

KS3, 4 & 5 Overview

Key Stage Three Physical Education						
	TERM 1	TERM 2		TERM 3		
YEA R 7	<p>Across Term 1 & Term 2 students will rotate and develop their fundamental movement skills and physical literacy across the following activities.</p> <p>1 x Baseline Fitness Testing and Cross Country 2 x Invasions Games: Netball, Tag Rugby, Football, Handball 1 x Aesthetic Performance: Dance 1 x Net & Wall: Badminton</p> <p>Students will participate in a range of fitness tests to determine their health and skill component levels and to set long term goals</p> <p>Within invasion games and net and wall, students learn sport specific knowledge, rules, techniques and tactics</p> <p>Within aesthetic performance students will establish skillful and aesthetic performance by choosing and performing skills</p>			<p>In term 3 students will revisit their fitness Testing within an Athletics rotation and their first Striking and Fielding sport.</p> <p>Students will repeat fitness testing to check their progress against their health and skill component levels and the goals set, establish rules and technique in athletic competition comparing performances for improvements. Students will develop their fundamental skills within a striking and fielding sport, learning rules and tactics to succeed.</p>		
	<p><u>Invasion</u></p> <p>Rules Knowledge Fitness Competitive Tactics Communication Respect</p>	<p><u>Fitness Testing (3 Week Block)</u></p> <p>Knowledge Analysis Physical ability Fitness Resilience Confidence</p>	<p><u>Aesthetic Performance</u></p> <p>Knowledge Understanding Analysis Feedback Fitness Technique Effort & Confidence</p>	<p><u>Net and Wall</u></p> <p>Understanding Responsibility Rules Competitive Technique</p>	<p><u>Fitness Testing (3 Week Block)</u></p> <p>Knowledge Analysis Physical ability Fitness Resilience Confidence</p>	<p><u>Individual Competition/Performance</u></p> <p>Knowledge Analysis Physical ability Fitness Resilience Effort Confidence</p>

Key Stage Three Physical Education						
	TERM 1	TERM 2		TERM 3		
YEA R 8	<p>Across Term 1 & Term 2 students will rotate and develop their fundamental movement skills and physical literacy across the following activities.</p> <p>1 x Baseline Fitness Testing 1x Invasions Games: Netball, Football, 2 x Aesthetic Performance: Dance and Trampolining 1 x Net & Wall: Table Tennis</p> <p>In addition to the skills learnt in year 7, all students will reflect and aim to improve on their health and skill component levels, they will apply their skill set to outwit opponents with strategic play and tactics, selecting and combining skills with fluency</p>			<p>Within term 3 all students further develop their striking and fielding skills in either Kwick Cricket, Rounders or Softball</p> <p>Developing strategy of tactical play in order to outwit opponents</p> <p>Developing technique in order to improve athletic performance within track and field events</p>		
	<p><u>Invasion</u></p> <p>Rules Knowledge Fitness Competitive Tactics Communication Respect</p>	<p><u>Fitness Testing (3 Week Block)</u></p> <p>Knowledge Analysis Physical ability Fitness Resilience Confidence</p>	<p><u>Aesthetic Performance</u></p> <p>Knowledge Understanding Analysis Feedback Fitness Technique Effort & Confidence</p>	<p><u>Net and Wall</u></p> <p>Understanding Responsibility Rules Competitive Technique</p>	<p><u>Individual Competition/Performance</u></p> <p>Knowledge Analysis Physical ability Fitness Resilience Effort Confidence</p>	<p><u>Striking and Fielding</u></p> <p>Knowledge Understanding Responsibility Rules Communication Effort</p>

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TERM 1		TERM 2		TERM 3			
YEA R 9	Throughout these 3 terms, students are directed towards improving and refining their skills towards KS4 options. These are: Individual and Team performance across Aesthetics, Invasion Games, Net and Wall, Striking and Fielding and Individual Performance as preparation for GCSE PE. Leadership and communications skills, with knowledge of technique, tactics and rules demonstrating responsibility for equipment set up and officiating						
	Across term 1 & term 2 students will rotate and further develop their techniques and skills developed from year 8 applying tactics and performance skills 1 x Base Line Fitness Testing 2 x Invasion Games: Netball, Football, Basketball 1 x Aesthetic Performance: Trampolining or Dance 1 x Net & Wall: Badminton In addition to the skills learnt in Year 8, all students will reflect and improve on their health and their health and skill component levels across 3 years, they will select and apply their skill set to outwit opponents with strategic individual and team play, combining and performing with accuracy and fluency				Within term 3 all students further develop their striking and fielding skills in either Kwik Cricket, Rounders or Softball, refining strategy of tactical play in order to outwit opponents Apply technique in order to improve athletic performance within track and field event comparing performance with analysis and feedback		
	<u>Invasion</u>	<u>Fitness Testing (3 Week Block)</u>	<u>Aesthetic Performance</u>	<u>Net and Wall</u>	<u>Individual Competition/Performance</u>		<u>Striking and Fielding</u>
	Rules Knowledge Fitness Competitive Tactics Communication Respect	Knowledge Analysis Physical ability Fitness Resilience Confidence	Knowledge Understanding Analysis Feedback Fitness Technique Effort & Confidence	Understanding Responsibility Rules Competitive Technique	Knowledge Analysis Physical ability Fitness Resilience Effort Confidence	Knowledge Understanding Responsibility Rules Communication Effort	

