



Curriculum Map 2019-20 – P.E.

TERM	CONTENT AND SKILLS						
	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11	YEAR 12	YEAR 13
AUTUMN	<p>Gymnastics</p> <p>Rugby</p> <p>Netball</p> <p>Volleyball</p> <p>Football</p> <p>Introducing rules of games and developing technique to improve performance.</p> <p>Use a range of tactics and strategies to overcome opponents in direct competition through team games.</p> <p>Students will be encouraged to take part in competitive sports and activities outside school through community links or sports clubs.</p>	<p>Gymnastics</p> <p>Rugby</p> <p>Netball</p> <p>Volleyball</p> <p>Football</p> <p>Use a range of tactics and strategies to overcome opponents in competitive situations.</p> <p>Develop teamwork within competitive situations in order to outwit opponents.</p> <p>Students will be encouraged to take part in competitive sports and activities outside school through community links or sports clubs.</p>	<p>Core Rugby, Football Netball, Health Related Fitness.</p> <p>How different methods of training can help improve fitness levels and performance in competitive situations.</p> <p>Students will be encouraged to take part in competitive sports and activities outside school through community links or sports clubs.</p>	<p>Core</p> <p>Range of activities in which overcoming opponents is the focus, including football, netball, rugby, hockey, basketball and badminton.</p> <p>Use and develop a range of tactics and strategies to overcome opponents in team and individual activities</p> <p>Students will be encouraged to continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.</p>	<p>Core</p> <p>Range of activities in which overcoming opponents is the focus, including football, netball, rugby, hockey, basketball and badminton.</p> <p>Use and develop a range of tactics and strategies to overcome opponents in team and individual activities</p> <p>Students will be encouraged to continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.</p>	<p>Applied anatomy and physiology</p> <p>Sport and society</p> <p>Evaluation and Analysis of Performance for Improvement (EAPI)</p> <p>Identifying and analysing strengths and weaknesses of Skills</p>	<p>Biomechanics</p> <p>Contemporary issues in physical activity and sport</p> <p>Evaluation and Analysis of Performance for Improvement (EAPI)</p> <p>Identifying and analysing strengths and weaknesses of Skills, Tactics and components of fitness. Identify a major weakness and develop an action plan to help improve this (weeks 1-6)</p>

