SUBJECT: Physical Education

Key Stage 3 Curriculum:

2020-21	Year 7: LEARNING the Fundamentals	Year 8: DEVELOPING the Fundamentals	Year 9: MASTERING the Fundamentals
Autumn 1	Topic:	Topic:	Topic:
	<u>Yr. 7 Boys</u> – Table Tennis/	<u>Yr. 8 Boys</u> – Table Tennis/	<u>Yr. 9 Boys</u> - Table Tennis/
	Netball/Rugby/Football	Netball/Rugby/Football	Netball/Rugby/Football
	<u>Yr. 7 Girls</u> – Netball/	<u>Yr. 8 Girls</u> - Netball/	<u>Yr. 9 Girls</u> – Netball/Football/Basketball
	Football/Trampolining/Rugby	Football/Trampolining/Rugby	
	Brief explanation of content covered.	Brief explanation of content covered.	Brief explanation of content covered.
	Performance and character – skills, techniques, ideas, sportsmanship and	• Performance and character – skills, techniques, ideas, sportsmanship and attitude.	Performance and character – skills, techniques, ideas, sportsmanship and
	attitude.	Decision making – tactics and strategies.	attitude.
	Decision making – tactics and strategies.	 Leadership and organisation – leading, officiating and lesson preparation. 	Decision making – tactics and strategies.
	Leadership and organisation – leading, officiating and lesson	Health and fitness – healthy active lifestyle and lifelong participation.	officiating and lesson preparation.
	preparation.		Health and fitness – healthy active
	Health and fitness – healthy active lifestyle and lifelong participation.	Brief outline of key concepts and skills learned.	lifestyle and lifelong participation.
	Duinf qualing of leave appeared and	In year 8 students will be developing the fundamental skills they learnt in year 7. They will	Brief outline of key concepts and skills
	Brief outline of key concepts and skills learned.	start to successfully apply themselves in	learned.
		competitive situations and evaluate their	In year 9 students will be mastering the
	In year 7 it is key they learn the fundamentals of the sports we offer at	performance in order to improve. This again is	fundamental skills they learnt in year 7 and
	Haileybury Turnford. They will learn all	creating the fundamentals for them to excel in	8. Students will take on more leadership
	the basic skills, techniques, tactics and	KS4/5 in a range of sports.	roles and responsibilities. Students who have selected to further study PE during
	knowledge of what they are playing or		their transition year will be introduced to
	Milowicage of what they are playing of		the concept of which sports they will need
			the concept of which sports they will fleed

	performing in. This is creating the fundamentals for them to excel in KS4/5 in a range of sports.		to complete the practical element for the exam course.
Autumn 2	Topic: <u>Yr. 7 Boys</u> – Table Tennis/ Netball/Rugby/Football	Topic: <u>Yr. 8 Boys</u> – Table Tennis/ Netball/Rugby/Football	Topic: Yr. 9 Boys - Table Tennis/ Netball/Rugby/Football
	<u>Yr. 7 Girls</u> – Netball/ Football/Trampolining/Rugby	<u>Yr. 8 Girls</u> - Netball/ Football/Trampolining/Rugby	<u>Yr. 9 Girls</u> – Netball/Football/Basketball
Spring 1	Topic: Yr. 7 Boys — Fitness/OAA/Trampolining/Football Yr. 7 Girls — Table Tennis/Hockey/OAA/Fitness	Topic: Yr. 8 Boys – Fitness/OAA/Trampolining/Football/Basketball Yr. 8 Girls - Table Tennis/Hockey/OAA/Fitness	Topic: Yr. 9 Boys – Fitness/OAA/Trampolining/Basketball Yr. 9 Girls – OAA/Fitness/Table Tennis/Hockey
Spring 2	Topic: Yr. 7 Boys Fitness/OAA/Trampolining/Football Yr. 7 Girls Tennis/Hockey/OAA/Fitness	Topic: Yr. 8 Boys – Fitness/OAA/Trampolining/Football Yr. 8 Girls - Table Tennis/Hockey/OAA/Fitness	Topic: Yr. 9 Boys - Fitness/OAA/Trampolining/Basketball Yr. 9 Girls - OAA/Fitness/Table Tennis/Hockey
Summer 1	Topic: <u>Yr. 7 Boys</u> – Athletics	Topic: Yr. 8 Boys – Athletics	Topic: <u>Yr. 9 Boys</u> – Athletics
Summer 2	Yr. 7 Girls – Rounder's/Cricket Topic: Yr. 7 Boys – Rounder's/Cricket	<u>Yr. 8 Girls</u> – Rounder's/Cricket Topic: <u>Yr. 8 Boys</u> – Rounder's/Cricket	<u>Yr. 9 Girls</u> – Rounder's/Cricket Topic: <u>Yr. 9 Boys</u> - Rounder's/Cricket
	<u>Yr. 7 Girls</u> – Athletics	<u>Yr. 8 Girls</u> - Athletics	<u>Yr. 9 Girls</u> – Athletics