KS4 NCFE Physical Education

Year Group Course	Autumn Term		Spring Term		Summer Term	
Year 10 NCFE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Introduction to the course and students will deepen their understanding of the structure and function of the body systems. Students will be developing their memory and recall abilities.	In this Unit students will develop their analysis skills of how body systems apply to health and fitness and the effects of the health and fitness activities on the body. Students will deepen their subject specific terminology.	Students will develop evaluation and analyse the impact of lifestyle on health and fitness and understanding of components of fitness through practical and theoretical exploration.	Students will apply cross curricular links to biology and maths to successfully calculate and analyse the effects on the body systems in relation to different fitness components.	Students will be introduced to analysing health & fitness case studies.	The students will be introduced to research skills in order to develop their application of knowledge to specific case studies. This is combined with developing skills in creating a health and fitness programme.
KEY SKILLS	Identification Knowledge recall	Subject Specific Terminology Analysis	Identification Analysis Evaluation	Analysis Application	Knowledge retrieval Terminology Literacy skills	Research Application IT skills Independent study

Year Group Course	Autumn Term		Spring Term		Summer Term	
Year 11 NCFE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Throughout this half term students will begin revision in preparation for their written exam. Students will gain independence and resilience whilst remaining organised.	Externally Assessed Exam Unit 2 Synoptic Project Preparation of scenario and writing skills before paper released end of December.	Unit 2 Synoptic Project - (unit 1 results return/intervention for re-take)	Unit 2 Synoptic Project- Internal assessment-external moderation		
KEY SKILLS	Knowledge retrieval Terminology Literacy skills and exam structure	Organisation Self management Extended writing skills IT Skills	Independent research IT Skills Application, Analysis, Evaluation Subject specific terminology			

CTEC SPORT AND PHYSICAL ACTIVITY LEVEL 3 CURRICULUM MAP

Year Group Course		Autumn Term		Spring Term		Summer Term	
Year 12	Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Unit Title	Unit 12 Nutrition and Diet	Unit 17 Sport Injuries & rehabilitation	Unit 17 Sport Injuries & rehabilitation	Unit 1 Body systems	Unit 1 Body systems	Unit 11 Physical activity for specific groups
	Overview	Students will understand the principles of a balanced diet and hydration. They will learn how this impacts energy balance and will be able to know the effects of supplements on performance. Students will also evaluate the psychology behind healthy eating.	Students will learn how to recognise and treat common sports injuries both immediately and through long-term rehabilitation programmes, the possible psychological impacts of sports injuries and how to minimise the risk of sports injuries occurring in the first instance.	Students will learn how to recognise and treat common sports injuries both immediately and through long-term rehabilitation programmes, the possible psychological impacts of sports injuries and how to minimise the risk of sports injuries occurring in the first instance.	Students will understand the skeletal, muscular, cardiovascular, respiratory and different energy systems in relation to exercise and physical activity.		Students will develop knowledge and understanding of the different groups of individuals who would benefit physiologically, psychologically and sociologically from participating in physical activity and why these particular groups are targeted by initiatives.
	Key Skills	Subject Specific Terminology Extended writing Skills Literacy- Explain and Analyse	Research Skills Knowledge recall Literacy- Describe, Explain and analyse Extended writing skills		Independent Study Skills Self management Literacy- Interpretation and Analysis Knowledge recall/Retrieval Subject specific terminology		Creativity Literacy- Describe and Justify Responsibility Self management Practical skills

					Collaboration
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Year Group Course	Autumn Term			Spring Term		Summer Term	
	Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 13	Unit Title	Unit 3 sports organisation and development	Unit 3 sports organisation and development	Unit 2 Sports Coaching	Unit 2 Sports Coaching		
	Overview	Students will show understanding of how sport is organised in the UK and explore sports development practice. Students will learn how sports development can be measured.		Students will learn the roles and responsibilities of a coach and a lead and be able to apply methods to improve skills, techniques and tactics in sport. Students will learn how to plan, prepare, deliver and review sports and activity sessions.			
	Key Skills	Research Skills Extended Writing and Exam Practice Self management Independent Study Literacy- Analysis and Evaluation		Leadership and Communication Teamwork Confidence Responding to feedback Evaluation Decision making and adaptability Practical skills			

