

YEAR 7-11

PHYSICAL EDUCATION (CORE PE)

YEAR GROUP	CURRICULUM
7	<p>Students will complete the following activities across the academic year; these will change at each half-term/term intervals:</p> <ul style="list-style-type: none"> • Invasion Games via Netball (Physical and Mindset ME) • Net/Wall Games via Badminton or Tennis (Physical and Mindset ME) • Dance (Physical and Social ME) • Gymnastics (Physical and Thinking ME) • Swimming (Physical and Thinking ME) • Striking and Fielding via Cricket (Physical and Social ME) • Athletics (Physical and Thinking ME)
8	<p>Students will complete the following activities in Term 1 and 2; these will change at each half-term/term intervals:</p> <ul style="list-style-type: none"> • Invasion Games via Tag Rugby (Physical and Mindset ME) • Net/Wall Games via Badminton (Physical and Mindset ME) • OAA (Physical and Social ME) • Gymnastics (Physical and Thinking ME) <p>Students will complete the following activities in Term 3; these will change at 4-week intervals:</p> <ul style="list-style-type: none"> • Striking and Fielding via Rounders (Physical and Social ME) • Net/Wall Games via Tennis (Physical and Mindset ME) • Athletics (Physical and Thinking ME)



<p style="text-align: center;">9</p>	<p>Students will complete the following activities in Term 1 and 2; these will change at each half-term/term intervals:</p> <ul style="list-style-type: none"> • Invasion Games via Handball (Physical and Mindset ME) • Net/Wall Games via Badminton (Physical and Mindset ME) • Invasion Games via Hockey (Physical and Mindset ME) • Gymnastics (Physical and Thinking ME) <p>Students will complete the following activities in Term 3; these will change at 3-week intervals:</p> <ul style="list-style-type: none"> • Striking and Fielding (Physical and Social ME) • Net/Wall Games via Tennis (Physical and Mindset ME) • Athletics (Physical and Thinking ME) • OAA (Physical and Social ME)
<p style="text-align: center;">10</p>	<p>Students will complete the following activities in Term 1 and 2; these will change at each half-term/term intervals:</p> <ul style="list-style-type: none"> • Invasion Games (Physical and Mindset ME) • Net/Wall Games (Physical and Mindset ME) • Invasion Games (Physical and Mindset ME) • Gymnastics (Physical and Thinking ME) <p>Students will complete the following activities in Term 3; these will change at 3-week intervals:</p> <ul style="list-style-type: none"> • Striking and Fielding (Physical and Social ME) • Net/Wall Games via Tennis (Physical and Mindset ME) • Athletics (Physical and Thinking ME) • Alternative Activities (Physical and Social ME)



Students will select a ME that they want to explore and develop further; and they will then complete the following:

Physical ME:

Autumn 1: Invasion Games
Autumn 2: Invasion Games
Spring 1: Invasion Games
Spring 2: Invasion Games
Summer 1: Invasion Games

Social ME:

Autumn 1: Net/Wall Games
Autumn 2: Invasion Games
Spring 1: Fitness Gym
Spring 2: Net/Wall Games
Summer 1: Net/Wall Games

Mindset ME:

Autumn 1: Fitness Gym
Autumn 2: Sports Hall Games
Spring 1: Net/Wall Games
Spring 2: Invasion Games
Summer 1: Invasion Games

Thinking ME

Autumn 1: Fitness Classes
Autumn 2: Fitness Gym
Spring 1: Fitness Classes
Spring 2: Fitness Gym
Summer 1: Fitness Gym



YEAR 9-11

PHYSICAL EDUCATION (OPTION PE)

YEAR GROUP	CURRICULUM
9	<p>Autumn 1 & 2: Structure and Function of Body Systems</p> <p>Spring 1: Health and Fitness and Impact of Lifestyle on Health and Fitness</p> <p>Spring 2: Testing Components of Fitness</p> <p>Summer 1: Developing Components of Fitness</p> <p>Summer 2: Short- and Long-Term Effects of Exercise</p>
10 GCSE	<p>Component 1 and 2:</p> <p>Autumn 1: Health, Fitness and Wellbeing</p> <p>Autumn 2: Sport Psychology</p> <p>Spring 1: Sport Psychology</p> <p>Spring 2: Applied Anatomy and Physiology</p> <p>Summer 1: Applied Anatomy and Physiology</p> <p>Summer 2: Physical Training</p> <p>Component 3:</p> <p>Throughout the year students will participate in a range of different team and individual activities; these will be dependent of the skills, abilities and interests of the group.</p> <p>Component 4:</p> <p>Summer 2: Students will write their introduction and design their PEP</p>
11 GCSE PE	<p>Component 1 and 2:</p> <p>Autumn 1: Applied Anatomy and Physiology</p> <p>Autumn 2: Sport Psychology</p> <p>Spring 1: Movement Analysis</p> <p>Spring 2: Socio-Cultural Influences</p> <p>Summer 1: Exam</p> <p>Component 3:</p> <p>Autumn 1 and 2: Focus on 3rd Activity</p> <p>Spring 1: Focus on Individual Activity</p> <p>Spring 2: Assessment</p> <p>Summer 1: Moderation</p> <p>Component 4:</p> <p>Spring 1: Students will write their evaluation</p>



<p>10 NCFE Health and Fitness</p>	<p>Autumn 1: Structure and Function of Body Systems Autumn 2: Effects of Health and Fitness on the Body Spring 1: Health, Fitness and the Components of Fitness; Principles of Training Spring 2: Testing and Developing Components of Fitness; Impact of Lifestyle on Health and Fitness Summer 1: Applying Health and Fitness Analysis; Goal Setting Summer 2: Controlled Assessment Preparation</p>
<p>11 NCFE Health and Fitness</p>	<p>Autumn 1 – Spring 2 Controlled Assessment (60% - Final Grade)</p> <p>Summer 1 Exam Assessment (40% - Final Grade)</p>

