

PHYSICAL EDUCATION

		AUTUMN TERM		SPRING TERM		SUMMER TERM	
		AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
Year 7		Baseline Data – assessment in 2 areas; Games activities and fitness	Badminton - develop basic skills, knowledge and understanding of rules	Football - develop basic skills, knowledge and understanding of rules	Orienteering – develop basic problem-solving skills and teamwork	Athletics – develop basic technique for running, jumping and throwing	Cricket - develop basic skills, knowledge and understanding of rules
		Rugby – develop basic skills, knowledge and understanding of rules	Football - develop basic skills, knowledge and understanding of rules	Badminton - develop basic skills, knowledge and understanding of rules	Gymnastics – develop basic floor skills and routines	Rounders - develop basic skills, knowledge and understanding of rules	Tennis – develop basic hand eye coordination and knowledge of skills and techniques
		Netball - develop basic skills, knowledge and understanding of rules	Orienteering – develop basic problem-solving skills and teamwork	Health + Fitness – develop understanding of different training methods	Handball - develop basic skills, tactics and strategies and basic rules		
Year 8		Rugby - develop skills, tactics and strategies	Badminton - develop skills, knowledge and understanding of rules	Football - develop skills, knowledge and understanding of rules	Orienteering – develop problem-solving skills and teamwork	Athletics - develop basic technique and perform at maximum levels for a range of events	Cricket - develop skills, tactics and strategies
		Netball - develop skills, tactics and strategies	Football - develop skills, knowledge and understanding of rules	Badminton - develop skills, knowledge and understanding of rules	Gymnastics – develop acrobatics gymnastics and teamwork	Rounders - develop skills, tactics and strategies	Tennis – develop technique and perform a range of shots, develop knowledge of rules and scoring
			Orienteering – develop basic problem-solving skills and teamwork	Health + Fitness – develop understanding of different training methods	Handball - develop skills, tactics and strategies and basic rules		
Year 9		Rugby – develop more advanced skills, tactics and strategies. Developing officiating and leadership roles	Football - develop more advanced skills, tactics and strategies	Health + Fitness – develop understanding of different training methods	Handball - develop more advanced skills, tactics and strategies	Athletics - develop more advanced technique and perform at maximum levels for a range of events	Cricket - develop more advanced skills, tactics and strategies
		Netball - develop more advanced skills, tactics and strategies	Badminton – develop more advanced skills, tactics and strategies. Developing officiating and leadership roles	Badminton - develop more advanced skills, tactics and strategies	Badminton - develop more advanced skills, tactics and strategies	Rounders - develop more advanced skills, tactics and strategies	Tennis - develop more advanced skills, tactics and strategies, develop understanding of singles and double play

KEY STAGE 4 – CORE PE

		AUTUMN TERM		SPRING TERM		SUMMER TERM	
		AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
Year 10		Rugby – develop more advanced skills, tactics and strategies. Developing officiating and leadership roles Netball – develop more advanced skills, tactics and strategies. Developing officiating and leadership roles	Football – develop more advanced skills, tactics and strategies. Developing officiating and leadership roles Badminton – develop more advanced skills, tactics and strategies. Developing officiating and leadership roles	Health + Fitness – series of fitness challenges that assess components of fitness and different methods of training Badminton – develop more advanced skills, tactics and strategies. Developing officiating and leadership roles	Handball - develop more advanced skills, tactics and strategies Health + Fitness – series of fitness challenges that assess components of fitness and different methods of training	Athletics - develop more advanced technique and perform at maximum levels for a range of events Rounders – develop more advanced skills, tactics and strategies. Developing officiating and leadership roles	Cricket – develop more advanced skills, tactics and strategies. Developing officiating and leadership roles Tennis - develop more advanced skills, tactics and strategies, develop understanding of singles and double play
		Springwood Fitness Derby Arena Fitness Football/Netball/ Badminton/Table Tennis	Springwood Fitness Derby Arena Fitness Basketball/Trampolining Squash	Springwood Fitness Derby Arena Fitness Football/Table tennis/ Badminton/Trampolining	Springwood Fitness Derby Arena Fitness Football/Basketball/ Squash/Golf/ Table Tennis	Rounders/Cricket/ Tennis/Fitness/Football	