Key Stage 4 Curriculum:

2020-21	Year9: CNat Sport	Year 10: CNat	Year 10: GCSE PE (Year 2 of a three year course)	Year 11: GCSE PE
2020-21 Autumn 1	Topic: Unit RO54 – Sport and the Media Brief explanation of content covered. Learning Objective 1 – Know how sport is covered across the media. Brief outline of key concepts and skills learned. How sport is covered by: television, written press radio internet	Topic: Unit R052 – Developing Sports Skills Unit R051 – Contemporary issues in sport Brief explanation of content covered. Unit R052 – Developing Sports Skills Learning Objective 1 – The key components of performance for an individual performer in a sporting activity. Unit R051 – Contemporary issues in sport Learning Objective 1 – Understanding the issues which affect participation in sport	Topic: Physical training – Paper 1: The human body and movement in physical activity and sport. Brief explanation of content covered. Health and fitness recap, including the relationship between health and fitness. The components of fitness. Linking sports and activities to the required components of fitness. Reasons for and limitations of fitness testing. Measuring the components of fitness and demonstrating how data is collected.	Topic: Socio-cultural influences and well-being in physical activity and sport. Brief explanation of content covered. Engagement patterns and the factors affecting them Commercialisation, sponsorship and the media. Positive and negative impacts of technology/ Conduct of performers and introduction to drugs. Sporting examples of
		Brief outline of key concepts and skills learned. Unit R052 – Developing Sports Skills • Performance of skills and techniques • Creativity • Appropriate use of tactics/strategies/compositional ideas	 The principles of training and overload. Types of training with reference to the advantages and disadvantages of using these types for different sports. Calculating intensities. Considerations to prevent injury. 	 drug taking. Advantages and disadvantages or drug taking. Spectator behaviour and hooliganism, including strategies to combat hooliganism.

 Decision-making during performance Ability to manage/maintain own performance. 	 High altitude training and seasonal aspects. Warming up and cooling down. 	Brief outline of key concepts and skills learned.
 Unit R051 – Contemporary issues in sport Different user groups who may participate in sport The possible barriers which affect participation in sport The solutions to barriers which affect participation in sport The factors which can impact upon the popularity of sport in the UK How factors which can impact upon the popularity of sport in the UK Current trends in the popularity of different sports in the UK Growth of new/emerging sports and activities in the UK. Values which can be promoted through sport The Olympic and Paralympic movement Other initiatives and events which promote values through sport 	Brief outline of key concepts and skills learned.	

		4. The importance of etiquette and sporting behaviour of both performers and spectators5. The use of performance enhancing drugs in sport.		
Autumn 2	Topic: Unit RO54 – Sport and the Media Brief explanation of content covered. Learning Outcome 2 - Understand positive effects that the media can have on sport Brief outline of key concepts and skills learned. Positive effects that media can have on sport - • increased exposure of minority sports, • increased promotional opportunities, • education • increased income which benefits sport • inspiring people to participate • competition between sports and clubs	Topic: Unit R052 – Developing Sports Skills Unit R051 – Contemporary issues in sport Brief explanation of content covered. Unit R052 – Developing Sports Skills Learning Objective 1 – The key components of performance for an individual performer in a sporting activity. Unit R051 – Contemporary issues in sport Learning Objective 1 – Understanding the issues which affect participation in sport. Learning Objective 2 – know about the role of sport in promoting values. Brief outline of key concepts and skills learned. Unit R052 – Developing Sports Skills Performance of skills and techniques	Topic: Physical training – Paper 1: The human body and movement in physical activity and sport. Brief explanation of content covered. Health and fitness recap, including the relationship between health and fitness. The components of fitness. Linking sports and activities to the required components of fitness. Reasons for and limitations of fitness testing. Measuring the components of fitness and demonstrating how data is collected. The principles of training and overload. Types of training with reference to the advantages and disadvantages of using these types for different sports. Calculating intensities.	Topic: Movement analysis – Paper 1: The human body and movement in physical activity and sport. Brief explanation of content covered. Content: Lever system. Lever systems and mechanical advantages. Analysis of basic movements in sporting examples – including revision of joints/muscles/bones. Planes and axes. Revision before mocks in November/December. Brief outline of key concepts and skills learned.

