



### OVERVIEW

- Students in KS3 will be taught a range of individual and team activities in mixed gender classes.
- Learning will focus on development of key skills, techniques and tactics.
- Assessment will be based on fundamental personal qualities linked to SPORT: *Strength of character, Participation, Officiating, Respect and Teamwork.*
- Activities will vary between classes, with an example curriculum plan shown below.

Term	Focus	Assessment
Aut 1	<p><b><u>Handball</u></b> Students will become familiar with techniques relating to handling, passing and movement in/out of possession. Game play will focus on the quality of support and effective movement of the ball.</p>	<ul style="list-style-type: none"> <li>• Activity related assessment</li> <li>• /50 marks</li> </ul>
Aut 2	<p><b><u>Badminton</u></b> Students will become familiar with techniques relating to grip, stance and point of contact. Game play will focus on the consistency of stroke-play in conditioned games.</p>	<ul style="list-style-type: none"> <li>• Activity related assessment</li> <li>• /50 marks</li> </ul>
Spr 1	<p><b><u>Basketball</u></b> Students will become familiar with techniques relating to handling, passing and movement in/out of possession. Game play will focus on the quality of support and effective movement of the ball.</p>	<ul style="list-style-type: none"> <li>• Activity related assessment</li> <li>• /50 marks</li> </ul>
Spr 2	<p><b><u>OAA</u></b> Students will become familiar with techniques relating to spatial awareness, map-reading and orienteering. Game play will focus on decision making, leadership and teamwork.</p>	<ul style="list-style-type: none"> <li>• Activity related assessment</li> <li>• /50 marks</li> </ul>
Sum 1	<p><b><u>Athletics</u></b> Students will become familiar with techniques relating to sprinting, distance running, shot-put and high-jump. Game play will focus on student's ability to maintain form and consistency during competition.</p>	<ul style="list-style-type: none"> <li>• Activity related assessment</li> <li>• /50 marks</li> </ul>
Sum 2	<p><b><u>Rounders</u></b> Students will become familiar with techniques relating to fielding, bowling and batting. Game play will focus on the accuracy of bowling, consistent striking of the ball and limiting scoring opportunities when fielding.</p>	<ul style="list-style-type: none"> <li>• Activity related assessment</li> <li>• /50 marks</li> </ul>

### Home Learning:

- Multiple-choice quiz on SMH

### Useful resources:

- Year 7 Knowledge Organiser



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- Activities will vary between classes, with an example curriculum plan shown below.

Term	Focus	Assessment
Aut 1	<p><b><u>Football</u></b> Students will become familiar with techniques relating to receiving the ball, passing, dribbling and movement in/out of possession. Game play will focus on the quality of support and effective movement of the ball.</p>	<ul style="list-style-type: none"> <li>• Activity related assessment</li> <li>• /50 marks</li> </ul>
Aut 2	<p><b><u>Table Tennis</u></b> Students will become familiar with techniques relating to grip, stance and point of contact. Game play will focus on the consistency of stroke-play in conditioned games.</p>	<ul style="list-style-type: none"> <li>• Activity related assessment</li> <li>• /50 marks</li> </ul>
Spr 1	<p><b><u>Netball</u></b> Students will become familiar with techniques relating to handling, passing and movement in/out of possession. Game play will focus on the quality of support and effective movement of the ball.</p>	<ul style="list-style-type: none"> <li>• Activity related assessment</li> <li>• /50 marks</li> </ul>
Spr 2	<p><b><u>Trampolining</u></b> Students will become familiar with techniques relating to basic shapes, controlled landing and twists. Game play will focus on creating fluent and controlled routines linking a range of moves together.</p>	<ul style="list-style-type: none"> <li>• Activity related assessment</li> <li>• /50 marks</li> </ul>
Sum 1	<p><b><u>Athletics</u></b> Students will become familiar with techniques relating to sprinting, distance running, shot-put and high-jump. Game play will focus on student's ability to maintain form and consistency during competition.</p>	<ul style="list-style-type: none"> <li>• Activity related assessment</li> <li>• /50 marks</li> </ul>
Sum 2	<p><b><u>Cricket</u></b> Students will become familiar with techniques relating to fielding, bowling and batting. Game play will focus on the accuracy of bowling, consistent striking of the ball and limiting scoring opportunities when fielding.</p>	<ul style="list-style-type: none"> <li>• Activity related assessment</li> <li>• /50 marks</li> </ul>

### Home Learning:

- Multiple-choice quiz on SMH

### Useful resources:

- Year 8 Knowledge Organiser



### OVERVIEW

- Students in KS3 will be taught a range of individual and team activities in mixed gender classes.
- Learning will focus on development of key skills, techniques and tactics.
- Assessment will be based on fundamental personal qualities linked to SPORT: *Strength of character, Participation, Officiating, Respect and Teamwork*.
- Activities will vary between classes, with an example curriculum plan shown below.

