

St. Cuthbert's Curriculum Mapping

Curriculum intent: The curriculum at St Cuthbert's provides ambitious educational opportunities for all members of our community. The curriculum equips our students with the knowledge, skills and personal characteristics they need to flourish as literate, articulate, global citizens, who fulfil our Catholic Mission to bring about the Common Good.

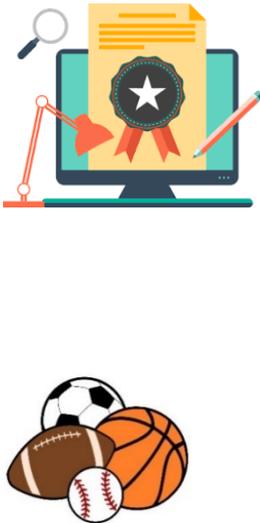
Physical Education Vision Statement:

The St Cuthbert's Physical Education departments vision, is to create a learning environment where students are encouraged to promote the 5P's consistently within lessons, whilst also encouraging our students to develop their skills and techniques within a range of sports in the National Curriculum. Our PE department has created an exciting curriculum which suits the needs of our students, to help them to grow in confidence and stature. Throughout the years, students will have many different sporting opportunities through aspects such as playing, officiating and leadership to build character and resilience whilst embedding values such as respect and fairness. Our intention, is that every student develops a love for sport and a desire to live healthy and active lifestyles.

Physical Education Key:

	Sports Leadership		Assignment Work		Sport & Media		Examination Prep
	Officiating		Anatomy & Physiology		Health, Fitness & Well Being		Cultural Capital
	Practical Sport		Physical Training		Socio-cultural Issues		

Topics		AUTUMN	SPRING	SUMMER
Year 10	Sports Leadership	<p>Cambridge National:</p> <p>By completing this unit, learners will develop knowledge, understanding and practical skills required to be an effective sport leader. Students will plan, deliver and review safe and effective sporting activity sessions themselves.</p> <p>Students will consider and evaluate their delivery and, by doing so, develop their ability to communicate with an audience verbally and through practical demonstration, and adapt to developing situations and the different needs and abilities of those they are leading.</p> <p>Students are taught all aspects of sports leadership including:</p> <ol style="list-style-type: none"> 1. Leadership roles 2. Responsibilities 3. Personal qualities 4. Session plan 5. Risk assessment/emergency procedures. <p>Following this, students will deliver a sports session which demonstrates aspects such as communication and motivation, clear appreciation of safe practise and advanced activity knowledge. The evaluation will conclude the sports leadership module.</p>	<p>Cambridge National:</p> <p>During the Spring term, students will build on the knowledge and understanding learnt in years 8 and 9, recall rules and regulations and use those rules as building blocks to secure advanced officiating knowledge, to officiate effectively in a number of officiating roles within an activity.</p> <p>The more advanced skills will include hand signals and the ability to communicate effectively and clearly.</p> <div style="display: flex; justify-content: center; align-items: center; gap: 20px;">   </div> <p>Following their Badminton officiating module, students will complete a short module on improving performance within a team or an individual sport. Students will recall knowledge and understanding learnt in sports leadership to apply practise methods and how these are considered and addressed.</p>	<p>Cambridge National:</p> <p>By completing this unit, learners will develop their skills, techniques and use of tactics/strategies/compositional ideas in both an individual and a team sporting activity. This unit builds upon the core themes of the National Curriculum for Physical Education in Key Stages 3 and 4 and offers learners the opportunity to refine and showcase skills developed as part of that programme of study.</p> <p>The sports are:</p> <ul style="list-style-type: none"> Football Basketball Rugby Badminton Athletics <div style="text-align: right;">  </div>

