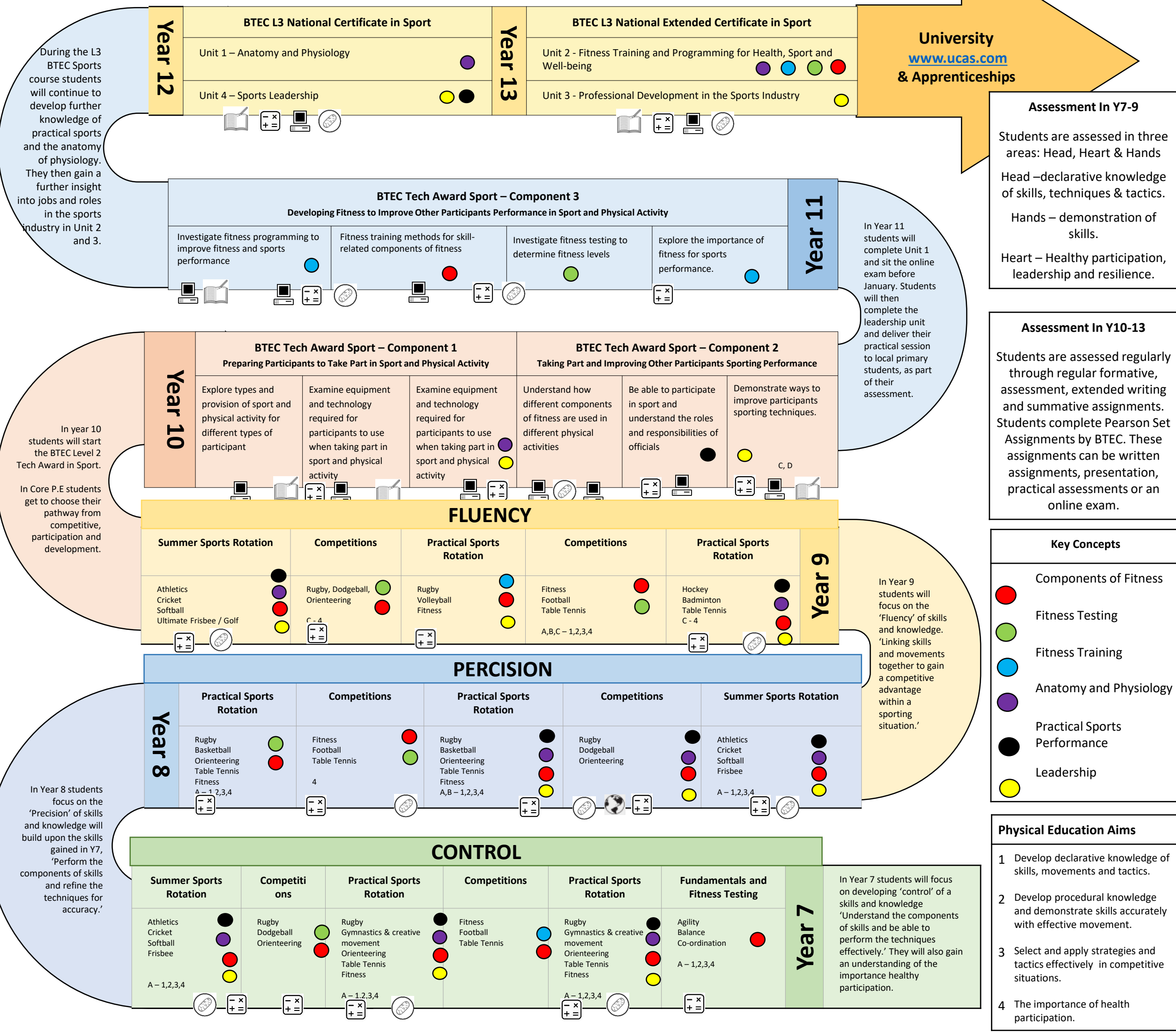




Bishop Chadwick
Catholic Education Trust

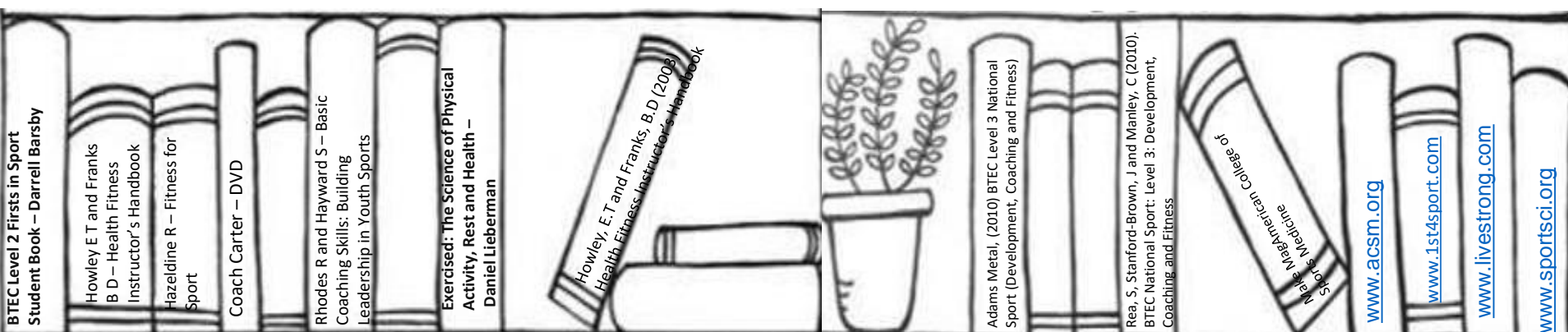
Physical Education Learning Journey

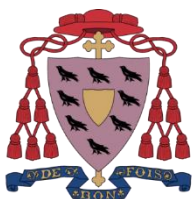


Curriculum Links

Biology English ICT Geography Maths

Wider Reading Opportunities





Physical Education Learning Journey

To develop a healthy body and mind that will allow all students to promote independence and leadership skills that will enable them to climb to the top of their mountain.



Physical Education Narrative – Curriculum Journey

Throughout KS3 and KS4 students study a range of practical sports which cover the key concepts including components of fitness, fitness testing, fitness training, anatomy and physiology and leadership. All components of learning have time dedicated to career progression in the sport industries in order to ensure students are aware of how the skills they are learning are used in the wider world. This also includes links with STEM ; which is an important aspect of providing a broad and balanced curriculum.

The key concepts are revisited regularly as students progress each year, with new concepts and advanced processes being introduced at KS4 and KS5 to allow further development for those opting to continue with their Sports studies at BTEC Level 2 and 3. Literacy and Numeracy skills will be used regularly across the curriculum journey in the form of regular interpretation of data, extended writing tasks, evaluation, analysis and measuring.

Year 7

In Year 7 students build on the fundamental skills of agility, balance and co-ordination they have developed in key stage 1&2 and apply these to new sports in competitive situations. The focus in Year 7 is on the students level of control of a skill, which will allow them to develop their knowledge on KS2 and improve their accuracy of each skill they cover. In every lesson students will develop their declarative knowledge of a new skill, technique or movement and then be given the chance to demonstrate their procedural knowledge in isolated practices, conditioned games and competitive scenarios. Students