rugby, Fitness, Hockey, Lacrosse and Rounders. Boys = Football, Rugby, Netball, Athletics, Trampoline, Table Tennis and Badminton.</p>
	<p>Mid-Year Assessment KPI 8 Test on the Cardio-respiratory system</p>	<p>End of Year Assessment KPI 9 Test on the Musculoskeletal system</p>

KEY STAGE 4

GCSE	1 st Half of the year (Sep – Jan)	2 nd Half of the year (Jan-July)
10	<ul style="list-style-type: none"> • Fitness and Health Unit (fitness, health, diet, training zones, training methods, testing.) • 	<ul style="list-style-type: none"> • Complete coursework (Personal Exercise Plan) • Physiology Unit: Cardiovascular system, Respiratory system, Skeletal system, • Socio-cultural Unit: Factors effecting participation, Commercialisation of sport, Media and sport, Ethics and Deviance in sport
	<p>Mid-Year Assessment Students take one paper which assesses their understanding of the Physiology, Socio-cultural, and health and fitness unit.</p>	<p>End of Year Assessment Students take 1 2 hour Mock GCSE paper as content will be completely taught</p>
11	<ul style="list-style-type: none"> • Biomechanics Unit: Levers, Muscular contractions, Planes and Axis, Technology • Psychology of Sport Unit: Goal setting, Mental preparation, Motivation, Information processing, Classification of Skills, Guidance and Practice. • Movement analysis, Muscular system, energy systems and the effects of exercise. • 	<ul style="list-style-type: none"> • Students to develop their A03 extended writing skills, focussing on 6-10 mark questions. •
	<p>November Mock Exams Students to take a past GCSE paper</p>	<p>March Mock Exams Students to take a past GCSE paper</p> <ul style="list-style-type: none"> • Students to focus on past papers and exemplar questions. • Student to focus on their areas of development – based on analysis of the mock examinations.
		<p>ACTUAL GCSE EXAMS.</p>

BTEC	1 st Half of the year (Sep – Jan)	2 nd Half of the year (Jan-July)
10	Unit 1 – Fitness for sport and exercise Learning Aim A: know about the components of fitness and the principles of training Learning Aim B: Explore different fitness training methods <ul style="list-style-type: none"> • Learning Aim C : Investigate fitness testing to determine fitness levels. 	Unit 2 – Practical Sport – Internal verification - coursework For 2 different sports: Learning Aim A: Understand the rules, regulations and scoring systems for selected sports Learning Aim B: Practically demonstrate skills, techniques and tactics in selected sports Learning Aim C: Be able to review sports performance. <ul style="list-style-type: none"> •
	Mid-Year Assessment	End of Year Assessment
	Unit 5 – The Sports performer in action – Internally assed – coursework Learning Aim A: Know about the short-term responses and long-term adaptations of the body systems to exercise Learning Aim B: Know about the different energy systems used during sports performance.	Unit 3 – Applying the Principles of Personal Training– Externally assessed – coursework Learning Aim A: Design a personal fitness training programme Learning Aim B: Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training Learning Aim C: Implement a self-designed personal fitness training programme to achieve own goals and objectives Learning Aim D: Review a personal fitness training programme.
	November Mock Exams	March Mock Exams N/A – external coursework assessment
	Potential for students to re-sit the on-line unit 1 examination – this contributes towards their final grade.	ACTUAL GCSE EXAMS.

