



Physical Education 5 Year Curriculum Journey

Subject: Physical Education

Year group: Year 7

Exam Board:

	Content	Department Assessment
Autumn Term 1	FOOTBALL BASKETBALL HANDBALL	Every 4 weeks (end of activity block) Grading of Emerging/Developing/ Secure/Mastery (using department Year 7 criteria descriptors)
Autumn Term 2	Gym Health Related Fitness	
Spring Term 1	FOOTBALL BASKETBALL HANDBALL GYM Health Related Fitness	Every 4 weeks (end of activity block) Grading of Emerging/Developing/ Secure/Mastery (using department Year 7 criteria descriptors)
Spring Term 2	HOCKEY DANCE NETS/BADMINTON SRIKING AND FIELDING	
Summer Term 1	HOCKEY DANCE NETS/BADMINTON SRIKING AND FIELDING	

Summer Term 2	NET SPORTS ATHLETICS STRIKING & FIELDING	Every 4 weeks (end of activity block) Grading of Emerging/Developing/Secure/Mastery (using department Year 7 criteria descriptors)
Homework	Depending on the activity block, research into specific terminology make be asked of and also sometimes to outline their routines for gymnastics/dance. Students may also be directed to watch a specific sporting event.	
Subject / Department Key Terms	<i>Key words given and explained during lessons.</i> <i>Specific terminology for different activities will be required to be learnt and understood and this will continue to be re-visited in lessons: e.g. Names of fitness components in the Health-Related Fitness unit.</i>	
Recommended Reading / Viewing	Watch as many different sports on TV. Watch 'Strictly Come Dancing'	
How can technology help in this subject?	Not applicable within practical lessons as we do not have access in the different teaching areas. If we did we would look at: Analysis of movement. Slow motion clips of sporting actions	
Skills required to succeed in this subject...	Confidence; team work; communication; positive attitude; decision making Various practical skills for different activities.	

Vision for this subject...	For every student to improve skills & tactical awareness and also their confidence and enjoyment of various activities so that they are more willing and motivated to maintain fitness and well-being outside of school through exercise.
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Subject: Physical Education

Year group: Year 8

Exam Board:

	Content	Department Assessment
Autumn Term 1	FOOTBALL BASKETBALL HANDBALL	Every 4 weeks (end of activity block) Grading of Emerging/Developing/ Secure/Mastery (using department Year 8 criteria descriptors)
Autumn Term 2	Health Related FITNESS	
Spring Term 1	FOOTBALL BASKETBALL HANDBALL Health Related FITNESS	Every 4 weeks (end of activity block) Grading of Emerging/Developing/ Secure/Mastery (using department Year 8 criteria descriptors)
Spring Term 2	HOCKEY DANCE NET SPORTS STRIKING & FIELDING	
Summer Term 1	HOCKEY DANCE NET SPORTS STRIKING & FIELDING	Every 4 weeks (end of activity block) Grading of Emerging/Developing/ Secure/Mastery (using department Year 8 criteria descriptors)

Summer Term 2	NET SPORTS ATHLETICS STRIKING & FIELDING	
Homework	Depending on the activity block, research into specific terminology make be asked of and also sometimes to outline their routines for dance. Students may also be directed to watch a specific sporting event.	
Subject / Department Key Terms	<i>Key words given and explained during lessons.</i> <i>Specific terminology for different activities will be required to be learnt and understood and this will continue to be re-visited in lessons: e.g. Names of fitness components in the Health-Related Fitness unit.</i>	
Recommended Reading / Viewing	Watch as many different sports on TV. Watch 'Strictly Come Dancing'	
How can technology help in this subject?	Not applicable within practical lessons as we do not have access in the different teaching areas. If we did we would look at: Analysis of movement. Slow motion clips of sporting actions	
Skills required to succeed in this subject...	Confidence; team work; communication; positive attitude; decision making; Various practical skills for different activities	
Vision for this subject...	For every student to improve skills & tactical awareness and also their confidence and enjoyment of various activities so that they are more willing and motivated to maintain fitness and well-being outside of school through exercise.	

