



The Ridgeway School & Sixth Form College

...Inspiring Learners For Their Future

'Our shared vision is that our students, colleagues and families will be part of a **FAIR** community.'

We will support our school **Family** to **Achieve** their potential, and **Inspire** students to **Reach** the very best destinations.'



PE & Sport

Curriculum Overview

RESPECT | HONESTY | ENDEAVOUR | CREATIVITY | COMMUNITY

Year 7 PE Curriculum Overview

Students will experience a breadth of activities, learning, refining and combining skills, techniques, tactics into effective performance. Experience differentiated competition and practically demonstrate our School Values in a range of physical activities.

- Students will learn how to prepare themselves safely both physically and mentally, for all activities.
- Students will learn how and why they need to perform skills, techniques and tactics safely, following rules and procedures.
- Students will learn skills, refine them and combine them into effective performances.
- Students will practically demonstrate our School Values in a range of physical activities
- Students will experience differentiated competition across a range of activities.

		Term 1 - 4				Term 5 & 6	
Year 7	2 activities on a rotation from: Rugby (Boys) Netball (Girls) Netball/Tag Rugby (Mixed) Gymnastics (Boys) Dance (Girls) Football (All) Swimming (All) Table Tennis (Mixed) Hockey (All)	2 activities on a rotation from: Rugby (Boys) Netball (Girls) Netball/Tag Rugby (Mixed) Gymnastics (Boys) Dance (Girls) Football (All) Swimming (All) Table Tennis (Mixed) Hockey (All) X-Country.	2 activities on a rotation from: Rugby (Boys) Netball (Girls) Netball/Tag Rugby (Mixed) Gymnastics (Boys) Dance (Girls) Football (All) Swimming (All) Table Tennis (Mixed) Hockey (All)	2 activities on a rotation from: Rugby (Boys) Netball (Girls) Netball/Tag Rugby (Mixed) Rugb(Mixed) Gymnastics (Boys) Dance (Girls) Football (All) Swimming (All) Table Tennis (Mixed) Hockey (All)	2 activities on a rotation from: 9 Athletic Events Running – 100m /200m 800m/ 8x50m relay Jumping – Long/High & Triple Throwing – Discus/ Shot and Javelin Short Tennis Striking & Fielding	2 activities on a rotation from: 9 Athletic Events Running – 100m /200m 800m/ 8x50m relay Jumping – Long/High & Triple Throwing – Discus/ Shot and Javelin Short Tennis Striking & Fielding	

Year 8	Term 1 - 4				Term 5	Term 6
	2 activities on a rotation from: Rugby (Boys) Netball (Girls) Netball/Tag Rugby (Mixed) Badminton (All) Dance/Gymnastics (All) Football (All) Swimming (All) Table Tennis (Mixed) Hockey (All)	2 activities on a rotation from: Rugby (Boys) Netball (Girls) Netball/Tag Rugby (Mixed) Badminton (All) Dance/Gymnastics (All) Football (All) Swimming (All) Table Tennis (Mixed) Hockey (All) X-Country.	2 activities on a rotation from: Rugby (Boys) Netball (Girls) Netball/Tag Rugby (Mixed) Badminton (All) Dance/Gymnastics (All) Football (All) Swimming (All) Table Tennis (Mixed) Hockey (All)	2 activities on a rotation from: Rugby (Boys) Netball (Girls) Netball/Tag Rugby (Mixed) Badminton (All) Dance/Gymnastics (All) Football (All) Swimming (All) Table Tennis (Mixed) Hockey (All)	2 activities on a rotation from: 9 Athletic Events Running – 100m /200m 800m/ 8x50m relay Jumping – Long/High & Triple Throwing – Discus/ Shot and Javelin Short Tennis Striking & Fielding	2 activities on a rotation from: 9 Athletic Events Running – 100m /200m 800m/ 8x50m relay Jumping – Long/High & Triple Throwing – Discus/ Shot and Javelin Short Tennis Striking & Fielding