EDEXCEL GCSE PE – 601/8161/8

GCSE Year 9	GCSE PE (1PE0)	AUTUMN TERM		SPRING TERM		SUMMER TERM	
		AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
		The structure and functions of the musculo-skeletal system	The structure and functions of the cardio-respiratory system	Anaerobic and aerobic exercise	Lever systems	The components of fitness	The long-term effects of exercise
		<ul style="list-style-type: none"> • The functions of the skeletal system • Classification of bones • Structure of skeletal system • Classification of joints • Movement at joints • The role of ligaments and tendons • Classification and of muscle types • Location and role of the voluntary muscular system • Antagonistic pairs of muscles • Fast and slow twitch muscle fibres <p style="text-align: center;">Use of data</p> <ul style="list-style-type: none"> • Develop knowledge and understanding of data analysis • Present data • Interpret data • Analyse and evaluate data 	<ul style="list-style-type: none"> • Functions of the cardiovascular system • Structure of the blood vessels • Blood flow during physical activity • Function and importance of components of blood • Composition of inhaled and exhaled air • Location of main components of the respiratory system • Structure of the alveoli • Link between cardiovascular and respiratory system in exercise 	<ul style="list-style-type: none"> • The release of energy • Energy sources: fats and carbohydrates <p style="text-align: center;">The short term and long-term effects of exercise</p> <ul style="list-style-type: none"> • Short term effects of physical activity on muscles, heart function, and breathing, and its importance to a performer • How the respiratory and cardiovascular system work together • Long term effects on body systems • Interpretation of graphical representations of heart function 	<ul style="list-style-type: none"> • First, second and third class levers • Mechanical advantage and disadvantage <p style="text-align: center;">Planes and axes of movement</p> <ul style="list-style-type: none"> • Movement patterns using body planes and axes: sagittal, frontal and transverse plane applied to physical activities and sporting actions <p style="text-align: center;">The relationship between health and fitness</p> <ul style="list-style-type: none"> • Definitions of fitness, health, exercise and performance 	<ul style="list-style-type: none"> • Components of fitness and importance in physical activity and sport • Fitness tests • Collection and interpretation of data • How fitness is improved <p style="text-align: center;">The principles of training and their application to personal exercise/ training programmes</p> <ul style="list-style-type: none"> • Planning training • The use of different training methods for specific components of fitness 	<ul style="list-style-type: none"> • Long term effects of aerobic and anaerobic training • Long term training effects and benefits; skeletal, muscular, cardio-respiratory system <p style="text-align: center;">How to optimise training and prevent injury</p> <ul style="list-style-type: none"> • The use of PAR-Q • Injury prevention • RICE • Performance enhancing drugs and effects on performance <p style="text-align: center;">Effective use of warm up and cool down</p> <ul style="list-style-type: none"> • The purpose and importance of warm up and cool down • Phases of warm up and the significance in preparation for sport

GCSE Year 11

GCSE PE (2PE01)

AUTUMN TERM	
AUT 1	AUT 2
<p>Anaerobic and aerobic exercise</p> <ul style="list-style-type: none"> The release of energy Energy sources: fats and carbohydrates <p>The short term and long-term effects of exercise</p> <ul style="list-style-type: none"> Short term effects of physical activity on muscles, heart function, and breathing, and its importance to a performer How the respiratory and cardiovascular system work together Long term effects on body systems <p>Interpretation of graphical representations of heart function</p> <p>The long-term effects of exercise</p> <ul style="list-style-type: none"> Long term effects of aerobic and anaerobic training Long term training effects and benefits; skeletal, muscular, cardio-respiratory system 	<p>Lever systems</p> <ul style="list-style-type: none"> First, second and third class levers Mechanical advantage and disadvantage <p>Planes and axes of movement</p> <ul style="list-style-type: none"> Movement patterns using body planes and axes: sagittal, frontal and transverse plane applied to physical activities and sporting actions <p>The components of fitness</p> <ul style="list-style-type: none"> Components of fitness and importance in physical activity and sport Fitness tests Collection and interpretation of data How fitness is improved

