

PE Curriculum Plan - Whole Academy

[PRIMARY](#)

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Primary Curriculum Lead(s)	Shaun Carey	shauncarey@kba.uk
Secondary Curriculum Lead(s)	George Bott	georgebott@kba.uk

EYFS, Key Stage 1 and 2

KEY STAGE 3

	TERM 1		TERM 2		TERM 3	
Reception	Introduction to PE : Unit 1	Introduction to PE : Unit 2	Gymnastics : Unit 1	Gymnastics : Unit 2	Ball Skills : Unit 1	Ball Skills : Unit 2
	Fundamentals : Unit 1	Fundamentals : Unit 2	Dance : Unit 1	Dance : Unit 2	Games : Unit 1	Games : Unit 2
	YOGA	YOGA	YOGA	YOGA	YOGA	YOGA
	+	+	+	+	+	+
Year 1	Gymnastics	Invasion	Ball Skills	Fitness	Sending and Receiving	Athletics
	Fundamentals	Team Building	Dance	Ball Skills	Target Games	Net and Wall
	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
	+	+	+	+	+	+
Year 2	Gymnastics	Invasion	Sending and Receiving	Fitness	Striking and Fielding	Athletics
	Invasion	Team Building	Ball Skills	Dance	Net and Wall	Target Games
	+	+	+	+	+	+
	Year 3	Gymnastics	Dodgeball	Fitness	Ball Skills Y3/4	Tennis
Football		Basketball	Netball	Fundamentals Y3/4	Cricket	Rounders
+		+	+	+	+	+
Year 4		Gymnastics	Football	Dodgeball	Basketball	Tennis
	Fundamentals Y3/4	Ball Skills Y3/4	Fitness	Netball	Rounders	Cricket
	+	+	+	+	Swimming	Swimming
	Year 5	Gymnastics	Dodgeball	Football	Ball Skills Y3/4	Tennis
Basketball		Netball	Fundamentals Y3/4	Fitness	Rounders	Cricket
+		+	Swimming	Swimming	+	+
Year 6		Football	Dodgeball	Ball Skills Y3/4	Basketball	Tennis
	Tag Rugby	Gymnastics	Fitness	Netball	Cricket	Rounders
	Swimming	Swimming	+	+	+	+
	+	+				

1st Half of the year (Sep – Jan)

Introduce key skills and tactics, and develop basic skills in a mixture of individual and team sports.

Sports delivered ensuring a breadth of individual and team sports:
Netball, Athletics, Trampolining, Basketball, Rugby, Fitness, Hockey, Lacrosse, Rounders Football, Rugby, Netball, Athletics, Trampolining, Table Tennis and Badminton.

2nd Half of the year (Jan-July)

Introduce key skills and tactics, and develop basic skills in a mixture of individual and team sports.

Sports delivered ensuring a breadth of individual and team sports:
Netball, Athletics, Trampolining, Basketball, Rugby, Fitness, Hockey, Lacrosse, Rounders Football, Rugby, Netball, Athletics, Trampolining, Table Tennis and Badminton.

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	Mid-Year Assessment KPI 8 Test on Health and Fitness	End of Year Assessment KPI 9 Test on the Components of fitness
8	Master basic skills and tactics, and develop advanced skills and tactics in competitive situations in a mixture of individual and team sports. Sports delivered ensuring a breadth of individual and team sports: Netball, Athletics, Trampoline, Basketball, Rugby, Fitness, Hockey, Lacrosse, Rounders Football, Rugby, Netball, Athletics, Trampoline, Table Tennis and Badminton.	Master basic skills and tactics, and develop advanced skills and tactics in competitive situations in a mixture of individual and team sports. Sports delivered ensuring a breadth of individual and team sports: Netball, Athletics, Trampoline, Basketball, Rugby, Fitness, Hockey, Lacrosse, Rounders Football, Rugby, Netball, Athletics, Trampoline, Table Tennis and Badminton.
	Mid-Year Assessment KPI 8 Test on Methods of Training	End of Year Assessment KPI 9 Test on Fitness testing
9	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. Sports delivered ensuring a breadth of individual and team sports: Netball, Athletics, Trampoline, Basketball, Rugby, Fitness, Hockey, Lacrosse, Rounders Football, Rugby, Netball, Athletics, Trampoline, Table Tennis and Badminton.	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. Sports delivered ensuring a breadth of individual and team sports: Netball, Athletics, Trampoline, Basketball, Rugby, Fitness, Hockey, Lacrosse, Rounders Football, Rugby, Netball, Athletics, Trampoline, Table Tennis and Badminton.
	Mid-Year Assessment KPI 8 Test on the Cardio-respiratory system	End of Year Assessment KPI 9 Test on the Musculoskeletal system

