



OVERVIEW

All students in KS3 will be taught a range of practical activities (individual and team) as well as a selection of theory information which has been adapted from the GCSE PE specification. The practical activities covered in KS3 will vary slightly between classes. An example curriculum plan for boys and girls in each half-term is shown below, along with the specific theory focus for each half-term. Students will also work towards developing their leadership and coaching skills throughout the year.

Term	Focus	Assessment
Aut 1	<ul style="list-style-type: none">Boys: FootballGirls: NetballTheory: The musculoskeletal system	<ul style="list-style-type: none">Theory /40Practical /10
Aut 2	<ul style="list-style-type: none">Boys: BasketballGirls: BadmintonTheory: The respiratory system	<ul style="list-style-type: none">Theory /40Practical /10
Spr 1	<ul style="list-style-type: none">Boys: BadmintonGirls: Outdoor Adventurous Activities (OAA)Theory: Revision and mid-year assessment	<ul style="list-style-type: none">Theory /40Practical /10
Spr 2	<ul style="list-style-type: none">Boys: Outdoor Adventurous Activities (OAA)Girls: RugbyTheory: Health and fitness	<ul style="list-style-type: none">Theory /40Practical /10
Sum 1	<ul style="list-style-type: none">Boys: AthleticsGirls: AthleticsTheory: Healthy lifestyles	<ul style="list-style-type: none">Theory /40Practical /10
Sum 2	<ul style="list-style-type: none">Boys: RoundersGirls: RoundersTheory: Revision and end of year assessment	<ul style="list-style-type: none">Theory /40Practical /10

Home Learning:

- Multiple-choice quiz on SMH

Useful resources:

- Year 7 Knowledge Organiser



OVERVIEW

All students in KS3 will be taught a range of practical activities (individual and team) as well as a selection of theory information which has been adapted from the GCSE PE specification. The practical activities covered in KS3 will vary slightly between classes. An example curriculum plan for boys and girls in each half-term is shown below, along with the specific theory focus for each half-term. Students will also work towards developing their leadership and coaching skills throughout the year.

Term	Focus	Assessment
Aut 1	<ul style="list-style-type: none">Boys: RugbyGirls: HandballTheory: The musculoskeletal system	<ul style="list-style-type: none">Theory /40Practical /10
Aut 2	<ul style="list-style-type: none">Boys: GymnasticsGirls: Table-tennisTheory: The respiratory system	<ul style="list-style-type: none">Theory /40Practical /10
Spr 1	<ul style="list-style-type: none">Boys: HandballGirls: GymnasticsTheory: Revision and mid-year assessment	<ul style="list-style-type: none">Theory /40Practical /10
Spr 2	<ul style="list-style-type: none">Boys: Table-tennisGirls: FootballTheory: Training	<ul style="list-style-type: none">Theory /40Practical /10
Sum 1	<ul style="list-style-type: none">Boys: AthleticsGirls: AthleticsTheory: Healthy lifestyles	<ul style="list-style-type: none">Theory /40Practical /10
Sum 2	<ul style="list-style-type: none">Boys: TennisGirls: StoolballTheory: Revision and end of year assessment	<ul style="list-style-type: none">Theory /40Practical /10

Home Learning:

- Multiple-choice quiz on SMH

Useful resources:

- Year 8 Knowledge Organiser



OVERVIEW

All students in KS3 will be taught a range of practical activities (individual and team) as well as a selection of theory information which has been adapted from the GCSE PE specification. The practical activities covered in KS3 will vary slightly between classes. An example curriculum plan for boys and girls in each half-term is shown below, along with the specific theory focus for each half-term. Students will also work towards developing their leadership and coaching skills throughout the year.

