

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 they 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. One of the options in KS4 core is also Health Related Fitness.</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, sporting star programme, inter form competitions, District competitions, County competitions, sport leaders, officiating and have the option of sports days. In Core PE students undertake a Sports Leaders or an officiating module and inter class competition 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 Cambridge and National OCR Sport studies.</p>

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 football.</p> <p>Mixed: Basketball and handball.</p> <p>Fitness Test: Bleep test</p>	<p>All: Theory module - - Health and Safety in sport.</p> <p>Girls: Gymnastics, Dance, invasion games & badminton.</p> <p>Boys: Basketball, invasion games, gymnastics/dance & table tennis.</p> <p>Mixed: Football, rugby, table tennis & invasion games.</p>	<p>All: Athletics and Orienteering.</p> <p>Girls: Rounders, striking & fielding & student choice.</p> <p>Boys: Student choice Striking & fielding</p> <p>Mixed: Striking & fielding, dodgeball & student choice.</p> <p>Fitness test: Wall toss test</p>

Year 8	Autumn term	Spring term	Summer term
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>All: Health Related Fitness sessions and Cross country.</p> <p>Girls: Netball and Basketball.</p> <p>Boys: Football and rugby.</p> <p>Mixed: Basketball and handball & tag rugby.</p> <p>Fitness Test: Bleep test</p>	<p>All: Theory module on Barriers to participation.</p> <p>Girls: Dance, badminton, gymnastics, & invasion.</p> <p>Boys: Table tennis, basketball and gymnastics/dance & invasion.</p> <p>Mixed: Football, table tennis, net wall games & invasion games</p>	<p>All: Athletics and orienteering.</p> <p>Girls: striking & fielding & student choice</p> <p>Boys: striking & fielding & student choice.</p> <p>Mixed: Striking & fielding & dodgeball.</p> <p>Wall toss test</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: Football and rugby.</p> <p>Mixed: Basketball, handball & tag rugby.</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>All: Athletics and orienteering.</p> <p>Girls: Striking & fielding & student choice</p> <p>Boys: Striking & fielding & student choice.</p> <p>Mixed: Striking & fielding & dodgeball.</p> <p>Wall toss test</p>

Year 10	Autumn term	Spring term	Summer term
<p>Sport Studies</p> <p>We currently have 2 sport studies classes running.</p>	<p>Students will complete the increasing awareness of outdoor & adventurous activities unit R187.</p>	<p>Students will be taught the content for unit R185 performance and leadership in sports activities, alongside unit R187.</p>	<p>Unit R185 performance and continue leadership sport activities. Unit R187 submission opportunity. Continue to be taught content for unit R185.</p>
<p>Core PE Year 10</p>	<p>Health Related Fitness week</p> <p>Options:</p> <ol style="list-style-type: none"> Health Related Fitness Sports Leadership Sports Officiating 	<ul style="list-style-type: none"> Health Related Fitness week Intersport 	<ul style="list-style-type: none"> Athletics & student choice recreational sport

Year 11	Autumn term	Spring term	Summer term
Sport Studies We have 2 Sport studies classes	Students will complete media unit R186 continue to be taught unit R185 performance & leadership	Students will be taught the content for unit R184 contemporary issues in sport	Students will be revising for unit R184 ready for their exam in May. Students can also improve & resubmit units R186 & R185
Core PE Year 11	Health Related Fitness week Options: <ol style="list-style-type: none"> 1. Health Related Fitness 2. Sports Leadership 3. Sports Officiating 	<ul style="list-style-type: none"> • Health Related Fitness week • Intersport 	<ul style="list-style-type: none"> • Athletics & student choice • Recreational sport