Topics	AUTUMN	SPRING	SUMMER
<p>GCSE Physical Education</p>	<p>GCSE PE:</p> <p>In the Autumn term, students will begin their studies by improving their knowledge and understanding of Anatomy and Physiology and physical training. Students will learn about the anatomy of the human body, including, the skeleton, muscles, movement analysis of the musculoskeletal system. They will explore the structure and function of the cardiovascular and respiratory system as well as the levers and planes of movement and axes of rotation.</p> <p>Practical is completed throughout the different terms. Within practical lessons, students will recall on the skills taught within core PE and build the more advanced skills and techniques into their performances. All sports at GCSE level are marked out of 20.</p> <p>Sports:</p> <p>Football Rugby Basketball Netball Trampolining Badminton Cricket Athletics</p>	<p>GCSE PE:</p> <p>During the Spring term, students will further their knowledge and understanding of Physical Training, including aspects such as components of fitness, types of training and areas such as the importance of warming up the body and cooling down prior to and following exercise and injury prevention.</p> <div style="text-align: center;">  </div>	<p>GCSE PE:</p> <p>In the Summer term, students will be completing their controlled assessment. For this, students complete an analysis and evaluation of performance within 1 chosen sport. Students will analyse, plan improvement, explain movement analyse and evaluate both strengths and weaknesses within their performance.</p> <div style="text-align: center;">  </div>





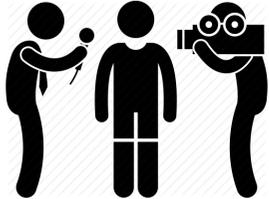
Topics		AUTUMN	SPRING	SUMMER
		<p>Links to previous knowledge.</p> <p>Cambridge National:</p> <p>Students within core PE will have completed sports leadership within Years 8 and 9. This enables our students to recall previous foundation knowledge and build upon this to make excellent progress within this unit of work in the Cambridge National Award.</p> <p>GCSE PE:</p> <p>Students can recall muscles/muscle groups that are taught during warm up/cool downs in their practical lessons at KS3. Students also have opportunities to recall knowledge and understanding of planes and axes, which are taught in sports such as gymnastics, dance and trampolining at KS3. During their fitness unit of work, students also explore the cardiovascular system when discussing heart rate and the importance of a warm up and cool down, which ensures further links to previous learning.</p>	<p>Links to previous knowledge.</p> <p>Cambridge National:</p> <p>Students will have completed officiating during Year 9, allowing previous knowledge to be recalled and embedded further in Year 10. Moreover, within the sports leadership module, students will have learnt rules and regulations in sport. This provides opportunities for previous links from other modules to be recalled and help deepen their knowledge and understanding in officiating.</p> <p>GCSE PE:</p> <p>All students will complete at least one unit of fitness during KS3. This will embed the basic knowledge required for the physical training aspect of the GCSE course. They will complete fitness testing and will complete a range of training methods at KS3 which can be recalled to embed further understanding on the GCSE course.</p>	<p>Links to previous knowledge.</p> <p>Cambridge National/GCSE PE:</p> <p>The sports taught in core PE throughout KS3, will provide a foundation of skills and techniques, which can be recalled by students before the more advanced skills and techniques are practised and mastered.</p> <p>GCSE PE:</p> <p>The students will complete a range of sports during KS3. All students will have the participate during inter and intra school competitions. Students will learn about the skills required in each sport as they develop through KS3. This will provide students with a foundation of sporting analysis through playing sport, which students can then build upon to complete their controlled assessment.</p>



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		<p>Links to future learning:</p> <p>Sports Leadership links to future learning when students undertake areas such as improvement within a sporting activity and officiating. Sports Leadership promotes confidence, communication and self-esteem among students, all of which are vital attributes when officiating. Sports Leadership also builds knowledge and understanding of how to organise a successful sports session, which will support students when completing 'improvement within a sporting activity'.</p> <p>The GCSE anatomy and physiology taught to students during the Autumn Term allows for future learning when completing their controlled assessment. Key topics such as movement analysis and the human body will provide a foundation for our students to embed the knowledge of this content, which they can recall in future learning for their controlled assessment.</p> <p>Why:</p> <p>Students within core PE will have completed Sports Leadership within Year 9. The rationale behind completing the Sports Leadership module in Year 10 is to provide students with</p>	<p>Links to future learning:</p> <p>Teaching officiating during the Autumn term will allow for future learning when studying Sports Media. Students will have understanding of rules and regulations in sport, communication and sporting values, all of which are taught in future learning.</p> <p>Teaching physical training at this point ensures students learn the knowledge and understanding, which can be rooted into students controlled assessment during the analysis and evaluation. This allows students to recall this information before they undertake their controlled assessment in the next term.</p> <p>Why:</p> <p>Students within core PE will have completed Sports officiating within Years 8 and 9. The rationale behind completing the officiating module in this term, is to provide students</p>	<p>Links to future learning:</p> <p>Students will experience a breadth of learning linked to practical sport in order to secure transferrable skills, which will be revisited in preparation for their practical assessment. This will also be developed if students choose to opt for Post 16 education in Physical Education.</p> <p>Students have previously learnt a breadth of knowledge on the components of fitness. This allows for recall when completing their strengths and weaknesses during their individual sporting analysis. Pupils will have a foundation of knowledge in other areas such as target setting, skill classification and principles of training, thus allowing further knowledge and understanding to be recalled to complete their controlled assessment.</p> <p>Why:</p> <p>Students will have learnt a wide range of knowledge on all previous topics including anatomy, physiology and physical training. Consequently, students will have the</p>