Term	Focus	Assessment
Aut 1	<ul style="list-style-type: none">Boys: VolleyballGirls: NetballTheory: Joint actions	<ul style="list-style-type: none">Theory /40Practical /10
Aut 2	<ul style="list-style-type: none">Boys: HockeyGirls: TrampoliningTheory: The cardiovascular system	<ul style="list-style-type: none">Theory /40Practical /10
Spr 1	<ul style="list-style-type: none">Boys: NetballGirls: HockeyTheory: Revision and mid-year assessment	<ul style="list-style-type: none">Theory /40Practical /10
Spr 2	<ul style="list-style-type: none">Boys: TrampoliningGirls: BadmintonTheory: Training	<ul style="list-style-type: none">Theory /40Practical /10
Sum 1	<ul style="list-style-type: none">Boys: AthleticsGirls: AthleticsTheory: Healthy lifestyles	<ul style="list-style-type: none">Theory /40Practical /10
Sum 2	<ul style="list-style-type: none">Boys: CricketGirls: RoundersTheory: Revision and end of year assessment	<ul style="list-style-type: none">Theory /40Practical /10

Home Learning:

- Multiple-choice quiz on SMH

Useful resources:

- Year 9 Knowledge Organiser



OVERVIEW

The GCSE PE course follows the AQA specification. Assessment is split between theory (60%) and practical (40%). Two formal written exams are completed in Year 11, although students will complete mock exams every half-term throughout the course. Students can be assessed in a wide range of practical activities, including those in which they train/perform outside of school.

Term	Focus	Assessment
Aut 1	<ul style="list-style-type: none"> The structure and functions of the musculoskeletal system The structure and functions of the cardio-respiratory system Anaerobic and aerobic exercise 	<ul style="list-style-type: none"> Paper 1 /40 Practical /25
Aut 2	<ul style="list-style-type: none"> The short and long term effects of exercise Lever systems, examples of their use in activity and the mechanical advantage they provide in movement Planes and axes of movement 	<ul style="list-style-type: none"> Paper 1 /78 Practical /25
Spr 1	<ul style="list-style-type: none"> The relationship between health and fitness and the role that exercise plays in both The components of fitness, benefits for sport and how fitness is measured and improved 	<ul style="list-style-type: none"> Paper 1 /78 Practical /25
Spr 2	<ul style="list-style-type: none"> The principles of training and their application to personal exercise/training programmes How to optimise training and prevent injury Effective use of warm up and cool down 	<ul style="list-style-type: none"> Paper 1 /78 Practical /25
Sum 1	<ul style="list-style-type: none"> Self-analysis and evaluation Development of exam technique for Level Marked Questions 	<ul style="list-style-type: none"> Paper 1 /78 Practical /25
Sum 2	<ul style="list-style-type: none"> Demonstrate an understanding of how data are collected – both qualitative and quantitative Present data (including tables and graphs) Analyse and evaluate data 	<ul style="list-style-type: none"> Paper 1 /78 Practical /25

Home Learning:

- Multiple-choice quiz on SMH
- Examination questions

Useful resources:

- Year 10 Knowledge Organiser



OVERVIEW

The GCSE PE course follows the AQA specification. Assessment is split between theory (60%) and practical (40%). Two formal written exams are completed in Year 11, although students will complete mock exams every half-term throughout the course. Students can be assessed in a wide range of practical activities, including those in which they train/perform outside of school.

Term	Focus	Assessment
Aut 1	<ul style="list-style-type: none"> Classification of skills (basic/complex, open/closed) The use of goal setting and SMART targets to improve and/or optimise performance Basic information processing 	<ul style="list-style-type: none"> Paper 1 /78 Paper 2 /78 Practical /25
Aut 2	<ul style="list-style-type: none"> Guidance and feedback on performance Mental preparation for performance Engagement patterns of different social groups in physical activity and sport Commercialisation of physical activity and sport 	<ul style="list-style-type: none"> Paper 1 /78 Paper 2 /78 Practical /25
Spr 1	<ul style="list-style-type: none"> Ethical and socio-cultural issues in physical activity and sport Physical, emotional and social health, fitness and wellbeing The consequences of a sedentary lifestyle Energy use, diet, nutrition and hydration 	<ul style="list-style-type: none"> Paper 1 /78 Paper 2 /78 Practical /25
Spr 2	<ul style="list-style-type: none"> Examination preparation 	<ul style="list-style-type: none"> Paper 1 /78 Paper 2 /78
Sum 1	<ul style="list-style-type: none"> Formal Summer examinations 	<ul style="list-style-type: none"> Paper 1 /78 Paper 2 /78 Practical /100
Sum 2	<ul style="list-style-type: none"> Course completed 	

Home Learning:

- Multiple-choice quiz on SMH
- Examination questions

Useful resources:

- Year 11 Knowledge Organiser