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	•	Creativity	Considerations to prevent	
	•	Appropriate use of	injury.	
		tactics/strategies/compositional	High altitude training and	
		ideas	seasonal aspects.	
	•	Decision-making during	 Warming up and cooling 	
		performance	down.	
	•	Ability to manage/maintain own		
		performance.	Brief outline of key concepts and	
			skills learned.	
	Un	it R051 – Contemporary issues in		
	spo			
	LO			
	1.	• , , ,		
		participate in sport		
	2.	The possible barriers which		
		affect participation in sport		
	3.	The solutions to barriers which		
		affect participation in sport		
	4.	The factors which can impact		
		upon the popularity of sport in the UK		
	-			
	5.	How factors which can impact upon the popularity of sport in		
		the UK		
	6	Current trends in the popularity		
	0.	of different sports in the UK		
	7	Growth of new/emerging sports		
	/*	and activities in the UK.		
	LO			
		Values which can be		
		promotedthrough sport 2.		
		The Olympic and Paralympic		
1 1				

movement

	 3. Other initiatives and events which promote values through sport 4. The importance of etiquette and sporting behaviour of both performers and spectators 5. The use of performance enhancing drugs in sport. 		
Spring 1	 The key components of performance for a team performer in a sporting activity. Unit R051 – Contemporary issues in sport LO3 The features of major sporting events The potential benefits and drawbacks of cities/countries hosting major sporting events The links between potential benefits and drawbacks are relevant to more than one of the legacy areas. 	 Strength two should be a specific skill/technique (from those listed in the activity criteria) or tactic/strategy/aspect of choreography (as appropriate). With reference to recent competitive performance(s) in the chosen activity, identify two weaknesses. Weakness one should be a fitness component (relevant to chosen activity). Weakness two should be a specific skill/technique (from those listed in the activity criteria) or tactic/strategy/aspect of choreography (as appropriate). Brief outline of key concepts and skills learned. 	Brief outline of key concepts and skills learned.

	Topic: Unit R053 – Sports Leadership Brief explanation of content covered. Learning objective 1 - Know the personal qualities, styles, roles and responsibilities associated with effective sports leadership.	Topic: Unit R052 – Developing Sports Skills Unit R051 – Contemporary issues in sport •	Topic: Coursework - Analysis and evaluation of performance to bring about improvement in one activity.	Topic: Recap of content for paper 1: Recap of content for paper 2: Brief explanation of content covered.
	Brief outline of key concepts and skills learned.			
	Different leadership roles and opportunities			
	 role-related responsibilities personal qualities which relate to leadership roles Leadership styles 			
Spring 2		Brief explanation of content covered. Unit R052 – Developing Sports Skills Learning Objective 2 – be able to use skills, techniques and tactics/strategies/compositional ideas as a team performer in sporting activity.	Students will be assessed on their analysis (15 marks) and evaluation (10 marks) of performance to bring about improvement in one activity. Brief explanation of content covered.	

Unit R051 – Contemporary issues in sport

Learning Objective 3 – Know about the role of sport in promoting values.

Brief outline of key concepts and skills learned.

Unit R052 – Developing Sports Skills **LO2**

 The key components of performance for a team performer in a sporting activity.

Unit R051 – Contemporary issues in sport

LO3

- The features of major sporting events
- The potential benefits and drawbacks of cities/countries hosting major sporting events
- The links between potential benefits and drawbacks are relevant to more than one of the legacy areas.

Evaluation – the use of theoretical principles to cause improvement (10 marks)

Produce an overall plan of action that suggests ways to improve upon the weaknesses that they have identified as part of their analysis.

