

# Physical Education

## YEAR 7 – CORE CURRICULUM

## YEAR 8 – CORE CURRICULUM

- Skills**
- Demonstrate basic skills in a range of team and individual sports in isolation/unopposed.
  - Demonstrate very basic strategies for attack and defence in a range of team and individual sports.
  - Demonstrate very basic use of key rules in a range of sports.
  - Demonstrate simple dance sequences.
  - Demonstrate basic problem-solving skills and basic orienteering skills. Understand the importance of physical activity on overall health.

- Knowledge**
- Develop the knowledge and competence to excel in a range of team and individual sports.
  - Develop knowledge of how to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.
  - Develop knowledge of how to perform a dance using advanced dance techniques within a range of dance styles.

- Sports**
- Netball
  - Football
  - Handball
  - Basketball
  - Dance
  - Rugby
  - Trampoline
  - Outdoor and Adventurous Activities
  - Table Tennis
  - Fitness
  - Badminton
  - Athletics
  - Rounders
  - Cricket

- Skills**
- Demonstrate good analysing and evaluating skills.
  - Use basic technical terms to explain performances.
  - Plan and perform a warm-up to a small group.
  - Plan and perform a cool-down to a small group
  - Teamwork - working effectively within a small group.
  - Demonstrate an understanding of different components of fitness.

- Knowledge**
- Secure knowledge of how to analyse performances.
  - Secure knowledge of how to take part in competitive sports and activities outside of school.
  - Secure knowledge in a range of theoretical sporting topics.
  - Secure knowledge of Health and safety aspects in PE
  - Secure knowledge of outdoor and adventurous activities.
  - Secure effective communication skills.

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  - Table Tennis
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  - Cricket

## YEAR 10 GCSE CURRICULUM

- Health, Fitness and well Being (Autumn Term)**
- Pupils will build upon KS3 content as well as develop their theoretical knowledge in terms of Sport and PE.
  - Key Concepts – Healthy active Lifestyle, sedentary lifestyle, lifestyle choices, weight related conditions, recreational drugs, and their impact, Health V Fit.
- Practical Sport (ongoing throughout year 10 and 11)**
- Pupils will be assessed in 3 sports for the Skills in isolation and the application of skills.
  - Pupils will become more tactically aware.
  - Pupils will learn how to communicate appropriately and how to refine their skills.
  - Sports we shall do are – Netball, Handball, Table Tennis, Athletics, Trampolining.

- Skills**
- Demonstrate an excellent understanding in a range of advanced theoretical sporting topics.
  - Demonstrate an in-depth understanding of the importance of physical activity on overall health.
  - Demonstrate competence in a range of fitness tests and understand which component of fitness is being tested.
  - Demonstrate a thorough understanding of health and safety issues in PE and always follow these explicitly teaching others of their importance.

## YEAR 9 – CORE CURRICULUM

- Knowledge**
- Embed knowledge on how to effectively decide while under pressure.
  - Embed the knowledge to adjust their practice to react and adapt with the environment.
  - Embed the knowledge of rules and regulations and how to use them to your advantage.
  - Embed the application of tactics.

- Sports**
- Netball
  - Football
  - Handball
  - Basketball
  - Dance
  - Rugby
  - Trampoline
  - Outdoor and Adventurous Activities
  - Table Tennis
  - Fitness
  - Badminton
  - Athletics
  - Rounders
  - Cricket

## YEAR 10 and year 11 – CORE CURRICULUM

- In Year 10 and 11 we aim to provide an environment where pupils have more autonomy over their PE learning and can develop a sporting habit for life.
- We establish routines and plans that can be applied when pupils move on from us at Fortis.
- We encourage self-motivation and resilience.
- We share knowledge of the importance of PE and Sport on mental health and coping strategies for dealing with stressful situations in life.

## YEAR 11 GCSE CURRICULUM

- Coursework (Autumn Term)**
- Pupils will evaluate their 6-week program had on their areas of weakness as well as any physiological changes that occurred and why.
  - Pupils will devise a development plan to further improve.
  - Pupils will use data to compare their fitness results against normative data.
  - Pupils will compare their game statistics again on elite performance and will compare similarities and differences with explanations.

- Sport Psychology (Spring Term)**
- Builds on skills learnt and developed at KS3.
  - Key Concepts – Types of feedback, types of skills, types of guidance, target setting, mental rehearsal.
- Socio Cultural Influences (spring Term)**
- Pupils explore how the world in which we live has an influence on the sport we play.
  - Key concepts- influences on us to take part in sport, media, commercialisation, sponsorship, sportsmanship, gamesmanship, deviance in sport.

- Physical Training (summer Term)**
- Examining aspects that have been applied through KS3.
  - Key concepts – Components of fitness, Principles of training, injuries, performance enhancing drugs.
- Practical Coursework Element (summer term)**
- Pupils will devise and complete a 6-week training program designed by themselves to address an area of weakness within their chosen sport.

- Movement Analysis (Spring Term)**
- Pupils will learn how movement happens within the body.
  - Key concept – Planes, Axis and Levers, mechanical advantage, and mechanical disadvantage.
- Applied Anatomy and Physiology (Spring Term)**
- Pupils will develop their knowledge already acquired in science to make it more specific to sport.
  - Key Concept – Cardiovascular system, Respiratory system, muscular system, skeletal system, long and short-term effect.

**Revision of GCSE Syllabus – PPE's used to identify priority areas.**

