

PHYSICAL EDUCATION

Programme of Study: 2019 - 2020

Discovery - KS3 Core PE:

Curriculum intent:

During key stage 3, students become more expert in their skills and techniques, and learn how to apply them in different activities. They build upon their understanding of what makes an effective performance and how to apply these principles to their own and others' work. They learn to take the initiative and make decisions for themselves about what to do to improve performance. They continue to identify the types of activity they prefer, and take a variety of roles, such as leader, coach and official.

Curriculum map

Year 7												
Blocks				1	2	3	4 Exams	5	6 Exams	7	8 Exams	9
Year	Group	Lessons	Teacher(s)	04/09/19 - 27/09/19 (4)	30/09/19 - 25/10/19 (4)	04/11/19 - 29/11/19 (4)	02/12/19 - 10/01/20 (4)	13/01/20 - 07/02/20 (4)	10/02/20 - 13/03/20 (4)	16/03/20 - 24/04/20 (4)	27/04/20 - 26/06/20 (8)	29/06/20 - 17/07/20 (3)
7x	Boys	AWed1, BTue4, BWed1	RPC	Testing	Badminton	Gymnastics	Hockey	Football	Rugby	Cricket	Athletics	Competitions
7x	Girls		JEW	Testing	Gymnastics	Rugby	Netball	Badminton	Football	Rounders	Athletics	
7x	Mixed		SEB	Testing	Football	Badminton	Rugby	Gymnastics	Hockey	Softball	Athletics	
7y	Boys	ATue2, BMon4, BTue2	RPC	Testing	Badminton	Gymnastics	Hockey	Football	Rugby	Cricket	Athletics	Competitions
7y	Girls		SEB	Testing	Gymnastics	Rugby	Netball	Badminton	Football	Rounders	Athletics	
7y	Mixed		JAC	Testing	Football	Badminton	Rugby	Gymnastics	Hockey	Softball	Athletics	

Year 8												
Blocks				1	2	3	4 Exams	5	6 Exams	7	8 Exams	9
Year	Group	Lessons	Teacher(s)	04/09/19 - 27/09/19 (4)	30/09/19 - 25/10/19 (4)	04/11/19 - 29/11/19 (4)	02/12/19 - 10/01/20 (4)	13/01/20 - 07/02/20 (4)	10/02/20 - 13/03/20 (4)	16/03/20 - 24/04/20 (4)	27/04/20 - 26/06/20 (8)	29/06/20 - 17/07/20 (3)
8x	Boys	AMon3, AThu1, BThu1	RPC	Football	Badminton	Gymnastics	Hockey	HRF	Rugby	Cricket	Athletics	Competitions
8x	Girls		SEB	Gymnastics	HRF	Rugby	Netball	Badminton	Football	Rounders	Athletics	
8x	Mixed		JEW / JAC	Basketball	HRF	Badminton	Rugby	Football	Hockey	Softball	Athletics	
8y	Boys	AMon2, BMon2, BThu2	RPC	Football	Badminton	Gymnastics	Hockey	HRF	Rugby	Cricket	Athletics	Competitions
8y	Girls		JEW	Gymnastics	HRF	Rugby	Netball	Badminton	Football	Rounders	Athletics	
8y	Mixed		SEB	Basketball	HRF	Badminton	Rugby	Football	Hockey	Softball	Athletics	

Assessment

Across the year students learn the key techniques and skills across a range of activities, including striking and fielding, net racket, invasion games, athletics, gymnastics and fitness. Within these activities they will be assessed across the following areas:

- **Health in PE** - their understanding and application of the importance of health and fitness and how to prepare for and recover from exercise.
- **Thinking in PE** - their understanding and application of tactics and strategies and how to improve performance.
- **Social in PE** - their understanding and application of team work, the importance of working as a team and how to support each other in reaching their goals.
- **Physical in PE** - their understanding and application of skills and techniques and their ability to apply these with control and consistency across a range of activities.

Cross curricular links:

Maths - Scoring, groupings, analysis of performance (% on target, off target, possession).

English - Communication, clarity of instructions.

PSHE - Team work, leadership, organisation.

Discovery Curriculum enhancement (please reference topics that include trips, events or after school clubs):

Where possible throughout the year fixtures and tournaments will take place for some of the activities that we cover, students will be involved in the delivery of tournaments hosted at the school, including Primary Football Tournaments and Primary Boccia Events. Other events will be offered for students to participate in such as Golf Leader days, House events and Sports Day as the final event of the year for their House. Trips to live sporting events will be arranged throughout the year, depending on cost and interest.

Discovery - KS4 Core PE:

Curriculum intent:

In Key Stage 4 students become more independent and take more control over their roles and responsibilities in lessons and activities across a range of activities. Tackling more complex and demanding physical activities and get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.