will develop new skills in wide range of sports to engage all learners and challenge them to be as active as possible. The activities include team sports, individual sports, striking and fielding, racket sports, orienteering, gymnastics & creative movement. In every lesson there is a focus on one component of fitness which links to why this component is important for the sport as well as the importance of having healthy participation. Students participate in 10 minutes of physical activity at the start of every double lesson to help improve their physical fitness and understanding of healthy participation. We use a range of training methods including circuit training, HITT, continuous and interval training to help students gain an understanding of the different training methods you can use to help improve fitness. In every lesson students will focus on a muscle group and component of fitness that is linked to the skill being developed, to build up their knowledge of the human anatomy. Students will also build up confidence in leadership and will develop communication skills by delivering practical warm-ups to their peers in pairs.

Year 8

In Year 8 students focus on developing their precision where they are able to 'Perform the components of skills and refine the techniques for accuracy.' Students build upon the control of practical skills gained in Year 7 and develop tactics and strategies to overcome opponents in a wide range of individual and team sports. Students also take part in outdoor orienteering activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems. Student undertake fitness tests and interpret the results by comparing them to normative data. Students develop their leadership, organisation and planning skills by leading warm up activities to their peers on their own. All lessons are linked to a component of fitness and students develop and understanding of when and where the component is used effectively inn each sport covered. Students continue to develop their own personal levels of fitness with 10 minutes of continuous exercise at the start of every lesson.