Year 9	Term 1	Term 2	Term 3 & 4 – Student 'Pathways'		Term 5	Term 6
	2 activities on a rotation from: Fitness Suite Volleyball Basketball Handball X-Country	2 activities on a rotation from: Fitness Suite Volleyball Basketball Handball X-Country	Student Choice Outwitting Activities Pathway Rugby, Football, Badminton, Netball, Basketball, Handball, Hockey, Benchball, Dodgeball, Endball, Table Tennis Swimming/Alternative Pathway Water polo, Swimming, Personal Survival, Lifesaving, Golf, Ultimate Frisbee, Handball, Dodgeball, Table Tennis, Boxercise, Fitness Suite	Student Choice Outwitting Activities Pathway Rugby, Football, Badminton, Netball, Basketball, Handball, Hockey, Benchball, Dodgeball, Endball, Table Tennis Swimming/Alternative Pathway Water polo, Swimming, Personal Survival, Lifesaving, Golf, Ultimate Frisbee, Handball, Dodgeball, Table Tennis, Boxercise, Fitness Suite	2 activities on a rotation from: 9 Athletic Events Running – 100m / 200m 800m/ 8x50m relay Jumping – Long/ High & Triple Throwing – Discus/ Shot and Javelin	2 activities on a rotation from: 9 Athletic Events Running – 100m / 200m 800m/ 8x50m relay Jumping – Long/ High & Triple Throwing – Discus/ Shot and Javelin

			Creative Pathway Dance, Gymnastics, Trampolining, Vaulting, Wii Dance, Fitness Suite	Creative Pathway Dance, Gymnastics, Trampolining, Vaulting, Wii Dance, Fitness Suite	Short or Full Tennis Striking & Fielding Golf/Frisbee	Short or Full Tennis Striking & Fielding Golf/Frisbee
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Year 10 GCSE PE Curriculum Overview

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10 Theory Paper 2 Content	<ul style="list-style-type: none"> • Health & Well Being • Obesity • Body Types • Energy Use and Nutrition 	<ul style="list-style-type: none"> • Energy use & Nutrition • Engagement Patterns • Commercialisation Sponsorship • Commercialisation Technology 	<ul style="list-style-type: none"> • Commercialisation Technology • Ethical Conduct • Performance Enhancing Drugs • Spectators and Holliganism 	<ul style="list-style-type: none"> • Skill Classification and ability • Goal setting • Information Processiing • Guidance & feedback 	<ul style="list-style-type: none"> • Mental preparation & arousal • Mental preparation & Aggression • Personality 	<ul style="list-style-type: none"> • Mental Preparation & motivation • PPE and Paper 2 review and reteach. • Components of Fitness & training Principles & Methods
Year 10 Practical	<ul style="list-style-type: none"> • Handball and or Netball 	<ul style="list-style-type: none"> • Football and/or Badminton 	<ul style="list-style-type: none"> • Basketball and or Trampolining 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Athletics, Cricket and or Tennis 	<ul style="list-style-type: none"> • Athletics, Cricket and or Tennis

Year 10 Cambridge National Level 2 Sport

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10	R185 Performance and leadership in sports activities	R185 Performance and leadership in sports activities	R185 Performance and leadership in sports activities	R185 Performance and leadership in sports activities	R185 Performance and leadership in sports activities	R186 Sport and the media
	TA1 - Practical individual sport and log book TA 3 - Planning a sports session	TA 3 -Planning a risk assessment to leadership session TA 3 - Emergency procedures TA 2 – Practice methods to improve performance	TA 4: Lead session TA 2: Strengths and weaknesses in a sport TA 2: 6-week action plan	TA 4: Lead session TA 2: Performing the 6-week action plan and log book	TA 5: Reviewing own leadership performance TA 2: Practical team sport and log book	TA 1: Different sources of media that cover sport TA 2: Positive effects of the media in sport

Year 11 GCSE PE Curriculum Overview

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 11 Theory Paper 1 Content	<ul style="list-style-type: none"> Skeletal System Muscular System Muscles and Planes of Movement. Movement and analysis – Levers 	<ul style="list-style-type: none"> Cardiovascular System Respiratory System Mechanics of Breathing <p>1st PPE – Paper 2 Start NEA Coursework</p>	<ul style="list-style-type: none"> Aerobic & Anaerobic exercise Recovery process Fitness Testing Spirometer Trace 	<ul style="list-style-type: none"> Weight and Altitude training methods The Training year Immediate, short and long term effects. <p>2nd PPE – Paper 1 and 2</p>	<ul style="list-style-type: none"> Revision and Walking Talking Mock 	
Year 11 Practical	<ul style="list-style-type: none"> Handball, Football, Badminton, Netball 	<ul style="list-style-type: none"> Start NEA Coursework 	<ul style="list-style-type: none"> NEA Coursework 	<ul style="list-style-type: none"> Revision and Walking Talking Mock 		

