

PHYSICAL EDUCATION

Programme of Study: 2021 - 2022

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

Class code	Lessons	Staff *Lead	06/09 - 01/10	04/10 - 05/11	08/11 - 03/12	06/12 - 14/01	17/01 - 11/02	21/02 - 25/02	28/02 - 11/03	14/03 - 01/04	18/04 - 13/05	16/05 - 17/06	27/06 - 15/07	18/07 - 22/07	
									NO SH / GYM						
7X1	AThu3, AFri2, BFri1	JRS	Badminton	Benchball / Netball	Moderation / Gymnastics	Basketball	Rugby	HRF	Team Challenge / Tournaments	HRF	Athletics	Rounders / Cricket	Tennis	Competitions	
7X2		JAC	Gymnastics	Badminton	Moderation / Benchball / Netball	HRF	Basketball	Rugby	Team Challenge / Tournaments	Rugby	Rounders / Cricket	Tennis	Athletics	Competitions	
7X3		SEB	Benchball / Netball	Gymnastics	Moderation / Badminton	Rugby	HRF	Basketball	Team Challenge / Tournaments	Basketball	Tennis	Athletics	Rounders / Cricket	Competitions	
7Y1	AMon1, AWed1, AThu1	SEB	Benchball / Netball	Gymnastics	Moderation / Badminton	Rugby	HRF	Basketball	Team Challenge / Tournaments	Basketball	Tennis	Athletics	Rounders / Cricket	Competitions	
7Y2		JRS	Badminton	Benchball / Netball	Moderation / Gymnastics	Basketball	Rugby	HRF	Team Challenge / Tournaments	HRF	Athletics	Rounders / Cricket	Tennis	Competitions	
7Y3		JEW	Gymnastics	Badminton	Moderation / Benchball / Netball	HRF	Basketball	Rugby	Team Challenge / Tournaments	Rugby	Rounders / Cricket	Tennis	Athletics	Competitions	
8X1	ATue2, BMon4, BTue3	SEB	Benchball / Netball	Gymnastics	Badminton	Rugby	HRF	Basketball	Team Challenge / Tournaments	Basketball	Tennis	Athletics	Rounders / Cricket	Competitions	
8X2		JRS	Badminton	Benchball / Netball	Gymnastics	Basketball	Rugby	HRF	Team Challenge / Tournaments	HRF	Athletics	Rounders / Cricket	Tennis	Competitions	
8X3		*KMS / JEW	Gymnastics	Badminton	Benchball / Netball	HRF	Basketball	Rugby	Team Challenge / Tournaments	Rugby	Rounders / Cricket	Tennis	Athletics	Competitions	
8Y1	ATue4, BMon2*, BThu2*	*JAC / KMS	Gymnastics	Badminton	Benchball / Netball	HRF	Basketball	Rugby	Team Challenge / Tournaments	Rugby	Rounders / Cricket	Tennis	Athletics	Competitions	
8Y2		JRS	Badminton	Benchball / Netball	Gymnastics	Basketball	Rugby	HRF	Team Challenge / Tournaments	HRF	Athletics	Rounders / Cricket	Tennis	Competitions	
8Y3		*JEW / SEB	Benchball / Netball	Gymnastics	Badminton	Rugby	HRF	Basketball	Team Challenge / Tournaments	Basketball	Tennis	Athletics	Rounders / Cricket	Competitions	
9X1	AFri4*, BThu4	*JEW / KMS	HRF	Handball / Netball	Badminton	Rugby	Football	Volleyball	Team Challenge / Tournaments	Volleyball	Rounders / Cricket	Tennis	Athletics	Competitions	
9X2		JRS	Badminton	HRF	Handball / Netball	Volleyball	Rugby	Football	Team Challenge / Tournaments	Football	Athletics	Rounders / Cricket	Tennis	Competitions	
9X3		SEB	Handball / Netball	Badminton	HRF	Football	Volleyball	Rugby	Team Challenge / Tournaments	Rugby	Tennis	Athletics	Rounders / Cricket	Competitions	
9Y1	ATue3, BThu3	JRS	Badminton	HRF	Handball / Netball	Volleyball	Rugby	Football	Team Challenge / Tournaments	Football	Athletics	Rounders / Cricket	Tennis	Competitions	
9Y2		JAC	HRF	Handball / Netball	Badminton	Rugby	Football	Volleyball	Team Challenge / Tournaments	Volleyball	Tennis	Athletics	Rounders / Cricket	Competitions	
9Y3		KMS	Handball / Netball	Badminton	HRF	Football	Volleyball	Rugby	Team Challenge / Tournaments	Rugby	Rounders / Cricket	Tennis	Athletics	Competitions	

