

Curriculum Map Physical Education

<i>Provide a broad and balanced curriculum, so that every student has the opportunity to fulfil their potential.</i>	The PE KS3 curriculum is delivered using a wide range of team and individual sports, following the KS3 National curriculum. The curriculum's aim is to engage and cater for all students at different abilities and develop their mental, social and physical health. So, by the time students leave in year 11 they are a holistic sports person with skills that can transfer into everyday life. It is also designed to coincide with District school competitions to maximise the students' performance in these competitions. It will also develop knowledge that will support students who choose to take PE as an exam option.
<i>To improve student's physical fitness levels</i>	Due to the decrease of fitness levels nationally the department aim to improve and then maintain student's fitness. Within the KS3 and KS4 Core PE curriculum, students have a number of motivating fitness modules to complete. There are fitness clubs in the morning for students to attend, with breakfast included. Students also take part in fitness testing, so they can monitor their progress. Warm ups also include a fitness drill at the start of every lesson.
<i>To educate and develop the whole sportsperson, physically, socially and mentally, by providing students a chance to experience a broader range of PE and sport opportunities.</i>	The curriculum includes not only traditional sports and activities, but sports chosen by the students. The curriculum aims to develop the whole student and give them a range of opportunities to develop a wide range of skills. Extensive extra-curricular programme, sport trips, college trips, local club links, external sport coaches, captain programme, gifted and talented programme, inter form competitions, District competitions, County competitions, sport leaders and officiating. In Core PE students undertake a Sports Leaders module and inter class competition too.
<i>To continually improve upon the students' progress at KS4</i>	To offer students a course that meets their needs and ability. We currently offer Cambridge and National OCR Sport studies.

Year 7	Autumn term	Spring term	Summer term
Students are graded once they arrive through 2 fitness tests (Bleep and cross country) and then take part in 2 sports (Basketball, football) and are given a baseline grade. Students will also complete 1 unit of theory.	<p>All: Health Related Fitness sessions, cross country and baseline tests.</p> <p>Girls: Netball and Basketball.</p> <p>Boys: Rugby and Basketball.</p> <p>Mixed: Basketball and football.</p> <p>Fitness Test: Bleep test</p>	<p>All: Theory module - -Health and Safety in sport.</p> <p>Girls: Gymnastics, Dance, football, handball and table tennis.</p> <p>Boys: Football, Handball, and gymnastics/dance</p> <p>Mixed: Gymnastics/dance, netball and rugby.</p> <p>Fitness Test: Illinois agility test</p>	<p>All: Athletics and Orienteering.</p> <p>Girls: Rounders and dodgeball.</p> <p>Boys: Cricket and dodgeball.</p> <p>Mixed: Rounders and dodgeball.</p> <p>Fitness test: 30m sprint</p>

Year 8	Autumn term	Spring term	Summer term
<p>Students continue to develop through PE lessons using the head, hands, heart approach. Not focusing solely on the performance but the knowledge, understanding and confidence of each student. Students will also complete 1 unit of theory.</p>	<p>All: Health Related Fitness sessions and Cross country.</p> <p>Girls: Netball and Basketball.</p> <p>Boys: Basketball and rugby.</p> <p>Mixed: Basketball and football.</p> <p>Fitness Test: Bleep test</p>	<p>All: Theory module on Barriers to participation.</p> <p>Girls: Dance, handball, gymnastics, football and table tennis.</p> <p>Boys: Football, table tennis, handball and gymnastics/dance.</p> <p>Mixed: gymnastics/dance, rugby and netball.</p> <p>Fitness Test: Illinois agility test</p>	<p>All: Athletics and orienteering.</p> <p>Girls: Rounders and dodgeball.</p> <p>Boys: Dodgeball and cricket.</p> <p>Mixed: Rounders and dodgeball.</p> <p>Fitness test: 30m sprint</p>

Year 9	Autumn term	Spring term	Summer term
<p>Throughout Year 9 students continue to progress through the curriculum making them a more holistic individual.</p> <p>Students will also complete 1 unit of theory.</p>	<p>All: Health Related Fitness sessions and cross country.</p> <p>Girls: Netball and Basketball.</p> <p>Boys: Basketball and rugby.</p> <p>Mixed: Basketball and football.</p> <p>Fitness Test: Bleep test</p>	<p>All: Theory module: Components of fitness.</p> <p>Girls: Gymnastics, Dance, handball, football and table tennis.</p> <p>Boys: Football, netball, table tennis and handball,</p> <p>Mixed: Handball, table tennis, netball and rugby</p> <p>Fitness Test: Illinois agility test</p>	<p>All: Athletics and orienteering.</p> <p>Girls: Rounders, dodgeball and sports leadership.</p> <p>Boys: Dodgeball, cricket and sports leadership.</p> <p>Mixed: Rounders, dodgeball and sports leadership.</p> <p>Fitness test: 30m sprint</p>

Year 10	Autumn term	Spring term	Summer term
<p>Sport Studies We currently have 2 sport studies classes running.</p> <p>Core PE Year 10</p>	<p>Students will complete the sport and the media assignment</p> <p>HRF 1 week Sports Leadership. Recreational sport option choice.</p>	<p>Students will be taught the content for R185 performance and leadership in sports activities, alongside media R186.</p> <p>HRF 2 weeks. Sport leadership Own choice of recreational sport sessions. Fitness test: Bleep</p>	<p>Sport and the media R186 will be taught alongside R185 performance and leadership sport activities. R184 submission opportunity. Continue to be taught content for R185.</p> <p>Interclass competitions. Athletics, rounders / softball/cricket/</p>

Year 11	Autumn term	Spring term	Summer term
<p>Sport Studies We have 3 Sport studies classes.</p> <p>Core PE Year 11</p>	<p>Developing practical sport assignment R052</p> <p>HRF one weeks Sports leadership</p>	<p>Sports leadership assignment. R053</p> <p>HRF two weeks</p> <p>Own choice of recreational sport sessions. Fitness test: Bleep</p>	<p>Opportunities to improve assignments if they have not resubmitted for the second time. Submit R052 & R053</p> <p>Athletics</p>