Year 9

In Year 9 students focus on developing fluency of skills where they are able to 'Link skills and movements together to gain a competitive advantage within a sporting situation.' In Year 9 there is an increase in emphasis on competitive scenarios and analysis of practical performance. This is because students have developed their declarative and procedural knowledge the key skills, tactics and strategies in a range of sports, so they can focus to develop and adapt these skills to be successful in competitive scenarios. Year 9 students undertake the Sport Educate Model to help develop their understanding of the roles in each sport and allow them to express their levels of skills in more competition focused sessions. This model allows all learners to take an active role within the lesson and really develops student's leadership skills. Alongside the Sport Educate model, students also build on their leadership skills by individually planning and delivering the 10 minutes of fitness at the start of the lesson. Some student are also asked to help and support with Primary School competitions.

Year 10 BTEC Level 2 Tech Award in Sport

In Year 10 BTEC Sport students complete component 1 - Preparing Participants to Take Part in Sport and Physical Activity. This gives students an insight into the benefits to participating in physical activity, along with the potential barriers. Students also build upon their leadership from Year 7-9 and have to plan and deliver a sport specific warm up. Students are assessed following the BTEC framework in Feb/March, where they complete three tasks relating to the content they have been taught since September. The students then move onto component 2 - Taking Part and Improving Other Participants Sporting Performance. This component builds on the component of fitness knowledge the students have gained in KS3 and apply these to sport specific scenarios to help improve performance. Students also look at the officials in sports, again building on prior experience and key knowledge from KS3. The students then review their own performance in sport and look at ways to help improve. This links to the role of a coach as they need to create drill and strategies to help develop their own performance. Students complete the assessment for Component 1 in May which is 30% of their final mark.

Year 11 BTEC Level 2 Tech Award in Spot

In Year 11 students will continue to study Component 2 - Taking Part and Improving Other Participants Sporting Performance. They will be able to develop the key thresholds that have learned since Year 7 and apply these to sporting performance and leading a sports related session. Students will embed their knowledge of the component of fitness and the rules and regulations in their chosen sport. Students then are assessed in December which goes towards 30% of their final grade. In January students start component 3, developing Fitness to Improve Other Participants Performance in Sport and Physical Activity. This is a synoptic unit, where the students build and develop their knowledge on the components of fitness, training methods and fitness testing. The students will sit a written exam in the summer term.

Y12 & 13 – BTEC Level 3 National Extended Certificate in Sport

In year 12 students will be introduced to Anatomy and Physiology (Unit 1) and Sport Leadership (Unit 4). The units are taught linear with one member of staff from St Anthony's and one from St Aidan's deliver one unit each. Unit 1 is a written exam and builds on the subject knowledge developed at level 2 on the physiological responses to exercise. Students will also develop a deeper knowledge of leading sporting activities and build on their knowledge from level 2.

In Year 13 students again study two units which are delivered by staff from each school. Unit 3 focuses on the importance of health and active lifestyles along with ways to overcome health issues and training methods. This unit has large links to the fitness industry and gives the students a high insight into the careers of fitness coaches, health advisors and personal trainers. This ties well with Unit 3 - Professional Development in the Sports Industry, where students look into various careers in sport. All of these units allow students to gain the knowledge and understanding to study Sports related courses at University such as Sports coaching, Sport and Exercise Science or to gain apprenticeships in personal training, sports coaching or health advisors.