Subject: Physical Education

Year group: Year 9

Exam Board:

	Content	Department Assessment
Autumn Term 1	FOOTBALL	Every 4 weeks (end of activity block) Fine Grading (using department Year 9 criteria descriptors and GCSE practical descriptors)
Autumn Term 2	BASKETBALL Health Related FITNESS	
Spring Term 1	TABLE-TENNIS	Every 4 weeks (end of activity block) Fine Grading (using department Year 9 criteria descriptors and GCSE practical descriptors)
Spring Term 2	BADMINTON HANDBALL ATHLETICS	
Summer Term 1	VOLLEYBALL	Every 4 weeks (end of activity block) Fine Grading (using department Year 9 criteria descriptors and GCSE practical descriptors)
Summer Term 2	STRIKING & FIELDING – ROUNDERS STRIKING & FIELDING – CRICKET	

Homework	Depending on the activity block, research into specific terminology make be asked of and also sometimes. Students may be asked to record their heart rates throughout 1 day at the weekend or maybe record a 2-day food diary. Students may also be directed to watch a specific sporting event.
Subject / Department Key Terms	<i>Key words given and explained during lessons.</i> <i>Specific terminology for different activities will be required to be learnt and understood and this will continue to be re-visited in lessons: e.g. Names of fitness components in the Health-Related Fitness unit.</i>
Recommended Reading / Viewing	Watch as many different sports on TV. Encourage to watch major sporting events; e.g. FIFA World Cup; Wimbledon Tennis; London Marathon; Olympics & Paralympics etc Watch 'Strictly Come Dancing'
How can technology help in this subject?	Not applicable within practical lessons as we do not have access in the different teaching areas. If we did we would look at: Analysis of movement. Slow motion clips of sporting actions
Skills required to succeed in this subject...	• Confidence; team work; communication; positive attitude; decision making; • Various practical skills for different activities.
Vision for this subject...	For every student to improve skills & tactical awareness and also their confidence and enjoyment of various activities so that they are more willing and motivated to maintain fitness and well-being outside of school through exercise.

Subject: Physical Education GCSE

Year group: Year 10

**Exam Board:
AQA**

	Content	Department Assessment
Autumn Term 1	Paper 1 Unit 1: Anatomy & Physiology - Structure & function of the musculo-skeletal system. - Structure & function of the Cardio-respiratory system.	On-going throughout lessons. Mini recall tests. End of Unit tests.
Autumn Term 2	Paper 2 Unit 1: Sports Psychology - Classification of skills. - Use of goal setting & SMART targets to improve/optimise performance. (Practical lessons will also take place)	Practical assessment following AQA marking criteria.
Spring Term 1	Paper 1 Unit 1: Anatomy & Physiology - Anaerobic and aerobic exercise. - Short and long term effects of exercise. Unit 2: Movement Analysis - Lever systems, examples of their use in activity and the mechanical advantage they provide in movement.	On-going throughout lessons. Mini recall tests. End of Unit tests.
Spring Term 2	Paper 2 Unit 1: Sports Psychology - Mental preparation for performance. Unit 2: Socio-cultural Influences - Engagement patterns of different social groups in physical activity and sport. - Commercialisation of physical activity and sport. (Practical lessons will also take place)	Practical assessment following AQA marking criteria.
Summer Term 1	Paper 1: Unit 2: Movement Analysis - Planes & Axes of movement. Unit 3: Physical Training - The relationship between health & fitness & the role exercise plays in both.	On-going throughout lessons. Mini recall tests. End of Unit tests.
Summer Term 2	Paper 2: Unit 2: Socio-cultural Influences - Ethical and socio-cultural issues in physical activity and sport. Unit 3: Health, Fitness & Well-being - Physical, emotional & social health, fitness and well-being. (Practical lessons will also take place)	Practical assessment following AQA marking criteria.

