Curriculum Map Physical Education

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. To improve student's physical fitness levels To improve student's physical fitness levels 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. 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 coaches, captain programme, gifted and talented programme, inter form competitions, District competitions, County competitions, sport leaders and officiating. To continually improve To offer students a course that meets their needs and ability. We currently		
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upon the students' offer GCSE PE and Cambridge and National Sport studies.	upon the students'	
progress at KS4 Students are selected for either course depending on their progress at KS3.	progress at KS4	Students are selected for either course depending on their progress at KS3.

Year 7	Autumn term	Spring term	Summer term
Students are levelled	All: Health Related	Girls: Gymnastics,	All: Athletics
once they arrive	Fitness, Levelling for	Dance	
through 2 fitness	sets.	Boys: Football, Rugby	Girls: Rounders
tests (Bleep and			Boys: Cricket
Agility) and then	Girls: Netball,	Girls: Rugby,	
take part in 2 sports	Basketball.	Gymnastics	Girls: Rounders,
(Basketball, Netball	Boys: Rugby Basketball.	Boys: Netball, Table	Cricket
for girls and		Tennis	Boys: Dodgeball,
Basketball, Football	All: Cross Country		Rounders
for the boys)		Girls: Handball,	
Students will also	Girls: Basketball, Netball	Dodgeball	Girls: Dodgeball,
complete 1 unit of	Boys: Basketball,	Boys: Table Tennis,	Handball
theory.	Football.	Handball.	Boys: Cricket,
			Dodgeball
		Girls: Table Tennis,	
		Rugby	
		Boys: Handball,	
		Netball.	

	Theory unit: All	
	students - Bones	

Year 8	Autumn term	Spring term	Summer term
Students continue to	All: Health Related	Girls: Dance,	All: Athletics
develop through PE	Fitness	Gymnastics	
lessons using the		Boys: Football, Rugby	Girls: Rounders,
head, hands, heart	Girls: Netball,		Cricket
approach. Not	Basketball	Girls: Rugby, Dance	Boys: Dodgeball,
focusing solely on	Boys: Basketball,	Boys: Netball, Table	Rounders
the performance but	Football.	Tennis	
the knowledge,			Girls: Dodgeball,
understanding and	All: Cross Country	Girls: Handball,	Handball
confidence of each	,	Dodgeball	Boys: Cricket,
student.	Girls: Basketball,	Boys: Table Tennis,	Dodgeball
	Netball	Handball.	
Students will also	Boys: Rugby,		
complete 1 unit of	Basketball.	Girls: Table Tennis,	
theory.		Rugby	
-		Boys: Handball,	
		Netball.	
		Theory Unit: All	
		students - Muscles.	

Year 9	Autumn term	Spring term	Summer term
Throughout Year 9	All: Health Related	Girls: Gymnastics,	All: Athletics
students continue to	Fitness.	Dance	
progress through the		Boys: Football, Rugby.	Girls: Rounders
curriculum making	Girls: Netball,		Boys: Cricket
them a more holistic	Basketball	Girls: Rugby,	
individual.	Boys: Basketball,	Gymnastics	Girls: Rounders,
	Football.	Boys: Netball, Table	Cricket
Students will also		Tennis	Boys: Dodgeball,
complete 1 unit of	All: Cross Country		Rounders
theory.		Girls: Handball,	
	Girls: Basketball,	Dodgeball	Girls: Dodgeball,
	Netball	Boys: Table Tennis,	Handball
	Boys: Rugby,	Handball	Boys: Cricket,
	Basketball.		Dodgeball.
		Girls: Table Tennis,	
		Rugby.	
		Boys: Handball,	
		Netball.	
		All students - Unit of	
		theory: Components	
		of fitness.	

Year 10	Autumn term	Spring term	Summer term
Sport Studies We currently have 3	Pupils are preparing for the exam in	Pupils will complete the Media and sport	2 nd attempt at the contemporary issues in
sport studies classes	January on	assignment.	sport exam.
running.	in sport.		Media and sport 2 nd submission opportunity.
			Complete LO1 Developing practical sport assignment.
Core PE Year 10	HRF 2 weeks	HRF 2 weeks	Sports Leaders module
	Interclass competition	Sport of each class choice	

Year 11	Autumn term	Spring term	Summer term
Sport Studies	Developing practical sport assignment.	Sports leadership assignment.	Opportunities to improve assignments if
We have 2 Sport			they have not
studies classes.			resubmitted for the
			second time.
	HRF two weeks		
Core PE Year 11	Time two weeks	HRF	Sports leaders module
	Interclass competition		
		Sport of student's	
		choice	