This plan of action must include:

- an identification of an appropriate training type to improve the fitness weakness
- a full description of one training session that provides an example of what could be used for the performer
- an explanation of how prolonged use of the identified training type could improve the fitness weakness an identification of one other relevant part of the specification (not another training type) which, when applied, could bring about improvement in theskill/tactic/strategy/aspect of choreography weakness
- an explanation of how the additional specification content selected could lead to improvement of the identified weakness.
 Brief outline of key concepts and skills learned

Paper 1

- Applied anatomy and physiology.
- Movement analysis.
- · Physical training.

Paper 2 –

- Health, fitness and wellbeing.
- · Sports psychology.
- Socio-cultural influences.

Brief outline of key concepts and skills learned.

Summer 1	Topic:	Topic:	Topic:	Topic:
	Unit R053 – Sports Leadership	Unit R052 – Developing Sports Skills	Sports Psychology – Paper 2:	Exam techniques and final
			Socio-cultural influences and	preparations.
	Brief explanation of content	Unit R051 – Contemporary issues in	well-being in physical activity and	
	covered.	sport	sport.	Brief explanation of content
	Learning objective 2 - Be able to plan sports activity sessions		Brief explanation of content	covered. Paper 1: The human body
	plan sports activity sessions	Brief explanation of content	covered.	and movement in physical
	Brief outline of key concepts and	covered. Unit R052 – Developing Sports Skills	Content:	activity and sport. 13 th May
	skills learned.	Learning Objective 3 – be able to	Arousal and the inverted U	2020
	Key considerations when	officiate in a sporting activity	theory.	
	planning sports activity		Application of how optimal	Paper 2: Socio-cultural
	sessions,	Unit R051 – Contemporary issues in	arousal has to vary in relation	influences and well-being in
	objectives for the session	sport	to the skill/stress	physical activity and sport.
	appropriate venue		management techniques.	15 th May 2020
	equipment needs			
	supervision needs timing of activities	Learning Objective 4 – Know about	Definition of and types of	Brief outline of key concepts and skills learned.
	timing of activitiesintroduction/conclusion of	the role of national governing bodies in sport.	goals. • The use of and evaluation of	and skills learned.
	session	in sport.	setting performance and	
	basic warm up/cool down	Brief outline of key concepts and	outcome goals.	
	skills and technique	skills learned.	The use of SMART targets to	
	development	Unit R052 – Developing Sports Skills	improve/optimise	
	engaging	LO3	performance.	
	 organisation 	How to apply rules and	Basic information processing	
		regulations relevant to the	model.	
	2. Safety considerations when	activity?	Identifying examples of, and	
	planning sports activity sessions, i.e.	Unit R051 – Contemporary issues in sport	evaluate, the effectiveness of	
	• risk assessments		types of guidance and feedback.	
	corrective action		. ccasacii.	
	emergency procedures	What national governing bodies	Brief outline of key concepts and	
		in sport do.	skills learned.	

Summer 2	Topic: Unit R053 – Sports Leadership	Topic:	Topic: Sports Psychology – Paper 2:	Topic: Exam for GCSE PE Paper 1 –
	Brief explanation of content covered.	Brief explanation of content covered.	Socio-cultural influences and well- being in physical activity and sport.	13 th may 2020 Exam for GCSE PE Paper 2 – 15 th May 2020
	Learning Outcome 3 - Be able to deliver sports activity session	Brief outline of key concepts and skills learned.	Brief explanation of content covered.	Brief explanation of content covered.
	Learning Outcome 4 - Be able to evaluate own performance in delivering a sports activity session		 Arousal and the inverted U theory. Application of how optimal arousal has to vary in relation 	Content for paper 1:Applied anatomy and physiology.Movement analysis.
	Brief outline of key concepts and skills learned.		to the skill/stress management techniques.	Physical training.
	safe practice, i.e. organisation of group/activity			Content for paper 2:

 safe supervision (e.g. as a leader, coach) delivery style, i.e. proactive/reactive demonstration/explanation communication skills, i.e. verbal, non-verbal, appropriate language, technical terms motivation techniques, i.e. encouragement, extrinsic motivators (e.g. rewards, prizes activity-specific knowledge, i.e. appreciation/understanding of current techniques and tactics which are appropriate to the requirements of the performers adaptability, i.e. making adjustments in an activity that isn't working Key aspects to consider in evaluating planning and delivery of a sports activity session, i.e. What went well? – against the plan – against the delivery • What did not go well? – Against the plan – against the delivery? What could be improved for 		 Health, fitness and well-being. Sports psychology. Socio-cultural influences. Brief outline of key concepts and skills learned.
the future? – against the plan – against the delivery		