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		<p>opportunities to recall previous knowledge within leadership and build further learning to promote traits such as confidence and good communication within our students, so that they have a breadth of knowledge in this module.</p> <p>The rationale behind completing both anatomy and physiology and physical training in terms 1 and 2 of GCSE, is so that when students complete their written controlled assessment in term 3, students will have acquired a breadth of learning required to undertake the written assignment. Therefore, recall of information is easier, and our students will have embedded previous knowledge to produce quality samples of controlled assessment. Students can recall their anatomy and physiology knowledge to complete a successful movement analysis of them in their chosen sport.</p>	<p>with opportunities to recall previous rule and regulation knowledge from their core PE lessons and employ traits such as confidence and good communication from Sports Leadership to transfer them within their Officiating.</p> <p>Teaching physical training in the spring term prepares students for controlled assessment. They will be able to use the previous knowledge embedded from physical training in their controlled assessment and recall this in order to apply it to their specific sport.</p>	<p>building blocks to make links to their individual sports, analysing and evaluating their performance in detail to complete their controlled assessment.</p>

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Year 11	Cambridge National Award	<p>In the Autumn term students will be completing the R054 Sports Media module. Learners will develop their knowledge and understanding of the relationship between sport and the media as well as their ability to evaluate and interpret the different ways in which sports items may be represented by the media.</p> <p>This unit will require learners to look at the differences in sports coverage across a range of media outlets; the impacts the media has on sport and how this has changed over the years and the effect on public interest and involvement in sport that the media has had.</p> <p>To conclude this module, students should be able to explain the ways in which sport and the media influence each other, showing a thorough understanding of how this has changed over time and evaluate the coverage of a particular story item within different media outlets.</p> 	<p>In the Spring term, learners will explore a range of topical and contemporary issues in sport, relating to participation levels and barriers, the promotion of values and ethical behaviour through sport and the role of high-profile sporting events. Students will also explore national governing bodies in advancing sports and attempts to positively impact upon society and showcase their worth beyond providing entertainment.</p> <p>For this area of the course, students will recall knowledge and understanding of all modules completed. This provides opportunities for previous content to be recalled to help deepen their knowledge and understanding of R051.</p> 	

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	GCSE Physical Education	<p>At the start of Year 11, students will begin by learning about and health, fitness and well-being. Students will be taught aspects such as healthy eating and the importance of a good, balanced diet. Students will learn knowledge and understanding in sports psychology. They will explore psychological factors that can affect performers, such as goal setting, mental preparation and will understand the different types of feedback and guidance within a sporting context.</p>  <p>Within practical lessons, students will re-visit individual sports taught in Year 10. Selected students who need to improve their marks within an individual sport can participate in Rock Climbing in order to improve their practical marks.</p> 	<p>In term 2, students will learn sociocultural issues and ethical issues within physical activity and sport. This includes areas such as activity rates in sport within the UK and commercialisation. When learning about ethical issues, students will review topics such as drugs and violence in sport.</p>  <p>Within practical lessons, students will undertake and re-visit sports taught in Year 10.</p>	<p>During this term, pupils will follow a rigorous revision programme in order to prepare for their final GCSE exam.</p> <p>Examination preparation will follow the end of the theory content, which includes a mock exam, moderation and standardisation of practical activities and past paper revision</p>