Homework	HW will be set according to tasks covered in lessons. Most homework time will be given for re-capping and revising the theory work covered in lessons. At times, mini projects may be set.
Subject / Department Key Terms	<i>Key words given and explained during lessons.</i> <i>Specific terminology for different topics covered will be required to be learnt and understood and this will continue to be re-visited in lessons: e.g. Names of fitness components, bones, muscles, basic information processing, etc.</i>
Recommended Reading / Viewing	Watch as many different sports on TV. Encourage to watch major sporting events; e.g. FIFA World Cup; Wimbledon Tennis; London Marathon; Olympics & Paralympics etc. Watch documentaries on issues/topics covered in the AQA specification. 'BBC Bitesize' revision and AQA revision booklets.
How can technology help in this subject?	Not applicable within practical lessons as we do not have access in the different teaching areas. In the classroom: • Analysis of movement & performance. • Slow motion clips of sporting actions. • You tube clips on topics covered. • Recording practical session for self-analysis and evaluation.
Skills required to succeed in this subject...	• Confidence; team work; communication; positive attitude; decision making; • Various practical skills for different activities. • Exam writing techniques.
Vision for this subject...	For every student to improve skills & tactical awareness and also their confidence and enjoyment of various activities so that they are more willing and motivated to maintain fitness and well-being outside of school through exercise. To enable students to have the opportunity of future careers in sport.

Subject: Physical Education GCSE

Year group: Year 11

**Exam Board:
AQA**

	Content	Department Assessment
Autumn Term 1	Paper 1: Unit 3: Physical Training • The components of fitness, benefits for sports & how fitness is measured & improved. • The principles of training and their application to personal exercise/training programmes.	On-going throughout lessons. Mini recall tests. End of Unit tests.
Autumn Term 2	Paper 2: Unit 3: Health, Fitness & Well-being • The consequences of a sedentary life-style. • Energy use, diet, nutrition & hydration. Coursework: Performance Analysis assessment: (Analysis & Evaluation) (Practical lessons will also take place)	Practical assessment following AQA marking criteria.
Spring Term 1	Paper 1: Unit 3: Physical Training • How to optimise training & prevent injury. • Effective use of warm-up and cool-down. Paper 1 & 2: Unit 4: Use of Data	On-going throughout lessons. Mini recall tests. End of Unit tests.
Spring Term 2	Coursework: Performance Analysis assessment (Analysis & Evaluation) (Practical lessons will also take place)	Practical assessment following AQA marking criteria.
Summer Term 1	Paper 1 & Paper 2: All units/topics revised and exam techniques practiced	On-going throughout lessons. Mini recall tests. End of Unit tests. Practical assessment following AQA marking criteria.
Summer Term 2		Moderation Day with external AQA examiners.

Homework	HW will be set according to tasks covered in lessons. Most homework time will be given for re-capping and revising the theory work covered in lessons. Preparation and planning of 'Analysis & Evaluation of Performance' coursework will be set from the Autumn term.
Subject / Department Key Terms	<i>Key words given and explained during lessons.</i> <i>Specific terminology for different topics covered will be required to be learnt and understood and this will continue to be re-visited in lessons: e.g. Names of fitness components, bones, muscles, basic information processing, etc.</i>
Recommended Reading / Viewing	Watch as many different sports on TV. Encourage to watch major sporting events; e.g. FIFA World Cup; Wimbledon Tennis; London Marathon; Olympics & Paralympics etc. Watch documentaries on issues/topics covered in the AQA specification. 'BBC Bitesize' revision and AQA revision booklets.
How can technology help in this subject?	Not applicable within practical lessons as we do not have access in the different teaching areas. In the classroom: • Analysis of movement & performance. • Slow motion clips of sporting actions. • You tube clips on topics covered. • Recording practical session for self-analysis and evaluation.
Skills required to succeed in this subject...	• Confidence; team work; communication; positive attitude; decision making; • Various practical skills for different activities. • Exam writing techniques.
Vision for this subject...	For every student to improve skills & tactical awareness and also their confidence and enjoyment of various activities so that they are more willing and motivated to maintain fitness and well-being outside of school through exercise. To enable students to have the opportunity of future careers in sport.