



Subject Curriculum – Year 7

	Autumn Term	Spring Term	Summer Term
life	Throughout this year pupils will study a broad array of individual and team sports aiming to develop skills and knowledge of sports that are currently being played at a time of year, preparing them for fixtures, competitions and providing them with the necessary skills to confidently join clubs inside and outside of school. Pupils will focus on developing their social, emotional and physical well being through various activities both within curriculum and extra curricular time, but inevitably we want pupils to enjoy and have fun within the sports they take part in.		
	<p>Pupils will develop ball familiarisation skills and begin to use a range of tactics and strategies to overcome opponents within individual and team games. They will experience contact sport in a safe environment, developing their ability to perform tackles in rugby.</p> <p>Within PE pupils will look to analyse their own and other strengths and suggest ways to improve, as well as developing their confidence when leading others through drills to improve performance.</p>	<p>Pupils will continue to study a broad range of activities, focussing on being physically active and discovering sustainable ways to improve and lead an active healthy lifestyle through fitness.</p>	<p>Development of basic movement skills: Run, Jump and Throw. Pupils will experience all athletic events, learning the basic technique to aid performance and minimise injury. They will analyse their technique, performance and demonstrate improvement over time.</p> <p>Pupils will experience summer sports: Cricket, Softball and Rounders. This is to develop student's coordination and the basic knowledge of striking and fielding games.</p>
Programme of Study	<p>HT1 Rugby / Handball</p> <p>HT2 Volleyball / Orienteering / Badminton</p> <p>HT3 Football / Badminton / Orienteering</p> <p>HT4 Dance / Table Tennis / Badminton / Orienteering</p> <p>HT5 Athletics</p> <p>HT6 Cricket / Softball</p>	<p>HT1 Netball / Volleyball</p> <p>HT2 Rugby / Dance</p> <p>HT3 Fitness / Gymnastics</p> <p>HT4 Athletics</p> <p>HT5 Athletics</p> <p>HT6 Rounders/ Cricket</p>	
Key Assessments	End of unit core task	<ul style="list-style-type: none"> End of unit core task 	<ul style="list-style-type: none"> End of unit core task
Key Skills	<p>Creating space</p> <p>Ball handling</p> <p>Outwitting opponents</p> <p>Positional sense</p> <p>Knowledge of rules</p> <p>Appropriate techniques associated with the sport</p> <p>Components of fitness relevant to the sport</p>		<p>Links to Careers</p> <ul style="list-style-type: none"> Professional Athlete Coach PE Teaching Performance Analyst Fitness Instructor / Personal Trainer



Subject Curriculum – Year 8

	Autumn Term		Spring Term		Summer Term	
Big Ideas & Purpose	<p>Pupils will build upon rugby and netball skills. Students will further develop ball familiarisation skills and confidence in contact sports. Students to develop skills, knowledge and tactics of invasion games so that they can confidently outwit opponents.</p> <p>Pupils will be encouraged to take up opportunities to officiate within activities, to further develop and extend both their knowledge and confidence within school</p>		<p>Throughout this term pupils will develop the fundamental skills necessary to outwit opponents. Pupils will learn to choose, combine and perform team or individual skills with fluency, consistency, accuracy and quality. Pupils will begin to develop an understanding of their own strengths and weaknesses through fitness. They will analyse their performances compared to previous ones and reflect on ways to make improvement through leading an active healthy lifestyle. Within lifesaving pupils will They will take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.</p>		<p>Development of run, jump and throw techniques. Students will experience all athletic events, learning the basic technique to aid performance and minimise injury. Students will compete in line with their age group and gender guidelines.</p> <p>Students will experience summer sports: Cricket, Softball and Rounders. This is to develop student's coordination and the basic knowledge of striking and fielding games.</p>	
Programme of Study	HT1	HT2	HT3	HT4	HT5	HT6
Boys	Rugby / Handball	Orienteering/Badminton & Volleyball	Orienteering/Badminton & Football	Fitness & Table Tennis	Athletics	Cricket / Softball
Girls	Netball & Volleyball	Rugby & Dance	Fitness / Table tennis	Badminton & Football	Athletics	Rounders/ Cricket
Key Assessments			•			•
Key Skills	Creating space Ball handling Outwitting opponents Positional sense Knowledge of rules Appropriate techniques associated with the sport Components of fitness relevant to the sport			Links to Careers <ul style="list-style-type: none"> • Professional Athlete • Coach • PE Teaching • Performance Analyst • Fitness Instructor / Personal Trainer 		



