

Subject: Physical Education

KS3 Curriculum Intent Document:

	Year 7	Year 8	Year 9
Autumn 1	<p>Topic: Football, Table Tennis, Netball Trampolining</p> <p>Knowledge/Skills taught: Fundamental skills, tactics, set plays, rules and laws, officiating, coaching</p>	<p>Topic: Football, Table Tennis, Basketball, Handball, Netball, Trampolining</p> <p>Knowledge/Skills taught: Application of fundamental skills, tactics, set plays, rules and laws, officiating, coaching</p>	<p>Topic: Basketball, Table Tennis, Handball, Football, Trampolining, Netball</p> <p>Knowledge/Skills taught: Advancing and embedding fundamental skills, tactics, set plays, rules and laws, officiating, coaching</p>
Autumn 2	<p>Topic: Table Tennis, Rugby, Football, Trampolining, Fitness, Netball, Handball</p> <p>Knowledge/Skills taught: Fundamental skills, tactics, set plays, rules and laws, officiating, coaching</p>	<p>Topic: Handball, Fitness, Football, Table Tennis, Dance, Trampolining</p> <p>Knowledge/Skills taught: Application of fundamental skills, tactics, set plays, rules and laws, officiating, coaching</p>	<p>Topic: Table Tennis, Rugby, Handball, Football, Fitness, Trampolining</p> <p>Knowledge/Skills taught: Advancing and embedding fundamental skills, tactics, set plays, rules and laws, officiating, coaching</p>
Spring 1	<p>Topic: Handball, Basketball, Football, Table Tennis, Football, Fitness</p>	<p>Topic: Rugby, Basketball, Fitness, Rugby, Handball</p> <p>Knowledge/Skills taught: Application of fundamental</p>	<p>Topic: Handball, Dance, Basketball, Fitness, Table Tennis</p> <p>Knowledge/Skills taught: Advancing and embedding</p>

	<p>Knowledge/Skills taught: Fundamental skills, tactics, set plays, rules and laws, officiating, coaching</p>	<p>skills, tactics, set plays, rules and laws, officiating, coaching</p>	<p>fundamental skills, tactics, set plays, rules and laws, officiating, coaching</p>
Spring 2	<p>Topic: Dance, Trampolining, Fitness, Handball, Table Tennis</p> <p>Knowledge/Skills taught: Fundamental skills, tactics, set plays, rules and laws, officiating, coaching</p>	<p>Topic: Dance, Trampolining, Netball, Table Tennis, Fitness</p> <p>Knowledge/Skills taught: Application of fundamental skills, tactics, set plays, rules and laws, officiating, coaching</p>	<p>Topic: Fitness, Trampolining, Netball, Dance, Handball, Badminton</p> <p>Knowledge/Skills taught: Advancing and embedding fundamental skills, tactics, set plays, rules and laws, officiating, coaching</p>
Summer 1	<p>Topic: Fitness, Athletics, Trampolining, Cricket, Basketball, Rounders</p> <p>Knowledge/Skills taught: Fundamental skills, tactics, set plays, rules and laws, officiating, coaching</p>	<p>Topic: Cricket, Athletics, Trampolining, Rounders, Basketball, Badminton</p> <p>Knowledge/Skills taught: Application of fundamental skills, tactics, set plays, rules and laws, officiating, coaching</p>	<p>Topic: Cricket, Athletics, Trampolining, Basketball, Badminton, Rounders</p> <p>Knowledge/Skills taught: Advancing and embedding fundamental skills, tactics, set plays, rules and laws, officiating, coaching</p>
Summer 2	<p>Topic: Cricket, Rounders, Athletics</p> <p>Knowledge/Skills taught: Fundamental skills, tactics, set plays, rules and laws, officiating, coaching</p>	<p>Topic: Rounders, Badminton, Athletics, Cricket</p> <p>Knowledge/Skills taught: Application of fundamental skills, tactics, set plays, rules and laws, officiating, coaching</p>	<p>Topic: Rounders, Badminton, Athletics, Cricket</p> <p>Knowledge/Skills taught: Advancing and embedding fundamental skills, tactics, set plays, rules and laws, officiating, coaching</p>

KS4 Curriculum Intent Document:

	Year 10	Year11
	<p>Cambridge Nationals</p>	<p>Cambridge Nationals</p>
Autumn 1	<p>Topic: Sports Studies – Unit R186</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • Distinguish between different media sources and how they cover sport. <p>Topic: Sports Science – Unit R181</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • Components of fitness applied in sport 	<p>Topic: Sports Studies – Unit R184</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • Issues which affect participation in sport • The role of sport in promoting values <p>Topic: Sports Science – Unit R181</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • How nutritional behaviours can be managed to improve sports performance
Autumn 2	<p>Topic: Sports Studies – Unit R186</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • The positive effects of the media on sport <p>Topic: Sports Science – Unit R181</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • Principles of training in sport 	<p>Topic: Sports Studies – Unit R184</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • The role of sport in promoting values • The implications of hosting a major sporting event <p>Topic: Sports Science – Unit R180</p>