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	Knowledge/ skills:	<p>Links to previous knowledge:</p> <p>Cambridge National:</p> <p>Students will recall knowledge and understanding of previous topics in leadership and officiating, to improve students' work in areas of Sport Media such as. Making links to previous knowledge is evident in the following areas during the Sport Media module.</p> <ol style="list-style-type: none"> 1. Understanding of adapted rules in sports 2. Role models 3. Increased pressure on officials 4. Officials jobs being made harder due to media. <p>GCSE PE:</p> <p>Students will already have knowledge and understanding on the components of fitness from their previous year of learning; this will link in to diet and health and fitness. Students will also have used sports psychology during their controlled assessment, which will link</p>	<p>Links to previous knowledge:</p> <p>Cambridge National:</p> <p>Students will recall knowledge and understanding of all previous topics and modules, providing opportunities to recall and further embed extensive learning during R051- 'contemporary issues in sport'. Theoretical knowledge that links to previous knowledge includes:</p> <ol style="list-style-type: none"> 1. Team spirit 2. Fair play 3. Tolerance and respect 4. Inclusion 5. Sportsmanship 6. Safety 7. Major sports events 8. Development in training 9. Support and technical advice. <p>GCSE PE:</p> <p>When covering ethical issues within sport such as sportsmanship, gamesmanship etc, pupils will have gained practical experience of these terms when working as a team during their PE lessons allowing for recall of previous learning. Engagement patterns will</p>	<p>Links to previous knowledge:</p> <p>Cambridge National/GCSE PE:</p> <p>Students will have been taught a broad range of knowledge that will be utilised to complete a comprehensive revision programme before their examination. Students will recall all topics taught and embed this learning further to complete past exam questions. Students will be taught how to complete the synoptic section of the exam.</p>



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		<p>with topics taught in the Autumn Term, in more detail. The sports they complete practically, will have been completed during all of KS3 and throughout Year 10, allowing for recall of skills and techniques to provide students with greater opportunities to improve their overall grade.</p> <p>Links to future learning:</p> <p>Sport and Media will link to future learning in the examination unit 'contemporary issues in sport'. Students will have learnt a breadth of knowledge surrounding Sport Media which can be recalled and embedded into the theoretical unit in areas such as:</p> <ol style="list-style-type: none"> 1. Media coverage 2. Spectatorship 3. Major sporting events <p>GCSE PE:</p> <p>The health and fitness section will link to the engagement patterns section of the course that is completed during the spring term. The skills developed would be relevant in a range</p>	<p>link in with the knowledge gained in the previous term when studying health and fitness; they will link this to the wider community whilst completing data analysis.</p> <p>Links to future learning:</p> <p>The knowledge, understanding, skills and techniques developed throughout the Cambridge National Award would link to future learning and careers in:</p> <ol style="list-style-type: none"> 1. Sports reporting 2. Broadcasting 3. Sports analysis/research 4. Public Relations 5. Media work within a sports organisation 6. Coaching 7. Performing 8. Sports Coach <p>GCSE PE:</p> <p>The knowledge gained during this term will allow students to complete a paper 2 exam paper. They will have completed the theory content of the course and will be ready to</p>	



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		<p>of careers and roles within the sports industry, such as:</p> <ul style="list-style-type: none"> Sports reporting Broadcasting Sports analysis or research Public Relations Media work within a sports organisation. <p>Why:</p> <p>The rationale behind teaching Sport Media in in the Autumn Term, is that our students will have completed a range of modules in areas such as sports leadership, developing sports skills and officiating, allowing for recall of previous knowledge and understanding and adapting this into Sports Media.</p> <p>Health and fitness is taught during the Autumn Term of Year 11, so that foundation knowledge is developed and clear links between topics will be possible. Students will already have embedded knowledge of health and fitness from completing their controlled assessment and during this term, they will further explore the topic in detail, allowing for recall and further links to specific examples to be made.</p>	<p>complete their revision of all topics. They will also be able to attempt a synoptic exam question in paper one and two, effectively.</p> <p>Why:</p> <p>The rationale behind teaching contemporary issues in sport during the Spring Term, is that our students will have completed a range of modules in areas such as sports leadership, developing sports skills and officiating, allowing for recall of previous knowledge and understanding and adapting this into the theoretical element in Year 11.</p> <p>Students in GCSE PE will have gained a breadth of knowledge and understanding of health and fitness and sports psychology from the previous term. This will link in with commercialisation and engagement patterns taught in the summer examination.</p>	