

## PE & Games

### Overview of the curriculum

#### **Key Stage 3 (Years 7, 8 & 9)**

Our Key Stage 3 curriculum is sequential in nature and designed to build the fundamental skills that underpin performance and success in physical activity and sport. Students are taught a range of concepts that progress in difficulty as they move through the key stage. The students start by gaining an understanding of some of the core components of fitness and the importance of controlling their bodies whilst being adaptable to various situations within performance. In Years 8 and 9, students are then able to apply these fundamental skills to more varied and challenging situations, both in skill isolation as well as competitive environments. The importance of physical health and well-being is a focus of our curriculum, which is designed to inspire the students to enjoy a healthy and active lifestyle through Key Stages 4 and 5 and beyond.

#### **Core Games - Key Stage 4 (Years 10 & 11)**

All students participate in Core Games lessons in Key Stage 4. We have opted for an approach that allows our students to participate in activities that will be valuable for them as individuals post school. As such, students are afforded an opportunity to tailor their participation to suitable and appropriate activities. Students follow various pathways that match their personality profile to ensure all students get the most value out of experiences in PE and Sport.

In Year 10, the Sports Leaders unit of work is designed to ensure all students have an opportunity to develop and demonstrate key personal skills that will become transferable to other areas of their lives. In Year 11, students are provided with a choice of activities and choose what they would like to participate in. This is designed to ensure students can continue to enjoy those activities they are passionate about but are also able to try new activities.

#### **GCSE PE - Key Stage 4 (Years 10 & 11)**

#### **A Level PE - Key Stage 5 (Years 12 & 13)**

At both GCSE and A Level PE we follow the AQA specifications. We have chosen these specifications as they are designed to provide an all round approach to understanding the impact of Sport, PE and a healthy active lifestyle can have on your own personal performance. The GCSE specification underpins the key concepts of the A Level specification. The A Level course digs deeper into the fundamental factors that influence performance and allows our students to experience the key determinants that separate the elite performers. By applying these concepts to their own performance, the students are provided with a rich variety of knowledge that is designed to inspire them to continue their PE studies at higher education.