KEY STAGE 5

A Level	September – November	December – March	March - June
12	<p>Applied anatomy and physiology Cardiovascular system, Respiratory system, Neuromuscular system, The musculo-skeletal system and analysis of movement in physical activities, Energy systems</p> <p>Skill acquisition Skill, skill continuums and transfer of skills, Impact of skill classification on structure of practice for learning, Principles and theories of learning and performance, Use of guidance and feedback, Memory models</p> <p>Sport and society Pre-industrial (pre-1780), Post World War II (1950 to present), Sociological theory applied to equal opportunities</p>	<p>Applied anatomy and physiology Cardiovascular system, Respiratory system, Neuromuscular system, The musculo-skeletal system and analysis of movement in physical activities, Energy systems</p> <p>Skill acquisition Skill, skill continuums and transfer of skills, Impact of skill classification on structure of practice for learning, Principles and theories of learning and performance, Use of guidance and feedback, Memory models</p> <p>Sport and society Pre-industrial (pre-1780), Post World War II (1950 to present), Sociological theory applied to equal opportunities</p>	<p>Applied anatomy and physiology Cardiovascular system, Respiratory system, Neuromuscular system, The musculo-skeletal system and analysis of movement in physical activities, Energy systems</p> <p>Skill acquisition Skill, skill continuums and transfer of skills, Impact of skill classification on structure of practice for learning, Principles and theories of learning and performance, Use of guidance and feedback, Memory models</p> <p>Sport and society Pre-industrial (pre-1780), Post World War II (1950 to present), Sociological theory applied to equal opportunities</p> <p>Practical Content for AO4</p>
	<p>November Mock Exam Exam on content covered</p>	<p>March Mock Exam Exam on content covered</p>	<p>End of Year Exam Past exam paper – paper 1</p>
13	<p>Exercise Physiology and Training Injuries, Drugs in Sport, Training methods</p> <p>Biomechanical movement Exercise physiology, Levers, Linear motion, Angular motion, Projectile motion, Fluid mechanics</p> <p>Sport Psychology Aspects of personality, Attitudes, Arousal, Anxiety, Aggression, Motivation, Achievement motivation theory, Social facilitation, Group dynamics, Importance of</p>	<p>Biomechanical movement Exercise physiology, Levers, Linear motion, Angular motion, Projectile motion, Fluid mechanics</p> <p>AO4 Evaluation and Analysis Coursework</p> <p>Sport Psychology Aspects of personality, Attitudes, Arousal, Anxiety, Aggression, Motivation, Achievement motivation theory, Social facilitation, Group dynamics, Importance of goal setting,</p>	<ul style="list-style-type: none"> Students to develop their A03 extended writing skills, focussing on 8-15 mark questions. Students to focus on past papers and exemplar questions. Student to focus on their areas of development – based on analysis of the mock examinations.

	<p>goal setting, Attribution theory, Self-efficacy and confidence, Leadership, Stress management</p> <p>Sport and society and the role of technology in physical activity and sport. Concepts of physical activity and sport, Development of elite performers in sport, Ethics in sport, Violence in sport, Drugs in sport, Sport and the law, Impact of commercialisation, The role of technology in physical activity and sport</p>	<p>Attribution theory, Self-efficacy and confidence, Leadership, Stress management</p> <p>Sport and society and the role of technology in physical activity and sport. Concepts of physical activity and sport, Development of elite performers in sport, Ethics in sport, Violence in sport, Drugs in sport, Sport and the law, Impact of commercialisation, The role of technology in physical activity and sport</p>	
	<p>November Mock Exam Past exam paper (paper 1) Exam on content covered so far in year 13 (paper 2)</p>	<p>March Mock Exam Past exam paper (paper 1) Paper 2 based on content covered</p>	<p>ACTUAL A LEVEL EXAMINATION</p>

<u>Cam Tech</u>	September – November	December – March	March - June
12	<p>Unit 1 – Body systems and the effects of physical activity Mandatory unit, externally assessed (examination), 90 credits.</p> <p>Unit 3 – Sports organisation and development Mandatory unit, externally assessed (examination), 60 credits.</p>	<p>Review of content again for resit of examinations in June for units 1 and 3 (see above)</p> <p>Introduction of Unit 8 – Organisation of sports events</p> <ul style="list-style-type: none"> Optional unit, internally assessed and externally verified, 60 credits 	<p>Unit 8 – Organisation of sports events Optional unit, internally assessed and externally verified, 60 credits</p> <ul style="list-style-type: none">
	<p>November Mock Exam Unit 1 and 3 mock</p>	<p>MID-YEAR ASSESSMENT (Jan Exam)</p> <p>Students to complete written examinations comprising of multiple choice, short answer questions and questions requiring more extended responses in Units 1 and 3</p> <p>MID JANUARY</p>	<p>End of Year Exam No exam</p>

		<p>Unit 1 – Body systems and the effects of physical activity Mandatory unit, externally assessed (examination), 90 credits.</p> <p>Unit 3 – Sports organisation and development Mandatory unit, externally assessed (examination), 60 credits.</p>	
13	<p>Unit 2 – Sport coaching and activity leadership Mandatory unit, internally assessed and externally verified, 90 credits</p>	<p>Unit 5 – Performance analysis in sport and exercise Optional unit, internally assessed and externally verified, 60 credits</p> <ul style="list-style-type: none"> • 	<p>First week after Easter external assessor in for support meeting / moderation meeting</p> <p>Complete any outstanding tasks / corrections (any student who owes incomplete work)</p> <ul style="list-style-type: none"> •
	<p>November Mock Exam n/a</p>	<p>March Mock Exam n/a</p>	<p>ACTUAL A LEVEL EXAMINATION Results gained</p>