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:

- **Performing in PE** - Their ability to perform and apply skills with control and consistency across a range of activities.
- **Evaluating and improving performance** - Students' ability to recognise strengths and areas for development within their own and others' performances and suggest how performance might be improved.
- **Leadership and social skills** - Students' ability to work on their own and in groups. To be able to communicate effectively during practise and game situations.
- **Knowledge and understanding of health and fitness** - Their understanding of the long and short term impact exercise has on the body and the benefits that can occur through regular exercise.

Cross curricular links:

Maths - Scoring, groupings, analysis of performance (percentage 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):

We offer after school clubs for a range of activities. 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.

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.

10X1	AThu4*, BFri2	*SEB / JAC	HRF	Rugby	Badminton	Dodgeball	Football	Volleyball	Team Challenge / Tournaments	Volleyball	Rock-It Ball	Rounders	Rounders / Cricket	Competitions
10X2		JRS	Badminton	HRF	Rugby	Volleyball	Dodgeball	Football	Team Challenge / Tournaments	Football	Basketball	Rock-It Ball	Ultimate Frisbee	Competitions
10X3		KMS	Rugby	Badminton	HRF	Football	Volleyball	Dodgeball	Team Challenge / Tournaments	Dodgeball	Ultimate Frisbee	Basketball	Tennis	Competitions
10Y1	AWed3, BWed3	JEW	Rugby	Badminton	HRF	Football	Volleyball	Dodgeball	Team Challenge / Tournaments	Dodgeball	Ultimate Frisbee	Basketball	Tennis	Competitions
10Y2		JRS	Badminton	HRF	Rugby	Volleyball	Dodgeball	Football	Team Challenge / Tournaments	Football	Basketball	Rock-It Ball	Ultimate Frisbee	Competitions
10Y3		SEB	HRF	Rugby	Badminton	Football	Volleyball	Dodgeball	Team Challenge / Tournaments	Dodgeball	Ultimate Frisbee	Basketball	Tennis	Competitions
11X1	AFri1, BThu1	JAC	Badminton	HRF	Rugby	Volleyball	Dodgeball	Football	Team Challenge / Tournaments	Football	Basketball	Rock-It Ball		
11X2		SEB	HRF	Rugby	Badminton	Dodgeball	Football	Volleyball	Team Challenge / Tournaments	Volleyball	Rock-It Ball	Ultimate Frisbee		
11Y1	AWed4, BFri4	KMS	Rugby	Badminton	HRF	Football	Volleyball	Dodgeball	Team Challenge / Tournaments	Dodgeball	Ultimate Frisbee	Basketball		
11Y2		JRS	Badminton	HRF	Rugby	Volleyball	Dodgeball	Football	Team Challenge / Tournaments	Football	Basketball	Rock-It Ball		
11Y3		SEB	HRF	Rugby	Badminton	Dodgeball	Football	Volleyball	Team Challenge / Tournaments	Volleyball	Rock-It Ball	Ultimate Frisbee		

Assessment

Year 10 and 11 are graded using the 'EPCS' criteria

'EPCS' Assessment
Effort - Consistent effort in all lessons and activities.
Progress - Improving within the activity or approach to lessons.
Collaboration - Working effectively within their teams to achieve goals / targets or to overcome challenges.
Sportsmanship - Graceful in winning and defeat, sportsmanlike in their conduct.

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):

We offer after school clubs for a range of activities. 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.

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):

Where possible we will run trips to enhance understanding of the theory course such as the Body Works trip and Portsmouth University trip.

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

Where possible we will run trips to enhance understanding of the theory course such as the Body Works trip and Portsmouth University trip.