## Overview of schemes of work at each key stage

<p><b>Key Stage 3</b></p> <p>During the key stage students experience a curriculum that covers:</p> <ul style="list-style-type: none"> <li>• Fundamental Movement Skills</li> <li>• Invasion Games (<i>Rugby, Football, Netball, Hockey, Basketball</i>)</li> <li>• Net/Wall Games (<i>Badminton, Tennis and Table Tennis</i>)</li> <li>• Aesthetics (<i>Dance and Gymnastics</i>)</li> <li>• Striking &amp; Fielding (<i>Rounders, Cricket and Softball</i>)</li> <li>• Physical Wellbeing (Yoga, Boxercise, Step)</li> <li>• Futsal</li> </ul> <p>A range of skills are taught across the different activities. Skills are progressive in nature and are often hierarchical between each year group (if activities are repeated).</p> <p>The physical attributes required for each activity are taught alongside personal skills such as team work, communication, leadership, respect and hard work.</p> <p><b><u>Year 7 units</u></b>  <b>Boys Autumn &amp; Spring Terms</b></p> <ul style="list-style-type: none"> <li>• Fundamental Movement Skills</li> <li>• Physical Wellbeing</li> <li>• Football</li> </ul>	<p><b>Key Stage 4</b></p> <p><b>Core Games</b>  Students follow blocks of work, normally for 4 weeks (8 lessons).</p> <p>All Year 10 students are offered the opportunity to complete a Sports Leaders qualification. All students take part in the delivery of the leadership course, regardless of whether they opt in for the qualification or not. Students are taught in mixed gender groups for this unit. Students then follow a pathway of activities that are designed to suit varying personalities with their traits being matched via a questionnaire.</p> <p>In Year 11, all students are provided with autonomy over their activities. Students are taught in mixed gender groups.</p> <p>At Key Stage 4, activities similar to those at Key Stage 3 are offered, but in addition we offer:</p> <ul style="list-style-type: none"> <li>• Yoga</li> <li>• Zumba</li> <li>• Health Related Fitness</li> <li>• Step Aerobics</li> <li>• Ultimate Frisbee</li> <li>• Sports Leaders</li> <li>• Strength and Conditioning</li> </ul>	<p><b>Key Stage 5</b></p> <p><b>A Level PE</b>  There are 6 main topics delivered on the AQA A Level course. These are split across three different teachers.</p> <ul style="list-style-type: none"> <li>• Skill Acquisition</li> <li>• Sport Psychology</li> <li>• Anatomy and Physiology</li> <li>• Exercise Physiology</li> <li>• Sport and Society</li> <li>• Technology in Sport</li> </ul> <p>Critical analysis and evaluation, as well as being able to reflect on key concepts taught, are the focus of A Level. Students are taught to research content and then form logical and well structured answers to examination style questions.</p> <p>Students complete an in depth analysis and evaluation of their own performance. It is designed to be a reflective piece of work that requires knowledge and understanding of key areas of the specification. Students demonstrate their ability to identify weakness, describe in detail the technique used and then add further by evaluating the causes and corrections of the identified weakness.</p>
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<ul style="list-style-type: none"> <li>● Movement to Music</li> <li>● Basketball</li> <li>● Rugby</li> <li>● Netball</li> </ul> <p><b>Boys Summer Term</b></p> <ul style="list-style-type: none"> <li>● Athletics</li> <li>● Tennis</li> <li>● Cricket</li> <li>● Softball</li> </ul> <p><b>Girls Autumn &amp; Spring Terms</b></p> <ul style="list-style-type: none"> <li>● Fundamental Movement Skills</li> <li>● Badminton</li> <li>● Gymnastics</li> <li>● Invasion Games</li> <li>● Hockey</li> <li>● Dance</li> <li>● Netball</li> <li>● Football</li> </ul> <p><b>Girls Summer Term</b></p> <ul style="list-style-type: none"> <li>● Tennis</li> <li>● Rounders</li> <li>● Athletics</li> <li>● Cricket</li> </ul> <p><b><u>Year 8 units</u></b></p> <p><b>Boys Autumn &amp; Spring Terms</b></p> <ul style="list-style-type: none"> <li>● Physical Wellbeing</li> <li>● Badminton</li> <li>● Problem Solving</li> <li>● Rugby</li> <li>● Basketball</li> <li>● Table Tennis</li> </ul>	<p><b>GCSE PE</b></p> <p>There are 6 main units of work:</p> <ul style="list-style-type: none"> <li>● Health and Fitness</li> <li>● Physical Training</li> <li>● Anatomy and Physiology</li> <li>● Movement Analysis</li> <li>● Sport Psychology</li> <li>● Socio-Cultural Influences</li> </ul> <p>Use of Data is also taught as part of the course.</p> <p>The skills of recall, application, analysis and evaluation form the basis of the assessment at GCSE. These are delivered through three key Assessment Objectives. We aim to ensure our students grasp these key skills to be able to effectively answer examination style questions.</p> <p>The practical component consists of attacking, defensive and strategic skills in both isolated drills and competitive situations. Each sport is assessed against prescriptive criteria that is designed to challenge the students in a set of progressive drills and a full context competitive situation.</p> <p>Curriculum time is split between theory lessons (3 hours per fortnight) and practical lessons (2 hours per fortnight).</p>	
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| <ul style="list-style-type: none"><li>• Indoor Invasion Games</li><li>• Football</li><li>• Sport Education</li></ul> <p><b>Boys Summer Term</b></p> <ul style="list-style-type: none"><li>• Athletics</li><li>• Tennis</li><li>• Cricket</li><li>• Softball</li></ul> <p><b>Girls Autumn &amp; Spring Terms</b></p> <ul style="list-style-type: none"><li>• Badminton</li><li>• Dance</li><li>• Hockey</li><li>• Netball</li><li>• Basketball</li><li>• Gym - Trampette</li><li>• Rugby</li><li>• Problem Solving</li></ul> <p><b>Girls Summer Term</b></p> <ul style="list-style-type: none"><li>• Tennis</li><li>• Rounders</li><li>• Athletics</li><li>• Cricket</li></ul> <p><b><u>Year 9 units</u></b></p> <p><b>Boys Autumn &amp; Spring Terms</b></p> <ul style="list-style-type: none"><li>• Badminton</li><li>• Boxercise</li><li>• Netball</li><li>• Rugby</li><li>• Invasion Games</li><li>• Table Tennis</li><li>• Futsal</li><li>• Sports of the World</li></ul> |  |  |
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<p><b>Boys Summer Term</b></p> <ul style="list-style-type: none"> <li>• Athletics</li> <li>• Softball</li> <li>• Tennis</li> <li>• Cricket</li> </ul> <p><b>Girls Autumn &amp; Spring Terms</b></p> <ul style="list-style-type: none"> <li>• Badminton</li> <li>• Boxercise</li> <li>• Dance</li> <li>• Sports Education</li> <li>• Physical Wellbeing</li> <li>• Sport Education</li> <li>• Problem Solving</li> </ul> <p><b>Girls Summer Term</b></p> <ul style="list-style-type: none"> <li>• Tennis</li> <li>• Rounders</li> <li>• Athletics</li> <li>• Cricket</li> </ul>		
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