

Participation PE - Curriculum Road Map

ABC Links to literacy

We develop literacy through the learning of key terms within our subject and using these to discuss and analyse performance.

Year 8

Topic: Self-Efficacy, The Impact of Regular Physical Activity, How to Support Family and Peers to be Active.

Sports: Endball, Table Tennis, Street Dance, Basketball, Health Related Fitness, Boxing, Gymnastics, Athletics, Cricket and Ultimate Frisbee.

Why study these topics? These sports and physical activities enables use to develop our fundamental movement skills, problem solving, leadership, communication, fitness and health, performance and teamwork. This helps to improve our self-belief, resilience, empathy and our ability to maintain and encourage a healthy active lifestyle.

Year 10

Topic: Self-Efficacy, The Impact of Regular Physical Activity, How to Support Family and Peers to be Active.

Sports: Sports Leadership, Health Related Fitness, Football, Dodgeball, Basketball, Handball, Volleyball, Boxing, Netball, Table Tennis, Badminton, Rounders, Ultimate Frisbee and Softball.

Why study these topics? These sports and physical activities enables use to develop our problem solving, leadership, communication, fitness and health and communication. This helps to improve our self-belief, confidence and our ability to maintain a healthy active lifestyle.

Subject Intent statement

We learn and participate in Physical Education to understand the role it plays in developing and maintaining a physically, socially and mentally healthy lifestyle. PE helps us to develop life skills such as leadership, resilience, respect, confidence and empathy while providing us with the knowledge and skills to participate in recreational and competitive sport and study sport or sport science.

Year 7

Topic: Self-Efficacy, The Impact of Regular Physical Activity, The Value of PE.

Sports: Endball, Football, Netball, Basketball, Health Related Fitness, Street Dance, Boxing, Athletics, Rounders and Gymnastics.

Why study these topics? These sports and physical activities enables use to develop our fundamental movement skills, problem solving, leadership, communication, fitness and health, performance and teamwork. This helps to improve our self-belief, resilience, empathy and our ability to maintain a healthy active lifestyle.

Year 9

Topic: Self-Efficacy, The Impact of Regular Physical Activity, Demonstrating Physical Activity Beyond the Curriculum.

Sports: Endball, Dodgeball, Football, Basketball, Health Related Fitness, Volleyball, Boxing, Athletics, Street Dance and Softball.

Why study these topics? These sports and physical activities enables use to develop our fundamental movement skills, problem solving, leadership, communication, fitness and health, performance and teamwork. This helps to improve our self-belief, confidence, empathy and our ability to maintain a healthy active lifestyle beyond the curriculum.

Year 11

Topic: Self-Efficacy, The Impact of Regular Physical Activity, Engaging in Physical Activity Outside of School.

Sports: Health Related Fitness, Football, Dodgeball, Basketball, Dance, Volleyball, Tag Rugby, Bench Ball, Table Tennis.

Why study these topics? These sports and physical activities enables use to develop our problem solving, leadership, communication, fitness and health and communication. This helps to improve our self-belief, confidence and our ability to maintain a healthy active lifestyle.

123 Links to Numeracy

In PE, we use mathematics to collate and analyse data to see and make sense of patterns and trends. We also use mathematics to calculate training thresholds and the capacities of our body systems.

Performance PE - Curriculum Road Map

ABC Links to literacy

We develop literacy through the learning of key terms within our subject and using these to discuss and analyse performance.

Year 8

Topic: Physical Literacy and Decision Making

Sports: Endball, Sports Hall Athletics, Basketball, Handball, Football, Rugby, Netball, Boxing, Athletics, Health Related Fitness and Volleyball.

Why study these topics? These sports and physical activities enable us to develop our physical, social, psychological and cognitive competencies to develop a healthy active lifestyle maintained through the confidence and motivation.