ART Assessment Map:

Year /Cycle	Sub Concept:	Curriculum assessed:	Assessment Type
Year 7 Cycle 1	Practical Sports Performance - Control	Knowledge and Understanding of the skill, techniques and rules of Sport 1	Formative
		Practical performance of the skills, techniques and application of rules in Sport 1	Summative
		Knowledge and Understanding of the skill, techniques and rules of Sport 2	Formative
	Components of Fitness	Practical performance of the skills, techniques and application of rules in Sport 2	Summative
		Knowledge and Understanding of the skill, techniques and rules of Sport 3	Formative
		Practical performance of the skills, techniques and application of rules in Sport 3	Summative
Year 7 Cycle 2	Practical Sports Performance - Control	Knowledge and Understanding of the skill, techniques and rules of Sport 4	Formative
		Practical performance of the skills, techniques and application of rules in Sport 4	Summative
		Knowledge and Understanding of the skill, techniques and rules of Sport 5	Formative
	Anatomy and Physiology	Practical performance of the skills, techniques and application of rules in Sport 5	Summative
		Knowledge and Understanding of the skill, techniques and rules of Sport 6	Formative
		Practical performance of the skills, techniques and application of rules in Sport 6	Summative
Year 7 Cycle 3	Practical Sports Performance - Control	Knowledge and Understanding of the skill, techniques and rules of Sport 7	Formative
		Practical performance of the skills, techniques and application of rules in Sport 7	Summative
		Knowledge and Understanding of the skill, techniques and rules of Sport 8	Formative
	Practical Sports Performance Control	Practical performance of the skills, techniques and application of rules in Sport 8	Summative
		Knowledge and Understanding of the skill, techniques and rules of Sport 9	Formative
		Practical performance of the skills, techniques and application of rules in Sport 9	Summative
Year 8 Cycle 1	Practical Sports Performance - Precision	Knowledge and Understanding of the skill, techniques and rules of Sport 1	Formative
		Practical performance of the skills, techniques and application of rules in Sport 1	Summative
		Knowledge and Understanding of the skill, techniques and rules of Sport 2	Formative
	Components of Fitness - Precision	Practical performance of the skills, techniques and application of rules in Sport 2	Summative
		Knowledge and Understanding of the skill, techniques and rules of Sport 3	Formative
		Practical performance of the skills, techniques and application of rules in Sport 3	Summative
Year 8 Cycle 2	Practical Sports Performance - Precision	Knowledge and Understanding of the skill, techniques and rules of Sport 4	Formative
		Practical performance of the skills, techniques and application of rules in Sport 4	Summative
		Knowledge and Understanding of the skill, techniques and rules of Sport 5	Formative
	Anatomy and Physiology - Precision	Practical performance of the skills, techniques and application of rules in Sport 5	Summative
		Knowledge and Understanding of the skill, techniques and rules of Sport 6	Formative
		Practical performance of the skills, techniques and application of rules in Sport 6	Summative
Year 8 Cycle 3	Practical Sports Performance - Precision	Knowledge and Understanding of the skill, techniques and rules of Sport 7	Formative
		Practical performance of the skills, techniques and application of rules in Sport 7	Summative
		Knowledge and Understanding of the skill, techniques and rules of Sport 8	Formative
	Sports Leadership - Precision	Practical performance of the skills, techniques and application of rules in Sport 8	Summative
		Knowledge and Understanding of the skill, techniques and rules of Sport 9	Formative
		Practical performance of the skills, techniques and application of rules in Sport 9	Summative