Year 9												
Blocks				1	2	3	4 Exams	5	6 Exams	7	8 Exams	9
Year	Group	Lessons	Teacher(s)	04/09/19 - 27/09/19 (4)	30/09/19 - 25/10/19 (4)	04/11/19 - 29/11/19 (4)	02/12/19 - 10/01/20 (4)	13/01/20 - 07/02/20 (4)	10/02/20 - 13/03/20 (4)	16/03/20 - 24/04/20 (4)	27/04/20 - 26/06/20 (8)	29/06/20 - 17/07/20 (3)
9x	Boys	AThu2, AThu4, BTue3	RPC	Badminton	Handball	Basketball	Football	HRF	Rugby	Cricket	Athletics	Competitions
9x	Girls		SEB / SP	HRF	Basketball	Rugby	Netball	Badminton	Football	Rounders	Athletics	
9y	Boys	AThu3, BThu3, BFri4	JAC	Football	Badminton	Basketball	Rugby	HRF	Handball	Softball	Athletics	Competitions
9y	Girls		SEB	HRF	Rugby	Handball	Netball	Badminton	Football	Rounders	Athletics	
9y	Mixed		RPC	Basketball	HRF	Badminton	Handball	Football	Rugby	Cricket	Athletics	

Year 10

Blocks		1	2	3 Exams	4	5	6 Exams	7 (27/04/19)	8 Exams	9 Exams		
Year	Group	Lessons	Teacher(s)	04/09/19 - 04/10/19 (5)	07/10/19 - 15/11/19 (5)	18/11/19 - 19/12/19 (5)	06/01/20 - 31/01/20 (4)	03/02/20 - 06/03/20 (4)	09/03/20 - 03/04/20 (4)	20/04/20 - 15/05/20 (4)	18/05/20 - 19/06/20 (4)	22/06/20 - 17/07/20 (4)
10x	Boys	AWed3, AFri1, BWed3	RPC / JAC	Football	Badminton	Rugby	Basketball	Dodgeball / Handball	HRF	Cricket	Tennis / Softball	Ult Fris
10x	Girls		SEB / JEW	Badminton	HRF	Netball	Handball	Basketball	Rugby / Football	HRF	Rounders	Cricket
10y	Boys	ATue1, AFri1, BMon3	RPC	Football	Badminton	Rugby	Basketball	Dodgeball / Handball	HRF	Cricket	Tennis / Softball	Ult Fris
10y	Girls		KMS	Badminton	HRF	Netball	Rugby	Basketball	Football	HRF	Rounders	Cricket
10y	Mixed		SEB / JAC	HRF	Rugby	Handball	Dodgeball	Football	Softball / Rounders	Badminton	Cricket	Tennis

Year	Group	Lesson	Teacher(s)	September - December	January - April	May - July			
10	All	AFri1	JAC / KMS / JEW / RPC / SEB	Football	Netball	Football	Benchball / Netball	Rounders	Ult Fris

Year 11

Blocks		1	2	3	4 Exams	5	6 Exams	7 Exams	8 Exams		
Year	Group	Lessons	Teacher(s)	04/09/19 - 27/09/19 (4)	30/09/19 - 25/10/19 (4)	04/11/19 - 29/11/19 (4)	02/12/19 - 10/01/20 (4)	13/01/20 - 07/02/20 (4)	10/02/20 - 13/03/20 (4)	16/03/20 - 24/04/20 (4)	27/04/20 - 22/05/20 (4)
11x	Boys	ATue3, AFri3, BFri3	SP	Football	Basketball	Handball	Rugby	Badminton	Football	Cricket	Softball
11x	Girls		SEB	Badminton	Benchball	HRF	Netball	Handball	Ult Fris	Rounders	Tennis
11x	Mixed		KMS	HRF	Rugby	Basketball	Football	Dodgeball	Handball	Softball	Cricket
11y	Boys	AWed2, BMon1, BWed2	JAC	Football	Basketball	Handball	Rugby	Badminton	Football	Cricket	Softball
11y	Girls		COB / KMS / SEB	Badminton	Benchball	HRF	Netball	Handball	Ult Fris	Rounders	Tennis
11y	Mixed		RPC	HRF	Rugby	Basketball	Football	Dodgeball	Handball	Softball	Cricket

Assessment

Year 9, 10 and 11 are graded using the RESPECT criteria and again are awarded grades using medals (Bronze, Silver and Gold). Each term students are awarded a medal based on each aspect of RESPECT:

Respect
Responsibility - Taking charge of parts of lessons, groups etc.
Effort - Consistent effort in all lessons and activities.
Sportsmanship - Graceful in winning and defeat, sportsmanlike in their conduct.
Progress - Improving within the activity or approach to lessons.
Encouragement - Of their peers, supportive and positive.
Communication - Effective communication within practise situations and during game play.
Teamwork - Working effectively within their teams to achieve goals / targets or to overcome challenges.

Cross curricular links:

Maths - Scoring, groupings, analysis of performance (% on target, off target, possession).

English - Communication, clarity of instructions.

