Physical Education including GCSE PE and Sports Science

	HALF TERM 1	HALF TERM 2	HALF TERM 3	HALF TERM 4	HALF TERM 5	HALF TERM 6
7	Fundamentals Invasion Games Net Games	Invasion Games Net Games	Net Games Invasion Games Health and Fitness	Net Games Invasion Games Health and Fitness	Striking and Fielding Games Athletics	Striking and Fielding Games Athletics OAA
8	Invasion Games Net Games	Invasion Games Net Games	Net Games Invasion Games Health and Fitness	Net Games Invasion Games Health and Fitness	Striking and Fielding Games Athletics	Striking and Fielding Games Athletics OAA
9	Invasion Games Net Games	Invasion Games Net Games	Net Games Invasion Games Health and Fitness	Net Games Invasion Games Health and Fitness	Striking and Fielding Games Athletics	Striking and Fielding Games Athletics OAA
10	Invasion Games Net Games	Invasion Games Net Games	Net Games Invasion Games Health and Fitness	Net Games Invasion Games Health and Fitness	Striking and Fielding Games Athletics	Striking and Fielding Games Athletics OAA
11	Invasion Games Net Games	Invasion Games Net Games	Sporting Options	Sporting Options	Sporting Options	
GCSE Physical Education						

10	**PAPER 1** Applied Anatomy and Physiology: • Skeletal System Muscular System	Applied Anatomy and Physiology: • CV System Respiratory System	Physical Training: • Components of fitness Methods of Training	Physical Training: • Methods of Training Sports Injuries	Movement Analysis NEA Preparation Mock exam revision	**PAPER 2** Sport Psychology • Skill • Goal Setting • Mental Preparation
11	Health, fitness and wellbeing Commercialisation in Sport	Socio-cultural Influences Completion of NEA	Ethical issues in sport • Sportsmanship, Gamesmanship, Deviance Performance enhancing drugs	Revision	Revision and Exam paper 1	Exam Paper 1
Sports Science						
10	Principles of Training Fitness Testing	Principles of Training Methods of Training	Principles of Training Training Plan	Principles of Training Evaluation	Principles of Training Nutrition	Nutrition Components of a Balanced Diet
11	Nutrition Different Athletes Diets	Nutrition Diet Plan	Nutrition Evaluation Bodies Response to Injury	Nutrition Bodies Response to Injury	Nutrition Bodies Response to Injury	

Scope:

Our PE curriculum aims to be at least as ambitious as the national curriculum. In year 7, the objective is to create a love for PE through experience of a wide variety of activities, developing a range of knowledge and skills including the development of fundamental motor skills to be able to uphold the rules within each sport. Year 8 is designed to broaden sporting experiences by applying tactics and strategies into a range of sports. This is then embedded in year 9, by introducing more complex skills and performance of a higher level than previous taught. Throughout year 10 and 11, PE is focused on enjoyment, developing fitness and

advanced skills, and develop lifelong access to physical activity. This ensures students leave the academy with the knowledge and confidence to be able to lead an active and healthy lifestyle.

Rigour:
The rigour of the PE curriculum has been developed to enable students to build and develop upon their individual and team skill acquisition and tactical understanding. It builds on knowledge of rules and skills of the sport. Students develop these skills in progressively more challenging situations. Students are exposed to challenging situations and high expectations are set so all students are challenged. The PE curriculum promotes a broad sporting curriculum exposing the students to a range of sporting experiences. The curriculum promotes skill development, physical and mental wellbeing as well as inter-personal skills such as leadership, communication and teamwork.

Sequencing:
The sequencing of the core PE curriculum builds on knowledge of rules and skills of the sport. Students develop these skills in progressively more challenging and competitive situations by applying tactics to outwit opponents as well as introducing leadership concepts. As the curriculum develops, we encourage students to adopt healthy exercise habits to be able to develop lifelong access to physical activity. Students are encouraged to continue to take part in physical activity outside lesson time via extra-curricular clubs and external community clubs.

Coherence:
The core physical education curriculum focuses on broadening knowledge, allowing students to master skills (e.g. passing, marking, shooting) within every sport they participate in within the curriculum. This allows students to successfully play the sport. They will also be able to apply themselves in a range of competitive, creative, and challenging activities through using skills and rules, tactics and leadership themes. In each year students have the opportunity to develop substantive knowledge such as rules and regulations of the sport, health and wellbeing that enhance the students understanding of each individual sport they cover.