

Curriculum Map Physical Education

<i>Provide a broad and balanced curriculum, so that every student has the opportunity to fulfil their potential.</i>	<p>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.</p> <p>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.</p>
<i>To improve student's physical fitness levels</i>	<p>Due to the decrease of fitness levels nationally the department aim to improve and then maintain student's fitness.</p> <p>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.</p>
<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>	<p>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.</p> <p>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.</p> <p>In Core PE students undertake a Sports Leaders module too.</p>
<i>To continually improve upon the students' progress at KS4</i>	<p>To offer students a course that meets their needs and ability. We currently offer GCSE PE and Cambridge and National Sport studies.</p> <p>Students are selected for either course depending on their progress at KS3.</p>

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

		Theory unit: All students - Bones	
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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.</p> <p>Students will also complete 1 unit of theory.</p>	<p>All: Health Related Fitness</p> <p>Girls: Netball, Basketball</p> <p>Boys: Basketball, Football.</p> <p>All: Cross Country</p> <p>Girls: Basketball, Netball</p> <p>Boys: Rugby, Basketball.</p>	<p>Girls: Dance, Gymnastics</p> <p>Boys: Football, Rugby</p> <p>Girls: Rugby, Dance</p> <p>Boys: Netball, Table Tennis</p> <p>Girls: Handball, Dodgeball</p> <p>Boys: Table Tennis, Handball.</p> <p>Girls: Table Tennis, Rugby</p> <p>Boys: Handball, Netball.</p> <p>Theory Unit: All students - Muscles.</p>	<p>All: Athletics</p> <p>Girls: Rounders, Cricket</p> <p>Boys: Dodgeball, Rounders</p> <p>Girls: Dodgeball, Handball</p> <p>Boys: Cricket, Dodgeball</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.</p> <p>Girls: Netball, Basketball</p> <p>Boys: Basketball, Football.</p> <p>All: Cross Country</p> <p>Girls: Basketball, Netball</p> <p>Boys: Rugby, Basketball.</p>	<p>Girls: Gymnastics, Dance</p> <p>Boys: Football, Rugby.</p> <p>Girls: Rugby, Gymnastics</p> <p>Boys: Netball, Table Tennis</p> <p>Girls: Handball, Dodgeball</p> <p>Boys: Table Tennis, Handball</p> <p>Girls: Table Tennis, Rugby.</p> <p>Boys: Handball, Netball.</p> <p>All students - Unit of theory: Components of fitness.</p>	<p>All: Athletics</p> <p>Girls: Rounders</p> <p>Boys: Cricket</p> <p>Girls: Rounders, Cricket</p> <p>Boys: Dodgeball, Rounders</p> <p>Girls: Dodgeball, Handball</p> <p>Boys: Cricket, Dodgeball.</p>

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

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