			<p>GCSE 2.1.a Physical activity 2.1.a Participation 2.1.b Commercialisation 2.1.c Ethics in sport 2.1.c Drugs in sport 2.1.c Violence in sport</p> <p>Students will develop their knowledge and understanding of current participation trends using a range of valid and respected sources. They will investigate commercialisation of physical activity and sport including sponsorship, along with the influences of the media. Finally they will investigate ethics in sport including definitions of the key terms of sportsmanship, gamesmanship and deviance. The effects of drugs in sport and the reasons why sports performers use drugs will be examined along with reasons for player violence with practical examples in physical activities and sports.</p>	<p>GCSE 2.3 Health, fitness and well-being 2.3 Diet and nutrition 1.1.d Cardiovascular system 1.1.d Respiratory system 1.1.d Aerobic and anaerobic exercise</p> <p>Learners will develop their knowledge and understanding of the benefits of participating in physical activities and sport to health, fitness and well-being as well as having a clear definition of health and fitness. Learners will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle.</p> <p>Learners will develop their knowledge and understanding of the structure and function of the cardiovascular system, using this to formulate key aspects of training regimes for athletes and recognising the impact the heart has on exercise.</p>	<p>GCSE AEP task (Comp Rm)</p>		
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<p>SPRING</p>	<p>HRF</p> <p>Handball Basketball Rugby/ Football</p> <p>Develop understanding of how the body works during exercise.</p> <p>Understand and apply the long-term health benefits of physical activity.</p> <p>Students will be encouraged to take part in competitive sports and activities outside school through community links or sports clubs.</p>	<p>HRF</p> <p>Handball Basketball Rugby/ Football</p> <p>Develop understanding of how fitness testing can help us plan for exercise in the future. Analyse how the results of testing can be used to individualise training programmes.</p> <p>GCSE Trial (Theory and Practical), allowing students to gain an understanding of the GCSE course requirements.</p> <p>Students will be encouraged to take part in competitive sports and activities outside school through community links or sports clubs.</p>	<p>Core Handball, Hockey, Cross Country, Volleyball</p> <p>Develop a range of tactics and strategies to overcome opponents in competitive situations.</p> <p>Students will be encouraged to take part in competitive sports and activities outside school through community links or sports clubs.</p>	<p>Core Health Related Fitness activities in which a healthy active lifestyle is promoted. These will include circuit training, aerobics, dance, HIIT training and skipping. Students will also compete in activities in which overcoming opponents is key, including handball and dodgeball, while still improving on personal fitness.</p> <p>Key focus this term is on performance, promoting a healthy lifestyle and developing personal fitness.</p> <p>Students will be encouraged to continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.</p>	<p>Core Health Related Fitness activities in which a healthy active lifestyle is promoted. These will include circuit training, aerobics, dance, HIIT training and skipping. Students will also compete in activities in which overcoming opponents is key, including handball and dodgeball, while still improving on personal fitness.</p> <p>Key focus this term is on performance, promoting a healthy lifestyle and developing personal fitness.</p> <p>Students will be encouraged to continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.</p>	<p>Exercise physiology</p> <p>Sport and society</p> <p>Evaluation and Analysis of Performance for Improvement (EAPI)</p> <p>Identifying and analysing strengths and weaknesses of Skills and Tactics</p>	<p>Contemporary issues in physical activity and sport</p> <p>Evaluation and Analysis of Performance for Improvement (EAPI)</p> <p>Identifying and analysing strengths and weaknesses of Skills, Tactics and components of fitness. Identify a major weakness and develop an action plan to help improve this (weeks 7-12)</p>
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SUMMER	<p>Cricket Athletics Rounders Softball Tennis</p> <p>Analysis of performance – compare performances with previous ones to</p>	<p>Cricket Athletics Rounders Softball Tennis</p> <p>Analysis of performance – compare performances of yourself and peers with previous ones</p>	<p>Core Range of activities in which students are encouraged to build upon previous performances and to achieve personal bests. The activities will include: athletics, rounders, softball, cricket and tennis.</p> <p>Students will also be encouraged to</p>	<p>Core Range of activities in which students are encouraged to build upon previous performances and to achieve personal bests. The activities will include: athletics, rounders, softball, cricket and tennis.</p> <p>Students will also be encouraged to</p>	<p>GCSE Exam Preparation</p>	<p>Sports psychology Sport and society Evaluation and Analysis of Performance for Improvement (EAPI Identifying and analysing strengths and weaknesses of Skills, Tactics and components of fitness</p>	

	<p>achieve personal bests.</p> <p>Appraise the performances of others, recognising strengths and discussing them with them.</p> <p>Students will be encouraged to take part in competitive sports and activities outside school through community links or sports clubs.</p>	<p>to achieve personal bests</p> <p>Appraise the performances of others, recognising strengths and weaknesses and discussing them with them.</p> <p>Students will be encouraged to take part in competitive sports and activities outside school through community links or sports clubs.</p>	<p>evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</p> <p>Students will be encouraged to take part in competitive sports and activities outside school through community links or sports clubs.</p> <p>GCSE 1.2.a Comp of fitness 1.2.a Comp of fitness (Comp Rm) 1.2.b Training principles 1.2.b Optimising training 1.2.b Optimising training 1.2.b Warm up & Cool down 1.2.c Prevention of injury</p> <p>Students will develop their knowledge and understanding of the components of fitness, applying these to practical scenarios and investigating how they are used by a variety of athletes.</p>	<p>evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best</p> <p>Students will be encouraged to continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.</p> <p>GCSE 1.1.c Lever systems & Planes and axes 1.1.b Movement Analysis</p> <p>Students will use practical examples to develop their knowledge of the three classes of lever and will be able to use physical activities and sport to show where these levers might operate to produce movement. Learners will become aware of the mechanical advantage provided by levers in movement</p>			
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ASSESSMENT CALENDAR 2019 -20							
TERM	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11	YEAR 12	YEAR 13
AUTUMN	<p>Assessment 1: Rules of Sport, Rugby boys, Netball Girls</p> <p>Students will be assessed in all practical activities, creating a summative assessment grade throughout the term.</p>	<p>Assessment 1: Rules of Sport, Volleyball</p> <p>Students will be assessed in all practical activities, creating a summative assessment grade throughout the term.</p>	<p>GCSE Assessment weighting: 60% Theory 40% Practical</p> <p>Students will be assessed in all practical activities, creating a summative assessment grade throughout the term.</p> <p>Topic tests: Half term 1: Physical activity and Participation Half Term 2: Commercialisation and Ethics in sport</p>	<p>GCSE Assessment weighting: 60% Theory 40% Practical</p> <p>Students will be assessed in all practical activities, creating a summative assessment grade throughout the term.</p> <p>Topic tests: Half term 1: Health and Wellbeing Half Term 2: Cardiovascular and respiratory system</p>	<p>GCSE Assessment weighting: 60% Theory 40% Practical</p> <p>Students will be assessed in practical activities which they have chosen to use for their final exam, creating a summative assessment grade throughout the term.</p>	<p>Evaluation and Analysis of Performance for Improvement (EAPI)</p> <p>Students will complete a short answer (1-3 marks, middle length (4-8 marks) and work towards a 20 mark answer on a fortnightly basis, this will be based on progress through topic and topic length.</p> <p>End of term test.</p>	<p>Evaluation and Analysis of Performance for Improvement (EAPI)</p> <p>Students will complete a short answer (1-3 marks, middle length (4-8 marks) and a 20 mark answer on a fortnightly basis, this will be based on progress through topic and topic length.</p> <p>End of term test.</p>