Year 11 Cambridge National Level 2 Sport

	Term 1	Term 2	Term 3	Term 4	Term 5	
Year 11	<p>R186 Sport and the media</p> <p>TA 2: Positive effects of the media in sport</p> <p>TA 3: Negative effects on the media in sport</p>	<p>R184 Contemporary Issues in Sport</p> <p>TA 1: Issues which affect participation in sport:</p> <ul style="list-style-type: none"> - Barriers to sport - Solutions to barriers <p>TA 2: The role of sport in promoting values</p>	<p>R184 Contemporary Issues in Sport</p> <p>TA 3: The implications of hosting a major sporting event for a city or country</p>	<p>R184 Contemporary Issues in Sport</p> <p>TA 4: The role National Governing Bodies (NGBs) play in the development of their sport</p> <p>TA 5: The use of technology in sport</p> <p>Revision/walking talking mock</p>	<p>R184 Contemporary Issues in Sport</p> <p>Revision and walking talking mock</p> <p>End of year exam – 40% of course grade</p>	

Sixth Form PE & Sport Curriculum Overview

PE

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 12	<ul style="list-style-type: none"> • Skeletal/muscles systems • Classification of skills, practice and transfer of learning • Emergence and evolution of modern sport 	<ul style="list-style-type: none"> • Cardiovascular and respiratory system • Guidance and feedback • Global sporting events 	<ul style="list-style-type: none"> • Diet and Nutrition • Personality and motivation and arousal • Ethics and deviance in sport 	<ul style="list-style-type: none"> • Preparation and training methods • Attitude, Anxiety and aggression • Ethics and deviance in sport 	<ul style="list-style-type: none"> • Preparation and training methods • Social facilitation and groups • Social cultural revision and synoptic content 	<ul style="list-style-type: none"> • Biomechanical principles, levers and use of technology • Groups and goal setting <p>Social cultural revision and synoptic content</p> <p>EAPI</p>
Year 8	<p>Energy for exercise</p> <ul style="list-style-type: none"> • Attribution and confidence • Commercialisation and media <p>EAPI</p>	<p>Environmental effects on body systems</p> <ul style="list-style-type: none"> • Leadership in sport and theories of memory • Commercialisation and media <p>Synoptic-recap</p> <p>Mock-EAPI</p>	<p>Injury prevention and rehabilitation of injury</p> <ul style="list-style-type: none"> • Theories of memory and stress management • Routes of sporting excellence • Modern technology <p>EAPI</p>	<p>Linear motion, angular motion, fluid mechanics and projectile motion</p> <ul style="list-style-type: none"> • Stress management and revision and recap • Modern technology • Revision recap synoptic <p>EAPI</p>	<p>Revision and recap</p> <p>Application on long mark questions</p>	

Level 3 BTEC Sport

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 12	<ul style="list-style-type: none"> • Unit 1-Skeletal (A) and Muscular (B) • Unit 2- Lifestyle factors and their effect on health and well being • Unit 22 features of business in sport and the models of business • Unit 23 Characteristics of a sports performer assign1 	<ul style="list-style-type: none"> • Unit 1-Muscular (B) and Respiratory (C) • Unit 2-Screening processes for a training programme • Unit 22 human resources and marketing • Unit 23- Characteristics of a sports performer assign1/ Information process and sport performers 	<ul style="list-style-type: none"> • Unit 1- Cardiovascular (D) • Unit 2- Programme related to nutritional needs and training methods • Unit 22 marketing and finance • Unit 23-Information process and sport performers/Theories of teaching 	<ul style="list-style-type: none"> • Unit 1 Energy (E) and Synoptic (F) • Unit 2 Training methods and principles of fitness training programme design • Unit 22 finance and trends • Unit 23-Theories of teaching and practical teaching 	<ul style="list-style-type: none"> • Unit 1 Revision and Synoptic practice • Unit 2 Revision and question practice • Unit 22- Revision and question practice • Unit 23 practical teaching and evaluation 	<ul style="list-style-type: none"> • Unit 3- research of job opportunities (assign1) • Unit 10- Sporting events-Assign 1
Year 13	<ul style="list-style-type: none"> • Unit 3- application of job process • Unit 10- Proposal, planning and promotion • Unit 5 Principles of fitness tests 	<ul style="list-style-type: none"> • Unit 3- review and evaluation of job process • Unit 10-delivery of event and evaluation • Unit 5 Carrying out and evaluation of fitness tests 	<ul style="list-style-type: none"> • Unit 4-qualities and characteristics of a good leader • Unit 5-Evaluation of fitness tests • Unit 25 Changes in roles of officials 	<ul style="list-style-type: none"> • Unit 4-psychological factors effecting leadership/own leadership • Unit 25 Analysis of other officials and own performance 	<ul style="list-style-type: none"> • Unit 4-evaluation of leadership • Unit 25 evaluation of own officiating 	