Term	Focus	Assessment
Aut 1	<b><u>Rugby</u></b> Students will become familiar with techniques relating to receiving the ball, passing and movement in/out of possession. Game play will focus on the quality of support and effective movement of the ball.	<ul style="list-style-type: none"><li>• Activity related assessment</li><li>• /50 marks</li></ul>
Aut 2	<b><u>Hockey</u></b> Students will become familiar with techniques relating to receiving the ball, passing, dribbling and movement in/out of possession. Game play will focus on the quality of support and effective movement of the ball.	<ul style="list-style-type: none"><li>• Activity related assessment</li><li>• /50 marks</li></ul>
Spr 1	<b><u>Volleyball</u></b> Students will become familiar with techniques relating to passing, footwork and teamwork. Game play will focus on the quality and consistency of defensive and attacking play.	<ul style="list-style-type: none"><li>• Activity related assessment</li><li>• /50 marks</li></ul>
Spr 2	<b><u>Health and Fitness</u></b> Students will become familiar with techniques relating to specific training methods linked to improving muscular endurance, flexibility, power and aerobic capacity. Game play will focus on maintaining form and effort when challenge is increased (i.e., through changes to frequency, intensity and time).	<ul style="list-style-type: none"><li>• Activity related assessment</li><li>• /50 marks</li></ul>
Sum 1	<b><u>Athletics</u></b> Students will become familiar with techniques relating to sprinting, distance running, shot-put and high-jump. Game play will focus on student's ability to maintain form and consistency during competition.	<ul style="list-style-type: none"><li>• Activity related assessment</li><li>• /50 marks</li></ul>
Sum 2	<b><u>Stoolball</u></b> Students will become familiar with techniques relating to fielding, bowling and batting. Game play will focus on the accuracy of bowling, consistent striking of the ball and limiting scoring opportunities when fielding.	<ul style="list-style-type: none"><li>• Activity related assessment</li><li>• /50 marks</li></ul>

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

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

### Home Learning:

- Multiple-choice quiz on SMH
- Examination questions

### Useful resources:

- Year 11 Knowledge Organiser



### OVERVIEW

The A level PE course follows the AQA specification. Assessment is split between theory (70%) and practical (30%). Two formal written exams are completed in Year 13, although students will complete mock exams every half-term throughout the course.

Students will focus on either personal performance or coaching for their practical assessment, with recorded evidence and a written analysis contributing towards the overall outcome.

Term	Focus	Assessment
Aut 1	<ul style="list-style-type: none"><li>Paper 1 Section A: The cardiovascular system</li><li>Paper 1 Section B: Skill classification</li><li>Paper 1 Section C: Sport and society 1780-1900</li></ul>	<ul style="list-style-type: none"><li>Paper 1 /105</li></ul>
Aut 2	<ul style="list-style-type: none"><li>Paper 1 Section A: The respiratory and neuro muscular systems</li><li>Paper 1 Section B: Guidance and feedback</li><li>Paper 1 Section C: Sport and society 1950-present</li></ul>	<ul style="list-style-type: none"><li>Paper 1 /105</li></ul>
Spr 1	<ul style="list-style-type: none"><li>Paper 1 Section A: The musculoskeletal system</li><li>Paper 1 Section B: Information processing</li><li>Paper 1 Section C: Sociological theory applied to equal opportunities</li></ul>	<ul style="list-style-type: none"><li>Paper 1 /105</li></ul>
Spr 2	<ul style="list-style-type: none"><li>Paper 1 Section A: Energy systems</li><li>Paper 2 Section B: Personality and attitudes</li><li>Paper 2 Section C: Development of elite performers</li></ul>	<ul style="list-style-type: none"><li>Paper 1 /105</li><li>Paper 2 /105</li></ul>
Sum 1	<ul style="list-style-type: none"><li>Paper 2 Section A: Diet, nutrition and training</li><li>Paper 2 Section B: Arousal, anxiety and aggression</li><li>Paper 2 Section C: Ethics and violence in sport</li></ul>	<ul style="list-style-type: none"><li>Paper 1 /105</li><li>Paper 2 /105</li></ul>
Sum 2	<ul style="list-style-type: none"><li>Paper 2 Section A: Injury prevention and rehabilitation</li><li>Paper 2 Section B: Motivation and social facilitation</li><li>Paper 2 Section C: Drugs in sport</li></ul>	<ul style="list-style-type: none"><li>Paper 1 /105</li><li>Paper 2 /105</li></ul>

### Home Learning:

- Flip-learning videos and note taking
- Examination questions

### Useful resources:

- AQA A-Level PE textbook



### OVERVIEW

The A level PE course follows the AQA specification. Assessment is split between theory (70%) and practical (30%). Two formal written exams are completed in Year 13, although students will complete mock exams every half-term throughout the course.

Students will focus on either personal performance or coaching for their practical assessment, with recorded evidence and a written analysis contributing towards the overall outcome.

Term	Focus	Assessment
Aut 1	<ul style="list-style-type: none"> <li>Paper 2 Section A: Biomechanics</li> <li>Paper 2 Section B: Group dynamics</li> <li>Paper 2 Section C: Sport and the law</li> </ul>	<ul style="list-style-type: none"> <li>Paper 1 /105</li> <li>Paper 2 /105</li> </ul>
Aut 2	<ul style="list-style-type: none"> <li>Paper 2 Section A: Lever systems and biomechanics</li> <li>Paper 2 Section B: Goal setting and attribution theory</li> <li>Paper 2 Section C: Commercialisation</li> </ul>	<ul style="list-style-type: none"> <li>Paper 1 /105</li> <li>Paper 2 /105</li> </ul>
Spr 1	<ul style="list-style-type: none"> <li>Paper 2 Section A: Motion</li> <li>Paper 2 Section B: Leadership and stress management</li> <li>Paper 2 Section C: Technology</li> </ul>	<ul style="list-style-type: none"> <li>Paper 1 /105</li> <li>Paper 2 /105</li> </ul>
Spr 2	<ul style="list-style-type: none"> <li>Examination preparation</li> </ul>	<ul style="list-style-type: none"> <li>Paper 1 /105</li> <li>Paper 2 /105</li> </ul>
Sum 1	<ul style="list-style-type: none"> <li>Formal Summer examinations</li> </ul>	<ul style="list-style-type: none"> <li>Paper 1 /105</li> <li>Paper 2 /105</li> <li>Practical /90</li> </ul>
Sum 2	<ul style="list-style-type: none"> <li>Course completed</li> </ul>	

### Home Learning:

- Flip-learning videos and note taking
- Examination questions

### Useful resources:

- AQA A-Level PE textbook