Year 10

Topic: Sports Leaders and GCSE PE

Sports: Handball, Netball, Table Tennis

Why study these topics? These sports and physical activities enable us to demonstrate our physical, social, psychological and cognitive competencies in sports performance and develop a healthy active lifestyle maintained through the confidence and motivation. Sports leaders enables us to gain a qualification which can support our career options through the development of communication, organisation, independence and reflection.

Subject Intent statement

We learn and participate in Physical Education to understand the role it plays in developing and maintaining a physically, socially and mentally healthy lifestyle. PE helps us to develop life skills such as leadership, resilience, respect, confidence and empathy while providing us with the knowledge and skills to participate in recreational and competitive sport and study sport or sport science.

Year 7

Topic: Physical Literacy

Sports: Endball, Sports Hall Athletics, Basketball, Handball, Football, Rugby, Netball, Table Tennis, Athletics, Cricket and Ultimate Frisbee.

Why study these topics? These sports and physical activities enable us to develop our physical, social and psychological competencies to develop a healthy active lifestyle maintained through the confidence and motivation.

Year 9

Topic: Physical Literacy, Decision Making and Performance

Sports: Endball, Sports Hall Athletics, Basketball, Handball, Football, Rugby, Netball, Badminton, Athletics, Softball and Table Tennis.

Why study these topics? These sports and physical activities enable us to demonstrate our physical, social, psychological and cognitive competencies in sports performance and develop a healthy active lifestyle maintained through the confidence and motivation.

Year 11

Topic: GCSE PE

Sports: Health Related Fitness, Basketball and Badminton.

Why study these topics? These sports and physical activities enable us to demonstrate our physical, social, psychological and cognitive competencies in sports performance and develop a healthy active lifestyle maintained through the confidence and motivation.

123 Links to Numeracy

In PE, we use mathematics to collate and analyse data to see and make sense of patterns and trends. We also use mathematics to calculate training thresholds and the capacities of our body systems.

Year 10 – GCSE PE - Curriculum Road Map

ABC Links to literacy

We develop literacy through reading subject specific literature aloud, discussing key concepts with our peers and applying knowledge to exam questions.

AUTUMN 2

Topic: **The Structure and Function of the Cardiovascular System**

Why study this topic? To know the function and structure of the cardiovascular system, and to understand how it enables physical activity and sports performance.

Topic: **The Structure and Function of the Respiratory System**

Why study this topic? To know the function and structure of the respiratory system and to understand how it enables to physical activity and sports performance.

2

SPRING 2

Topic: **Movement Analysis**

Why study this topic? To know and understand how movement in physical activity and sports performance is analysed using levers, planes and axes.

Topic: **Physical Training**

Why study this topic? To know and understand the components of fitness, how to conduct fitness testing, and be able to analyse fitness testing results and understand the relationship between fitness and sports performance. This topics support the completion of the course work: Analysis and Evaluation of Performance (AEP).

4

SUMMER 2

Topic: **Physical Training**

Why study this topic? To know and understand how to assess physical readiness for participation in physical activity. To know and understand varying injuries and how to treat and prevent them. To know and understand the impact and implications of performance enhancing drugs. To know and understand how to set realistic SMART targets which can develop sporting performance. This topics support the completion of the course work: Analysis and Evaluation of Performance (AEP).

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Subject Intent statement

We learn and participate in Physical Education to understand the role it plays in developing and maintaining a physically, socially and mentally healthy lifestyle. PE helps us to develop life skills such as leadership, resilience, respect, confidence and empathy while providing us with the knowledge and skills to participate in recreational and competitive sport and study sport or sport science.

1

3

AUTUMN 1

Topic: **The Structure and Function of the Skeletal System**

Why study this topic? To know the function and structure of the Skeletal system, and to understand how it enables physical activity and sports performance.

Topic: **The Structure and Function of the Muscular System**

Why study this topic? To know the function and structure of the muscular system and to understand how it enables to physical activity and sports performance.

SPRING 1

Topic: **The Effects of Exercise**

Why study this topic? To know the short-term and long-term effects of exercise on the musculoskeletal and cardiorespiratory systems and their effect on physical activity and sports performance.