Year /Cycle	Sub Concept:	Curriculum assessed:	Assessment Type
Year 9 Cycle 1	Practical Sports Performance - Fluency	Knowledge and Understanding of the skill, techniques and rules of Sport 1 (Rugby or Handball or Basketball)	Formative
		Practical performance of the skills, techniques and application of rules in Sport 1 (Rugby or Handball or Basketball)	Summative
		Knowledge and Understanding of the skill, techniques and rules of Sport 2 (Rugby or Handball or Basketball)	Formative
	Practical Sports Performance - Fluency	Practical performance of the skills, techniques and application of rules in Sport 2 (Rugby or Handball or Basketball)	Summative
		Knowledge and Understanding of the skill, techniques and rules of Sport 3 (Rugby or Handball or Basketball)	Formative
		Practical performance of the skills, techniques and application of rules in Sport 3 (Rugby or Handball or Basketball)	Summative
Year 9 Cycle 2	Practical Sports Performance - Fluency	Knowledge and Understanding of the skill, techniques and rules of Sport 4 (Fitness or Badminton or Table Tennis or Football)	Formative
		Practical performance of the skills, techniques and application of rules in Sport 4 (Fitness or Badminton or Table Tennis or Football)	Summative
		Knowledge and Understanding of the skill, techniques and rules of Sport 5 (Fitness or Badminton or Table Tennis or Football)	Formative
	Practical Sports Performance - Fluency	Practical performance of the skills, techniques and application of rules in Sport 5 (Fitness or Badminton or Table Tennis or Football)	Summative
		Knowledge and Understanding of the skill, techniques and rules of Sport 6 (Fitness or Badminton or Table Tennis or Football)	Formative
		Practical performance of the skills, techniques and application of rules in Sport 6 (Fitness or Badminton or Table Tennis or Football)	Summative
Year 9 Cycle 3	Practical Sports Performance - Fluency	Knowledge and Understanding of the skill, techniques and rules of Sport 7 (Cricket or Athletics or Softball)	Formative
		Practical performance of the skills, techniques and application of rules in Sport 7 (Cricket or Athletics or Softball)	Summative
		Knowledge and Understanding of the skill, techniques and rules of Sport 8 (Cricket or Athletics or Softball)	Formative
	Leadership - Fluency	Practical performance of the skills, techniques and application of rules in Sport 8 (Cricket or Athletics or Softball)	Summative
		Knowledge and Understanding of the skill, techniques and rules of Sport 9 (Cricket or Athletics or Softball)	Formative
		Practical performance of the skills, techniques and application of rules in Sport 9 (Cricket or Athletics or Softball)	Summative
Year 10 Cycle 1	Preparing Participants to Take Part in Sport and Physical Activity	Benefits of taking part in physical Activity	Formative
		BTEC Sport Scenario for Task 1 Mock Benefits of taking part in physical Activity, Sporting provisions and Barriers to participation.	Summative
		Extended Writing Task	Formative
Year 10 Cycle 2	Preparing Participants to Take Part in Sport and Physical Activity	BTEC Sport Scenario for Task 2 - Mock The use of technology in Sport.	Summative
		Writing a warm up session plan	Formative
		Delivering a practical warm up.	Formative
		Delivering a practical warm up.	Summative
Year 10 Cycle 3	Taking Part and Improving Other Participants Sporting Performance	BTEC Official Internal Assessment – Component 2	Summative
		Practical Assessment of Performance – Isolated Skills	Summative
		Designing a session plan	Formative
		Practical Assessment of Performance – Competitive Scenario	Summative

Year /Cycle	Sub Concept:	Curriculum assessed:	Assessment Type
Year 11 Cycle 1	Taking part and improving other participants sporting performance.	Practical Delivery of session pan	Formative
		Practical Delivery of session pan	Summative
		Components of Fitness and Rules and Regulations	Formative
		BTEC Official Internal Assessment – Component 2	Summative
Year 11 Cycle 2	Developing Fitness to improve other participants performance in Sport and Physical Activity	Health and Skill related components of fitness	
		Fitness Training Methods	Formative
		Fitness Testing	Summative
Year 11 Cycle 3	Developing Fitness to improve other participants performance in Sport and Physical Activity	Principles of Training	Summative
		Mock Exam – Component 3 Past Exam Paper	Summative
		Review Tasks on any misconceptions from the Mock Exam	Formative
		Component 3 BTEC Written Exam	Summative

A Level Summary of Assessment:

Year 12

Unit 1 – Anatomy and Physiology (External Assessment in May/June 2022)

Students carry out regular formative assessments on the key concepts throughout the year. There are two summative assessments per cycle.

Unit 4 – Leadership in Sport (Internally Assessed Unit)

The students carryout two summative assessment pieces of course work. Assessment on focuses on learning Aim A&B. Learning aim A ensures students understand the roles, qualities and characteristics of an effective sports leader, and learning aim B, examines the importance of psychological factors and their link with effective leadership. The second assessment explores effective leadership styles when leading a team during sport and exercise activities. The students carry out regular formative assessments during the course (2 per cycle) to address gap in knowledge.

Year 13

Unit 2 - Fitness Training and Programming for Health, Sport and Well-being (Externally Assessed Unit)

Students sit the written exam in January 2022 and then get the opportunity to re-sit the exam in May/June 2022. During the course of the year students carryout regular formative assessments and sit two mock exams.

Unit 3 - Professional Development in the Sports Industry (Internally Assessed Unit)

This is made up of three summative assessment assignments that are internally assessed. . The students carry out regular formative assessments during the course (2 per cycle) to address gap in knowledge.