<p>SPRING</p>	<p>Assessment 2: HRF – How The Body Works</p> <p>Students will be assessed in all practical activities, creating a summative assessment grade throughout the term.</p>	<p>Assessment 2: HRF – Components of Fitness</p> <p>Students will be assessed in all practical activities, creating a summative assessment grade throughout the term.</p>	<p>GCSE Assessment weighting: 60% Theory 40% Practical Students will be assessed in all practical activities, creating a summative assessment grade throughout the term. Topic tests: Half term 1: The Skeletal System Half Term 2: The Muscular System</p>	<p>GCSE Assessment weighting: 60% Theory 40% Practical Students will be assessed in all practical activities, creating a summative assessment grade throughout the term. Topic tests: Half term 1: Sports Psychology 1 Half Term 2: Sports Psychology 2</p>	<p>GCSE Assessment weighting: 60% Theory 40% Practical Students will be assessed in practical activities which they have chosen to use for their final exam, creating a summative assessment grade throughout the term. Topic tests: Half term 1: Short Term Exercise Half Term 2: Long Term Exercise</p>	<p>Evaluation and Analysis of Performance for Improvement (EAPI)</p> <p>Students will complete a short answer (1-3 marks, middle length (4-8 marks) and work towards a 20 mark answer on a fortnightly basis, this will be based on progress through topic and topic length.</p> <p>End of term test.</p>	<p>Evaluation and Analysis of Performance for Improvement (EAPI)</p> <p>Students will complete a short answer (1-3 marks, middle length (4-8 marks) and a 20 mark answer on a fortnightly basis, this will be based on progress through topic and topic length.</p> <p>End of term test.</p>
<p>SUMMER</p>	<p>Assessment 3: Athletics – Performance Analysis of Another Performer</p> <p>Students will be assessed in all practical activities, creating a summative assessment grade throughout the term.</p>	<p>Assessment 3: Performance Analysis of Another Performer</p> <p>Students will be assessed in all practical activities, creating a summative assessment grade throughout the term.</p>	<p>GCSE Assessment weighting: 60% Theory 40% Practical Students will be assessed in all practical activities, creating a summative assessment grade throughout the term. Topic tests: Half term 1: Components of fitness Half Term 2: Optimising Training Summative Yearly Test</p>	<p>GCSE Assessment weighting: 60% Theory 40% Practical Students will be assessed in all practical activities, creating a summative assessment grade throughout the term. Topic tests: Half term 1: Movement Analysis Half Term 2: Mock Exams</p>		<p>Evaluation and Analysis of Performance for Improvement (EAPI)</p> <p>Students will complete a short answer (1-3 marks, middle length (4-8 marks) and work towards a 20 mark answer on a fortnightly basis, this will be based on progress through topic and topic length.</p> <p>Mock Exam</p>	