Subject Curriculum – Year 9

	Autumn Term		Spring Term		Summer Term	
Big Ideas & Purpose	Pupils will build upon rugby and netball skills and will demonstrate their ability in team sports and activities by applying team strategies showing awareness of, and responding to, the actions of other players. They should show greater understanding of when and where to apply team tactics and identify how performance can be improved		Throughout this term pupils will develop the fundamental skills necessary to outwit opponents. Pupils will learn to choose, combine and perform team or individual skills with fluency, consistency, accuracy and quality. Pupils will begin to develop an understanding of their own strengths and weaknesses through fitness. They will analyse their performances compared to previous ones and reflect on ways to make improvement through leading an active healthy lifestyle.		Development of run, jump and throw techniques. Students will experience all athletic events, learning the basic technique to aid performance and minimise injury. Students will compete in line with their age group and gender guidelines. Students will experience summer sports: Cricket, Softball and Rounders. This is to develop student's coordination and the basic knowledge of striking and fielding games.	
Programme of Study	HT1	HT2	HT3	HT4	HT5	HT6
Boys	Rugby / Basketball	Orienteering/Badminton & Volleyball	Orienteering/Badminton & Football	TT & Fitness	Athletics	Cricket / Softball
Girls	Netball / Volleyball	Rugby & TT	Gymnastics & Fitness	Badminton & Football	Athletics	Rounders/ Cricket
Key Assessments			•			•
Key Skills	Creating space Ball handling Outwitting opponents Positional sense Knowledge of rules Appropriate techniques associated with the sport Components of fitness relevant to the sport			Links to Careers <ul style="list-style-type: none"> • Professional Athlete • Coach • PE Teaching • Performance Analyst • Fitness Instructor / Personal Trainer 		

Our Lady and St. Bede Catholic Academy

Subject Curriculum – Year 10 GCSE PE



Autumn Term

Spring Term

Summer Term

Big Ideas & Purpose	Students will follow the AQA GCSE PE syllabus throughout the two years, during this time they will cover two exam papers. Paper 1 Anatomy and Physiology, Paper 2 Psychology. The aim is to develop pupils understanding of the different capabilities of performers through a variety of sports, identify areas athletes may want to improve and the methods of training they will use to achieve sporting excellence.	Throughout this term students will begin to generate a deeper understanding of how the body moves and link to sporting actions. We develop their curiosity by teaching the impact different body systems have on sporting performance.	This term pupils will build upon prior knowledge of diet and exercise, and the impact that this has on performance of an athlete. The impact that different diets have on the body and how recovery after exercise is essential for athletes. Within HT6 pupils will focus on coursework which will allow them to identify their own strengths and weaknesses, looking for ways to improve based upon knowledge gained throughout the course.
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Programme of Study	HT1 Components of fitness & Fitness testing	HT2 Methods of training	HT3 Musculoskeletal system Respiratory system	HT4 Levers Planes and axis of movement	HT5 Diet Recovery after exercise.	HT6 NEA coursework
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Key Assessments	HT1: Components of fitness HT2: fitness testing and training	• HT3: Muscles, skeleton, and joints HT4: Movement	• HT5: Diet and exercise
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Key Skills	<ul style="list-style-type: none"> • Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. • Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance. 	Links to Careers	<ul style="list-style-type: none"> • Sports science. • PE teacher. • Physiotherapist. • Professional sportsperson. • Sports coach/consultant. • Sports policy at local and national level. • Diet and fitness instructor. • Personal trainer
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Our Lady and St. Bede Catholic Academy

Subject Curriculum – Year 11 GCSE PE



Big Ideas & Purpose	Autumn Term Students will use and evaluation of setting performance and outcome goals in sporting	Spring Term Students will identify type of performers may use different types of performance enhancing drugs	Summer Term Exam
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examples. Students will identify examples of, and evaluate, the effectiveness of the use of types of guidance, with reference to beginners and elite level performers.