		<p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • Different factors which influence the risk and severity of injury
Spring 1	<p>Topic: Sports Studies – Unit R186</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • The negative effects of the media on sport <p>Topic: Sports Science – Unit R181</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • Organising and planning a fitness training programme 	<p>Topic: Sports Studies – Unit R184</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • The implications of hosting a major sporting event • The role national governing bodies play in the development of their sport <p>Topic: Sports Science – Unit R180</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • Warm up and cool down routines • Different types and causes of sports injuries
Spring 2	<p>Topic: Sports Studies – Unit R185</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • Key components of performance. Practical performance and improvement in a sporting activity <p>Topic: Sports Science – Unit R181</p> <p>Knowledge/Skills taught:</p>	<p>Topic: Sports Studies – Unit R184</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • The use of technology in sport • Exam techniques <p>Topic: Sports Science – Unit R180</p> <p>Knowledge/Skills taught:</p>

	<ul style="list-style-type: none"> Evaluate own performance in planning and delivery of a fitness training programme 	<ul style="list-style-type: none"> Reducing risk, treatment and rehabilitation of sports injuries and medical conditions Causes, symptoms and treatment of medical conditions
Summer 1	<p>Topic: Sports Studies – Unit R185</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> Planning and delivering a sports activity session <p>Topic: Sports Science – Unit R183</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> Nutrients needed for a healthy, balanced nutrition plan Applying differing dietary requirements to varying types of sporting activity 	<p>Topic: Sports Studies – Unit R184</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> Revision of exam content <p>Topic: Sports Science – Unit R180</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> Revision of exam content
Summer 2	<p>Topic: Sports Studies – Unit R185</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> Review of the delivery of a sports activity session <p>Topic: Sports Science – Unit R181</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> Developing a balanced nutrition plan for a selected sporting activity 	<p>Topic: Sports Studies – Unit R184</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> Revision of exam content <p>Topic: Sports Science – Unit R180</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> Revision of exam content

KS5 Curriculum Intent Document:

	Year 12	Year13
	Cambridge Technical Sport and Physical Activity	Cambridge Technical Sport and Physical Activity
Autumn 1	<p>Topic: Unit 2 Sports Coaching</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • Plan sports activity sessions • Prepare sports and activity environments • Delivery sports activity sessions • Review sports activity sessions 	<p>Topic: Unit 3 Sports Organisation and Development</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • Understand how sport in the UK is organised. • Understand sports development • The sports development continuum levels • Methods of delivering sports development • Characteristics of sports development initiatives and events • Advantages and disadvantages of sports development • Benefits of sports development <p>Topic: Unit 18 Practical skills in Sport and Physical Activity</p>

		<p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • Apply skills, techniques and tactics in an individual sport • Apply skills, techniques and tactics in a team sport
Autumn 2	<p>Topic: Unit 2 Sports Coaching</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • The roles and responsibilities of sports coaches/activity leaders • The principles which underpin coaching/leading • Methods to improve skills, techniques and tactics 	<p>Topic: Unit 3 Sports Organisation and Development</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • Organisations involved in sport in the UK • Roles and responsibilities of sports organisations in the UK • International organisations which impact UK sport <p>Topic: Unit 18 Practical skills in Sport and Physical Activity</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • Apply skills, techniques and tactics in an individual sport • Apply skills, techniques and tactics in a team sport
Spring 1	<p>Topic: Unit 1 Body Systems</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • Skeletal system • Muscular system 	<p>Topic: Unit 8 Organisation of Sports Events</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • The different types of sports events and their purpose

		<ul style="list-style-type: none"> The different roles and responsibilities involved in the planning and delivery of sports events <p>Topic: Unit 18 Practical skills in Sport and Physical Activity</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> Apply skills, techniques and tactics in an individual sport Apply skills, techniques and tactics in a team sport
Spring 2	<p>Topic: Unit 1 Body Systems</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> Cardiovascular system Respiratory system 	<p>Topic: Unit 8 Organisation of Sports Events</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> Plan and promote a sports event Participate in the delivery of a sports event <p>Topic: Unit 18 Practical skills in Sport and Physical Activity</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> Apply skills, techniques and tactics in an individual sport Apply skills, techniques and tactics in a team sport
Summer 1	<p>Topic: Unit 1 Body Systems</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> Energy systems 	<p>Topic: Unit 8 Organisation of Sports Events</p> <p>Knowledge/Skills taught:</p>

	<ul style="list-style-type: none"> • Revision of exam content 	<ul style="list-style-type: none"> • Review the planning and delivery of a sports event <p>Topic: Unit 18 Practical skills in Sport and Physical Activity</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • Apply skills, techniques and tactics in an individual sport • Apply skills, techniques and tactics in a team sport
Summer 2	<p>Topic: Unit 1 Body Systems</p> <p>Knowledge/Skills taught:</p> <ul style="list-style-type: none"> • Revision of exam content 	