



CURRICULUM – PE

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Year Group	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
Year 7	Focus: Develop fundamental movement skills and basic knowledge of rules while building confidence, teamwork, and enjoyment in a range of sports.					
	Sports to be covered: - Badminton - Fitness - Netball Assessment: Head, Heart, Hands at the end of the half term	Sports to be covered: - Football - Handball - Hockey - Tag Rugby Assessment: Head, Heart, Hands at the end of the half term	Sports to be covered: - Badminton - Football - Hockey - Rugby Assessment: Head, Heart, Hands at the end of the half term	Sports to be covered: - Flag Football - Handball - Trampolining Assessment: Head, Heart, Hands at the end of the half term	Sports to be covered: - Athletics (Track and Field events) Assessment: Head, Heart, Hands at the end of the half term	Sports to be covered: - Cricket - Rounders - Softball - Tennis Assessment: Head, Heart, Hands at the end of the half term
Year 8	Focus: Consolidate core skills and begin applying them in game situations with a growing understanding of tactics, rules, and cooperation.					
	Sports to be covered: - Badminton - Fitness - Netball Assessment: Head, Heart, Hands at the end of the half term	Sports to be covered: - Football - Handball - Hockey - Tag Rugby Assessment: Head, Heart, Hands at the end of the half term	Sports to be covered: - Badminton - Football - Hockey - Rugby Assessment: Head, Heart, Hands at the end of the half term	Sports to be covered: - Flag Football - Handball - Trampolining Assessment: Head, Heart, Hands at the end of the half term	Sports to be covered: - Athletics (Track and Field events) Assessment: Head, Heart, Hands at the end of the half term	Sports to be covered: - Cricket - Rounders - Softball - Tennis Assessment: Head, Heart, Hands at the end of the half term
Year 9	Focus: Enhance sport-specific techniques and tactical awareness while developing independence, decision-making and physical fitness.					
	Sports to be covered: - Badminton - Fitness - Netball Assessment: Head, Heart, Hands at the end of the half term	Sports to be covered: - Football - Handball - Hockey - Tag Rugby Assessment: Head, Heart, Hands at the end of the half term	Sports to be covered: - Badminton - Football - Hockey - Rugby Assessment: Head, Heart, Hands at the end of the half term	Sports to be covered: - Flag Football - Handball - Trampolining Assessment: Head, Heart, Hands at the end of the half term	Sports to be covered: - Athletics (Track and Field events) Assessment: Head, Heart, Hands at the end of the half term	Sports to be covered: - Cricket - Rounders - Softball - Tennis Assessment: Head, Heart, Hands at the end of the half term
Year 10	Focus: Explore a variety of recreational and fitness-based activities, focusing on enjoyment, personal challenge, and maintaining a healthy, active lifestyle, whilst developing officiating skills.					
	Sports to be covered: - Basketball - Netball	Sports to be covered: - Football - Rugby	Sports to be covered: - Handball - Trampolining	Sports to be covered: - Badminton - Football	Sports to be covered: - Athletics (Track and Field events)	Sports to be covered: - Rounders - Softball
Year 11	Focus: Develop confidence and independence in participating in physical activities for leisure, wellbeing and lifelong fitness, whilst taking on officiating roles.					
	Sports to be covered: - Basketball - Netball	Sports to be covered: - Football - Rugby	Sports to be covered: - Handball - Trampolining	Sports to be covered: - Badminton - Football		