PSHE - Team work, leadership, organisation.

Discovery Curriculum enhancement (please reference topics that include trips, events or after school clubs):

Where possible throughout the year fixtures and tournaments will take place for some of the activities that we cover, students will be involved in the delivery of tournaments hosted at the school, including Primary Football Tournaments and Primary Boccia Events. Other events will be offered for students to participate in such as Golf Leader days, House events and Sports Day as the final event of the year for their House.

Trips to live sporting events will be arranged throughout the year, depending on cost and interest.

Year 9 - Foundation Pathway (PE Theory)

Curriculum intent:

To develop students knowledge of the bodily systems and components of fitness to make a link between improved fitness and efficiency of the bodily systems that we have. To create a foundation of the basic content and complete fitness tests, to analyse against normative data to compare levels of fitness and look at improving fitness components based on goal setting.

Curriculum map

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 9 (Foundation Year)	Bodily Systems	Bodily Systems	Bodily Systems	Components of Fitness	Components of Fitness	Components of Fitness
Students learn the:	Structure and functions of the skeletal and muscular systems	Structure and function of the cardiovascular and respiratory systems.	Structure and function of the energy systems.	Health and skill components of fitness.	Fitness testing and data analysis.	Principles of training and trainer methods.
Assessment	Knowledge checks, quizzes, phase tests, practical application of fitness tests and principles of training.					

Year 9 - Curriculum enhancement (please reference topics that include trips, events or after school clubs):

Where possible throughout the year fixtures and tournaments will take place for some of the activities that we cover, students will be involved in the delivery of tournaments hosted at the school, including Primary Football Tournaments and Primary Boccia Events. Other events will be offered for students to participate in such as Golf Leader days, House events and Sports Day as the final event of the year for their House.

Destiny - KS4 PE Theory:

Exam board and Specification details:

Level 1 / 2 Technical Award in Health and Fitness

Over the duration of the course students cover the following information within two units:

- Understand and identify the main body systems and their functions
- Understand the Principles of Training and FITT
- Explore how physical activities affect the body in the short- and long-term
- Understand how relevant fitness test can be used for specific health and skill components of fitness
- Understand different lifestyle analysis tools and how to apply them.
- Create a Health and Fitness programme.

Year 10 - Level 1 / 2 Technical Award in Health and Fitness

Over the duration of Year 10 students cover the following information within unit 1:

- Understand and identify the main body systems and their functions
- Understand the Principles of Training and FITT
- Explore how physical activities affect the body in the short- and long-term
- Understand how relevant fitness test can be used for specific health and skill components of fitness

Unit 1 is externally assessed by a written exam.

Year 11 - Level 1 / 2 Technical Award in Health and Fitness

Over the duration of Year 11 students cover the following information within unit 2:

- Understand how relevant fitness test can be used for specific health and skill components of fitness
- Understand different lifestyle analysis tools and how to apply them.
- Create a Health and Fitness programme.

Unit 2 is assessed through a written piece of coursework (scenario is released in December and first submission is March).

Curriculum map:

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10	Unit 1	Unit 1	Unit 1	Unit 1 (Exam - Mar)	Unit 2	Unit 2
Assessment	Externally set exam.				Internally assessed coursework and externally quality assured.	
Year 11	Unit 2	Unit 2 (Resit - Nov)	Unit 2	Unit 2	Unit 2	
Assessment	Coursework, internally assessed and quality assured and externally quality assured.					

Destiny curriculum enhancement (please reference topics that include trips, events or links to other subjects):

Body Works trip - to embed the content covered in Unit 1 on the bodily systems.

Portsmouth University trip - Sports Science experience embedding content from Unit 1 and Unit 2.

EPCS 6:

Exam board(s) and Specification(s) details:

Year 12 and 13 - BTEC Level 3 Extended Certificate in Sport (Pearson)

Four units are covered over the two year course, two are externally assessed through a written exam and two are assessed through coursework. The units covered are:

- Anatomy and Physiology (Unit 1, mandatory, externally set exam)
- Fitness Training and Programming for Health. (Unit 2, mandatory, external set exam).
- Sport and Wellbeing Professional Development in the Sports Industry. (Unit 3, mandatory, internally assessed coursework).
- Sports Psychology. (Unit 6, optional, internally assessed coursework).

Curriculum map:

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 12	Unit 1 & 3	Unit 1 & 3	Unit 1 & 3	Unit 1 & 3	Unit 1 & 3 (Unit 1 Exam - May)	Unit 1
Year 13	Unit 2	Unit 2	Unit 6 (Unit 2 Exam - Jan, Unit 1 Exam Resit - Jan)	Unit 6 (Unit 2 Exam Resit - Mar)	Unit 6	Unit 6

EPCS Curriculum Enhancement

Portsmouth University trip to complete a Sports Science taster day to support the content for Unit 1 and Unit 2.
Students are given the opportunity to support the delivery of KS3 PE delivery as part of their Unit 3.