KEY STAGE 4

GCSE	1 st Half of the year (Sep – Jan)	2 nd Half of the year (Jan-July)
10	<p style="text-align: center;">Introduction into course and 5 units explained. Unit 1 (Fitness and Health), Unit 2 (Exercise Physiology), Unit 3 (Movement Analysis), Unit 4 (Participation and Provision) and Unit 5 (Psychology of Sport)</p> <p style="text-align: center;"><u>Units studied</u></p> <p>Unit 1 – Fitness and Health (Components of fitness, diet and nutrition, methods of training, training zones, warm up and cool down).</p>	<p style="text-align: center;"><u>Units studied</u></p> <p>Unit 3 – Movement Analysis (Planes and axis, levers, technology and importance of data)</p> <p style="text-align: center;"><u>GCSE Personal Exercise Programme (PEP) Coursework completed</u></p>

	Unit 2 – Exercise Physiology (Muscular system, respiratory system, cardiovascular system, skeletal system and energy systems)	Students will design, plan and complete a 10-week fitness programme aimed to solidify their strengths and improve weaknesses in their best sport.
	Mid-Year Assessment Students take one paper which assesses their understanding of the Physiology, Socio-cultural, and health and fitness unit.	End of Year Assessment Students take 1 2 hour Mock GCSE paper as content will be completely taught
11	Units Studied Unit 4 – Participation and Provision (Barriers to participation, strategies to improve participation) Unit 5 – Psychology of Sport (Skill continuum, mental preparation, guidance and feedback, goal setting)	Students to develop their A03 extended writing skills, focussing on 6-8 mark questions.
		March Mock Exams Students to take a past GCSE paper Students to identify areas for development based on November and March mock exam. Students to use knowledge organisers, lesson booklets and independent time to focus on improving these identified areas. A01 knowledge content reviewed via mastery quizzes and independent time. Students to develop their A03 extended writing skills, focussing on 6–8-mark questions.
	November Mock Exams Students to take a past GCSE paper	ACTUAL GCSE EXAMS.

Vocational	1st Half of the year (Sep – Jan)	2nd Half of the year (Jan-July)
10	Unit R186: Sport and the media – 20% of the course	Unit R185: Performance and leadership in sports activities – 40% of the course

<p>NEW OCR Sport Course</p>	<p>In this unit students will learn to explore the effects of media sources and apply real life examples to demonstrate the nature of the relationship between media and sport. You will develop your ability to evaluate and interpret the different ways sport is represented by the media.</p> <p>Topics include:</p> <p>Topic Area 1: The different sources of media that cover sport</p> <p>Topic Area 2: Positive effects of the media in sport</p> <p>Topic Area 3: Negative effects of the media in sport</p>	<p>In this unit students will learn how to develop your skills as both a performer, in two different sporting activities, and as a leader in one activity, where they will need to plan, deliver and review safe and effective sporting activity sessions.</p> <p>Topics include:</p> <p>Topic Area 1: Key components of performance</p> <p>Topic Area 2: Applying practice methods to support improvement in a sporting activity</p> <p>Topic Area 3: Organising and planning a sports activity session</p> <p>Topic Area 4: Leading a sports activity session</p> <p>Topic Area 5: Reviewing your own performance in planning and leading of a sports activity session</p>
	<p>Mid-Year Assessment</p>	<p>End of Year Assessment</p>
<p>11 New OCR Sport Course</p>	<p>Continue Unit R185: Performance and leadership in sports activities – 40% of the course</p> <p>In this unit students will learn how to develop your skills as both a performer, in two different sporting activities, and as a leader in one activity, where they will need to plan, deliver and review safe and effective sporting activity sessions.</p> <p>Topics include:</p> <p>Topic Area 1: Key components of performance</p> <p>Topic Area 2: Applying practice methods to support improvement in a sporting activity</p> <p>Topic Area 3: Organising and planning a sports activity session</p> <p>Topic Area 4: Leading a sports activity session</p> <p>Topic Area 5: Reviewing your own performance in planning and leading of a sports activity session</p> <p>November Mock Exams N/a</p>	<p>Continue R184: contemporary issues in sport – Exam Content – 40% of the course.</p> <p>Student will now develop understanding of exam content in preparation for the exam at the end of the course.</p> <p>Topics include</p> <p>Topic area 1: Issues that affect participation in sport</p> <p>Topic Area 2: Promoting values in sport.</p> <p>Topic 3: The implications of hosting a major sporting event for a city or country.</p> <p>Topic Area 4: The role of NGB's in developing sport</p> <p>Topic Area 5: The use of technology in sport</p> <p>Students will have the opportunity to sit the real exam in January and again in the summer exam window</p> <p>March Mock Exams</p> <p>R184: Contemporary issues in sport</p>

KEY STAGE 5

<u>A Level</u>	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 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>Biomechanical movement Exercise physiology, Levers, Linear motion, Angular motion, Projectile motion, Fluid mechanics</p> <p>A04 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, 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>	<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>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
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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>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>End of Year Exam No exam</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 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>