SPRING TERM	
SPR 1	SPR 2
<p>Guidance and feedback on performance</p> <ul style="list-style-type: none"> Types of guidance to optimise performance Advantages and disadvantages of each type of guidance Types of feedback to optimise performance <p>Mental preparation for performance</p> <p>Mental preparation for performance</p> <p>The use of goal setting and SMART targets to improve and/or optimise performance</p> <ul style="list-style-type: none"> The use of goal setting to improve performance/ optimise performance 	<p>Engagement patterns of different social groups in physical activity and sport</p> <ul style="list-style-type: none"> Participation rates in physical activity considering personal factors Analysis of data associated with physical health <p>Commercialisation of physical activity and sport</p> <ul style="list-style-type: none"> The relationship between commercialisation, the media and physical activity The advantages and disadvantages of commercialisation and the media

SUMMER TERM	
SUM 1	SUM 2
<p>Ethical and socio-cultural issues in physical activity and sport</p> <ul style="list-style-type: none"> The different types of sporting behaviour Analysis of data associated with physical health <p>Use of data</p> <ul style="list-style-type: none"> Develop knowledge and understanding of data analysis Present data Interpret data Analyse and evaluate data <p>Revision</p> <ul style="list-style-type: none"> Study support Exam papers 	

OCR CAMBRIDGE NATIONAL LEVEL1/2 SPORT STUDIES – 600/5123/1

Year 9 New specification	AUTUMN TERM		SPRING TERM		SUMMER TERM	
	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
	R185 ~ Practical Topic Area 1: Key components of performance – Team performance	R185 ~ Practical Topic Area 1: Key components of performance – Individual performance	R185 ~ Practical Topic Area 2: Applying practice methods to support improvement in a sporting activity	R185 ~ Practical Topic Area 3: Organising and planning a sports activity session	R186 ~ Sports Media Topic Area 4: Delivering a sports activity session	R186 ~ Sports Media Topic Area 5: Reviewing your own performance in planning and delivery of a sports activity session
Year 10 Legacy Specification	AUTUMN TERM		SPRING TERM		SUMMER TERM	
	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
	R051 ~ Theory exam unit LO 1: Understand the issues which affect participation in sport performer in a sporting activity	R051 ~ Theory exam unit LO 2: Know about the role of sport in promoting values R052 ~ Practical LO 2: Be able to use skills, techniques and tactics as a team performer in a sporting activity	R051 ~ Theory exam unit LO 3: Understand the importance of hosting major sporting event R052 ~ Practical LO 3: Be able to officiate in a sporting activity	R051 ~ Theory exam unit LO 4: Know about the role of national governing bodies in sport R052 ~ Practical LO 4: Be able to apply practice methods to support improvement in a sporting activity – written assignment	R051 ~ Theory exam unit Revision for May exam	R053 ~ Sport leadership unit LO 1: Know the personal qualities, styles, roles and responsibilities associated with effective sports leadership
Year 11 Legacy Specification	AUTUMN TERM		SPRING TERM		SUMMER TERM	
	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
	R052 ~ Practical LO 4: Be able to apply practice methods to support improvement in a sporting activity – written assignment	R053 ~ Sport leadership LO 1: Know the personal qualities, styles, roles and responsibilities associated with effective sports leadership	R053 ~ Sport leadership LO 2: Be able to plan sports activity sessions LO 3: Be able to deliver sports activity session	R053 ~ Sport leadership LO 4: Be able to evaluate own performance in delivering a sports activity session	R053 ~ Sport leadership LO 4: Be able to evaluate own performance in delivering a sports activity session	