They will gain knowledge on optimal arousal levels vary according to the skill being performed in a physical activity or sport. Students will learn the difference between direct and indirect aggression with application to specific sporting examples. They will also investigate engagement patterns of different social groups and the factors affecting participation.

(PEDs) with sporting examples. Strategies employed to combat hooliganism. Linking participation in physical activity, exercise and sport to health, well-being and fitness, and how exercise can suit the varying needs of different people. Nutrition – reasons for having balanced diet.

Programme of Study	<p>HT1 Sports psychology including motivation and feedback.</p>	<p>HT2 Socio cultural influences of sport Including family and role models</p>	<p>HT3 Socio- Ethical impact, Disability, Sponsorship ,Technology Performance Enhancing drugs Spectator behaviour</p>	<p>HT4 Physical, emotional, social health and well being</p>	<p>HT5 Revision of paper 1 Revision of paper2</p>	<p>HT6</p>
Key Assessments	November Mock examinations Paper 1		<ul style="list-style-type: none"> March Pre public exams 	<ul style="list-style-type: none"> GCSE Examination Paper 1 and Paper2 		



Subject Curriculum – Year 11 CNAT Sport Science

	Autumn Term		Spring Term		Summer Term
Big Ideas & Purpose	<p>R182 – The body’s response to physical activity and how technology informs this</p> <p>In this unit the aim is to understand how both the cardio-respiratory and musculo-skeletal systems provide you with the energy and movements needed to keep you exercising and in turn how exercise helps develop both of these systems so that performance is enhanced in sport.</p> <p>Topic Area 1: The cardio-respiratory system and how the use of technology supports different types of sports and their intensities.</p> <p>Topic Area 2: The musculo-skeletal system and how the use of technology supports different types of sports and their movements.</p> <p>Topic Area 3: Short-term effects of exercise on the cardio-respiratory and musculoskeletal systems</p>		<p>Topic Area 4: Long-term effects of exercise on the cardio-respiratory and musculoskeletal Systems</p> <p>R180 (Exam) - Reducing the risk of sports injuries and dealing with common medical Conditions</p> <p>In this unit the aim is to learn how to prepare participants to take part in sport and physical activity in a way which minimises the risk of injuries occurring; prepare them to be able to respond to common injuries that can occur during sport and physical activity and to recognise the symptoms of some common medical conditions.</p> <p>Topic Area 1: Different factors which influence the risk and severity of injury</p> <p>Topic Area 2: Warm up and cool down routines</p> <p>Topic Area 3: Different types and causes of sports injuries</p>		<p>Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions</p> <p>Topic Area 5: Causes, symptoms and treatment of medical conditions</p>
Programme of Study	HT1 Task 1 – Short-term effects of exercise on the cardio-respiratory and musculo-skeletal systems	HT2 Task 2 - Long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems	HT3 Task 3 - Technology and the cardio-respiratory and musculo-skeletal systems	HT4 R180 – Reducing the risk of injury - Revision	HT5 & 6 R180 – Reducing the risk of injury - Revision
Key Assessments	HT1 & 2: Submission of task 1 and 2		• HT3: Submission of task 3, R180 Pre-Publics		• HT4: Practice Exam • CNAT Sport Science Exam
Key Skills	<ul style="list-style-type: none"> Demonstrate knowledge and understanding of the short and long term effects on exercise on the cardio-respiratory and musculoskeletal systems that underpin performance and involvement in physical activity and sport. 			<p>Links to Careers</p> <ul style="list-style-type: none"> Sports science. PE teacher. Physiotherapist. Professional sports person. 	

- Analyse and evaluate the technology that underpins performance and involvement in physical activity and sport.
- Demonstrate and apply relevant knowledge and understanding of how to minimise sports injuries and how to deal with medical conditions (signs, symptoms and treatment).

- Sports coach/consultant.
- Sports policy at local and national level.
- Diet and fitness instructor.
- Personal trainer