Eduqas GCSE PE

Year Group	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
Year 10 THEORY	TA1. Health, Training and Exercise Topic areas to be covered: - Health, fitness and well-being - The contribution physical activity makes to health and fitness - Consequences of a sedentary lifestyle - Diet and nutrition - Components of fitness Assessment: At end of half term, summative assessment on content covered so far in TA1	TA1. Health, Training and Exercise Topic areas to be covered: - Measuring health and fitness - Methods of training - Training zones - Principles of training and exercising - Warm up and cool down Assessment: At end of half term, summative assessment on TA1	TA2. Exercise Physiology Topic areas to be covered: - Muscular-skeletal system - Cardio-respiratory system - Vascular system - Aerobic and anaerobic exercise - Short- and long-term effects of exercise Assessment: At end of half term, summative assessment on content covered so far in TA2	TA4. Psychology of Sport and Physical Activity Topic areas to be covered: - Goal-setting - Information processing - Guidance - Mental preparation - Motivation - Characteristics of a skilled performance - Classification of skills - Types of practice Assessment: At end of half term, summative assessment on TA4	NEA. Performance Analysis and Evaluation Students must design an 8-week personal training programme with the aim of providing recommendations to improve performance in one of the practical activities in which they were assessed. Assessment: Marking and feedback on their NEA	
Year 10 PRACTICAL	Students to be assessed on their practical ability in the following sports: - Athletics - Badminton - Basketball - Football - Hockey - Netball - Rock Climbing (External) - Table Tennis					
Year 11 THEORY	NEA. Performance Analysis and Evaluation Students must design an 8-week personal training programme with the aim of providing recommendations to improve performance in one of the practical activities in which they were assessed. Assessment: Marking and feedback on their NEA	TA3. Movement Analysis Topic areas to be covered: - Muscle contractions - Lever systems - Planes and axes of movement - Sports technology Assessment: At end of half term, summative assessment on TA3	TA5. Socio-Cultural Issues in Physical Activity and Sport Topic areas to be covered: - Participation - Provision - Performance Assessment: At end of half term, summative assessment on TA5	Revision in preparation for GCSE PE exam		
Year 11 PRACTICAL	Students to be assessed on their practical ability in the following sports: - Rugby Revisit sports which are to be undertaken during practical moderation day.					

Cambridge National in Sport Science

Year Group	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
Year 10	R181 Topic areas to be covered: - Relevance of components of fitness to different sports - Assess components of fitness Assessment: R181 Task 1	R181 Topic areas to be covered: - Application of components of fitness to skill performance Assessment: R181 Task 2	R181 Topic areas to be covered: - Factors when designing a fitness training programme - Planning a fitness based training programme - Recording results from fitness training programme Assessment: R181 Task 4	R181 Topic areas to be covered: - Principles of training and goal setting in a sporting context - Factors when designing a fitness training programme - Planning a fitness based training programme - Recording results from fitness training programme Assessment: R181 Task 4	R181 Topic areas to be covered: - Effectiveness of a training programme Assessment: R181 Task 5	R181 Topic areas to be covered: - Methods of training and their benefits Assessment: R181 Task 3
Year 11	R181 Topic areas to be covered: - Methods of training and their benefits Assessment: R181 Task 3	R183 Topic areas to be covered: - Characteristics of a balanced nutrition plan - The role of nutrients in sports and their sources - The dietary requirements of: endurance/aerobic activities, short intense/anaerobic activities and strength based activities Assessment: R181 Task 1 & 2 R180 Topic areas to be covered: - Extrinsic factors - Intrinsic factors - Key components of a warm up - Physiological and psychological benefits of a warm up Assessment: At the end of the half term, summative assessment on content covered so far	R183 Topic areas to be covered: - How to design and develop a balanced nutrition plan - Key factors when considering the success/impact of a nutrition plan - The effect of overeating, undereating and dehydration on sports performance Assessment: R181 Task 3 & 4 R180 Topic areas to be covered: - Key components of a cool down - Physiological benefits of a cool down - Acute injuries Assessment: At the end of the half term, summative assessment on content covered so far	R180 Topic areas to be covered: - Chronic injuries - Measures that can be taken before and during participation in sport or physical activity to reduce risk and severity of injury/medical conditions - Responses and treatment to injuries and medical conditions in a sporting context - Asthma - Diabetes - Epilepsy Assessment: At the end of the half term, summative assessment on content covered so far	R180 Topic areas to be covered: - Sudden cardiac arrest - Other medical conditions: hypothermia, heat exhaustion and dehydration Assessment: At the end of the half term, summative assessment on content covered so far	