Key Stage 5 Curriculum:

2020-21	Year 13: CTec
Autumn 1	Topic:
	<u>Unit 3</u> – Sports Organisation and Development
	<u>Unit 17</u> – Sports Injuries and Rehabilitation
	Unit 18 – Practical Skills in Sport and Physical Activity
	Brief explanation of content covered.
	Unit 3
	1. Understand how sport in the UK is organised.
	2. Understand sports development
	3. Understand how the impact of sports development can be measured
	4. Understand sports development in practice
	Unit 17
	1. Know common sports injuries and their effects
	2. Be able to minimise the risk of sports injuries
	Unit 18
	1. Be able to apply skills, techniques and tactics in an individual sport.
	2. Be able to apply skills, techniques and tactics in a team sport.
	Brief outline of key concepts and skills learned.
	Unit 3
	1.1. Organisations involved in sport in the UK
	1.2. Roles and responsibilities of sports organisations in the UK
	1.3. International organisations which impact UK sport
	1.4. How the different organisations interact
	2.1 What sports development is
	2.2 The purpose of sports development

2.2 The sports development continuum levels 2.3 Target groups 3.1 Possible measures 3.2 methods 3.3 Purpose of measurement 4.1 Methods of delivering sports development 4.2 Characteristics of sports development initiatives and events 4.3 Advantages and disadvantages of sports development 4.4 Benefits of sports development Autumn 2 Topic: Unit 3 – Sports Organisation and Development Unit 17 – Sports Injuries and Rehabilitation <u>Unit 18</u> – Practical Skills in Sport and Physical Activity Brief explanation of content covered. Unit 3 5. Understand how sport in the UK is organised. 6. Understand sports development 7. Understand how the impact of sports development can be measured 8. Understand sports development in practice Unit 17 3. Know common sports injuries and their effects 4. Be able to minimise the risk of sports injuries Unit 18 3. Be able to apply skills, techniques and tactics in an individual sport. 4. Be able to apply skills, techniques and tactics in a team sport. Brief outline of key concepts and skills learned. Unit 3

1.5. Organisations involved in sport in the UK 1.6. Roles and responsibilities of sports organisations in the UK 1.7. International organisations which impact UK sport 1.8. How the different organisations interact 2.4 What sports development is 2.2 The purpose of sports development 2.5 The sports development continuum levels 2.6 Target groups 3.1 Possible measures 3.2 methods 3.3 Purpose of measurement 4.5 Methods of delivering sports development 4.6 Characteristics of sports development initiatives and events 4.7 Advantages and disadvantages of sports development 4.8 Benefits of sports development Spring 1 Topic: Unit 17 – Sports Injuries and Rehabilitation Unit 18 – Practical Skills in Sport and Physical Activity Brief explanation of content covered. Unit 17 3. be able to respond to acute sports injuries when they occur 4. Know the role of different agencies in the treatment and rehabilitation of sports injuries. Unit 18 3. be able to apply skills and knowledge in outdoor and adventurous activities 4. be able to officiate in sport and physical activity. Brief outline of key concepts and skills learned.

Spring 2	Topic:
	<u>Unit 17</u> – Sports Injuries and Rehabilitation
	<u>Unit 18</u> – Practical Skills in Sport and Physical Activity
	Brief explanation of content covered.
	<u>Unit 17</u>
	3. be able to respond to acute sports injuries when they occur
	4. Know the role of different agencies in the treatment and rehabilitation of sports injuries.
	Unit 18
	3. be able to apply skills and knowledge in outdoor and adventurous activities
	4. be able to officiate in sport and physical activity.
	Brief outline of key concepts and skills learned.
Summer 1	Topic:
	Unit 17 – Sports Injuries and Rehabilitation
	Brief explanation of content covered.
	5. Be able to plan a rehabilitation programme for a specific sports injury.
	Brief outline of key concepts and skills learned.
Summer 2	Students will be finished by May 2020