Topic: **Aerobic and Anaerobic Exercise**

Why study this topic? To know and understand the two different systems that supply the body with energy and their effect on the body systems during sports performance.

5

SUMMER 1

Topic: **Physical Training**

Why study this topic? To know and understand the principles of training and varying training methods to help improve fitness and sports performance. This topics support the completion of the course work: Analysis and Evaluation of Performance (AEP).

123 Links to Numeracy

In PE, we use mathematics to analyse data and trends in tables and graphs. We also use mathematics to calculate training thresholds and the capacities of our body systems.

Year 11 – GCSE PE - Curriculum Road Map

ABC Links to literacy

We develop literacy through reading subject specific literature aloud, discussing key concepts with our peers and applying knowledge to exam questions.

AUTUMN 2

Topic: Sports Psychology

Why study this topic? To know and understand the varying ways of developing performance through the appropriate use of guidance and feedback.

Topic: Health, Fitness and Well-being

Why study this topic?. To know and understand the difference between health, fitness and well-being. To understand the components of a healthy lifestyle the consequences of a sedentary lifestyle. To understand the physical, emotional and social benefits of physical activity.

SPRING 2

Topic: The Physiological Factors Affecting Sports Performance

Why study this topic? To revisit and embed knowledge and skills required for paper 2 and ensure we have the knowledge, understanding and skills to progress to A Level and BTEC.

Topic: Socio-cultural Issues and Sports Psychology

Why study this topic? To revisit and embed knowledge and skills required for paper 2 and ensure we have the knowledge, understanding and skills to progress to A Level and BTEC.

SUMMER 1

Topic: Performance in Physical Education

Why study this topic? To demonstrate effective performance, the use of tactics and techniques and the ability to observe rules and regulations under applied conditions.

Subject Intent statement

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AUTUMN 1

Topic: Analysing and Evaluating Performance (AEP)

Why study this topic? To demonstrate knowledge and understanding of performance in practical activity, strengths and weakness of a performance and ability to produce and action plan which aims to improve the quality and effectiveness of the performer.

SPRING 1

Topic: Socio-Cultural Influences

Why study this topic? To know and understand the participation trends in physical activity and sport in the UK for varying social groups. To understand the barriers preventing participation for varying social groups. To understand motives for people participating in physical activity and sport and the strategies to help improve participation.

Topic: Commercialisation

Why study this topic? To know and understand the relationship between and influence of sport, media and sponsorship

Topic: Ethical and Sociocultural issues

Why study this topic? To know and understand the impact of sportsmanship, gamesmanship and etiquette on sports performance. To know and understand how hooliganism, violence, drugs and cheating can impact and affect sports performance.

123 Links to Numeracy

In PE, we use mathematics to analyse data and trends in tables and graphs. We also use mathematics to calculate training thresholds and the capacities of our body systems.

6th Form – BTEC Sport Extended Certificate Curriculum Road Map

ABC Links to literacy

We develop literacy through reading subject specific literature aloud, discussing key concepts with our peers and applying knowledge to assignments and coursework.

Year 1 – Spring Term

Topic: **Anatomy and Physiology**

Why study this topic? This Unit will give you an understanding of body systems, how they interrelate to allow us to take part in a huge variety of sport and exercise activities and give you the detailed core knowledge required to progress to coaching and instruction in the sports industry or further study.

Topic: **Fitness and Programming for Health, Sport and Well-being**

Why study this topic? Carrying out client screening and designing fitness training programmes is an essential skill for many people working in the sports industry, including sports coaches looking to improve an individual or team's sporting performance.

2

Year 2 – Autumn Term

Topic: **Sports Leadership**

Why study this topic? to develop your confidence in a variety of different roles when leading sport. These roles range from coach, to official, to captain or personal trainer. You will be guided through the requirements of effective leadership and this will develop your knowledge and understanding of the leader's role, the key skills, qualities and characteristics. This will guide you towards gaining a good level of confidence that would assist you in pursuing a career in a leadership role or support your progression to higher education.

4

Year 2 – Summer Term

Topic: **Anatomy and Physiology**

Topic: **Fitness and Programming for Health, Sport and Well-being**
Topic: **Sports Leadership**

6

Subject Intent statement

We learn and participate in Physical Education to understand the role it plays in developing and maintaining a physically, socially and mentally healthy lifestyle. PE helps us to develop life skills such as leadership, resilience, respect, confidence and empathy while providing us with the knowledge and skills to participate in recreational and competitive sport and study sport or sport science.

1

3

Year 1 – Autumn Term

Topic: **Anatomy and Physiology**

Why study this topic? To know and understand the effects of sport and exercise on the skeletal, muscular, respiratory, cardiovascular and energy systems

Topic: **Fitness and Programming for Health, Sport and Well-being**

Why study this topic? To know and understand: the effects of lifestyle on health and wellbeing, the screening processes used to determine training programmes,

Year 1 – Summer Term

Topic: **Professional Development in the Sports Industry**

Why study this topic? To prepare you for progression to a career in the sports industry either directly or through higher education, by developing your understanding of investigation, career planning and awareness of the skills and qualities that sports employers look for in a potential employee.

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Year 2 – Spring Term

Topic: **Anatomy and Physiology**

Topic: **Fitness and Programming for Health, Sport and Well-being**

Topic: **Sports Leadership**

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6th Form – BTEC Sport Diploma Curriculum Road Map



ABC Links to literacy

We develop literacy through reading subject specific literature aloud, discussing key concepts with our peers and applying knowledge to assignments and coursework.

Year 1 – Spring Term

Topic: **Anatomy and Physiology**

Topic: **Fitness and Programming for Health, Sport and Well-being**

Topic: **Investigating Business in the sports and Active Leisure Industry**

Topic: **Work Experience in the Sports and Active Leisure Industry**

Why study this topic? To develop an understanding of how sports development influences the provision of sport, the agencies in sports development and their aims to increase participation, develop talent and promote inclusion for all.

Year 2 – Autumn Term

Topic: **Anatomy and Physiology**

Topic: **Fitness and Programming for Health, Sport and Well-being**

Topic: **Skill Acquisition**

Why study this topic? To develop an understanding or skilled performance and how an individuals abilities contributes to the development of their skill and explore key theories of how individuals learn skills and strategies to facilitate learning.

Topic: **Sports Injury Management**

Why study this topic? To develop the skills required to successfully conduct a research a project in an area of your choice. This will support the development of time management, problem solving and creative thinking.

Year 2 – Summer Term

Topic: **Anatomy and Physiology**

Topic: **Fitness and Programming for Health, Sport and Well-being**

Topic: **Investigating Business in the sports and Active Leisure Industry**

Subject Intent statement

We learn and participate in Physical Education to understand the role it plays in developing and maintaining a physically, socially and mentally healthy lifestyle. PE helps us to develop life skills such as leadership, resilience, respect, confidence and empathy while providing us with the knowledge and skills to participate in recreational and competitive sport and study sport or sport science.

Year 1 – Autumn Term

Topic: **Anatomy and Physiology**

Topic: **Fitness and Programming for Health, Sport and Well-being**

Topic: **Investigating Business in the sports and Active Leisure Industry**

Why study this topic? To understand the skills needed to work in business, how sports business are organised and what makes a successful business.

Topic: **Sports Psychology**

Why study this topic? To develop an understanding of the psychological factors that can influence sport performance.

Year 1 – Summer Term

Topic: **Professional Development in the Sports Industry**

Topic: **Work Experience in the Sports and Active Leisure Industry**

Year 2 – Spring Term

Topic: **Sports Leadership**

Topic: **Skill Acquisition**

Topic: **Sports Injury Management**

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In PE, we use mathematics to analyse data and trends in tables and graphs. We also use mathematics to calculate training thresholds and the capacities of our body systems.