



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

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

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

## Year 10 GCSE PE Curriculum Overview

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

### Year 11 GCSE PE Curriculum Overview

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
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<b>Year 11 Theory</b>  <b>Paper 1 Content</b>  <b>Year 11 Practical</b>	<b>NEA CWK</b> <ul style="list-style-type: none"> <li>● <b>Components of Fitness &amp; training Principles &amp; Methods</b></li> <li>● <b>Start preparation for GCSE PE Coursework</b></li> <li>● <b>Skill Classification and ability</b></li> <li>● <b>Goal setting</b></li> <li>● <b>Information Processiing</b></li> <li>● <b>Guidance &amp; feedback</b></li> </ul>	<ul style="list-style-type: none"> <li>● Skeletal System</li> <li>● Muscular System</li> <li>● Muscles and Planes of Movement.</li> <li>● Movement and analysis – Levers</li> <li>● Cardiovascular System</li> <li>● Respiratory System</li> <li>● Mechanics of Breathing</li> </ul>	<ul style="list-style-type: none"> <li>● Respiratory System</li> <li>● Mechanics of Breathing</li> <li>● Aerobic &amp; Anaerobic exercise</li> <li>● Recovery process</li> <li>● Fitness Testing</li> <li>● Spirometer Trace</li> </ul>	<ul style="list-style-type: none"> <li>● Weight and Altitude training methods</li> <li>● The Training year</li> <li>● Immediate, short and long term effects.</li> </ul>	<ul style="list-style-type: none"> <li>● Revision and Walking Talking Mock</li> </ul>	
	<ul style="list-style-type: none"> <li>● Handball, Football, Badminton, Netball</li> </ul>	<b>CWK Catchup</b> <b>1<sup>st</sup> PPE – Paper 2</b>		<ul style="list-style-type: none"> <li>● NEA Coursework</li> </ul>	<b>2<sup>nd</sup> PPE – Paper 1 and 2</b> <ul style="list-style-type: none"> <li>● Revision and Walking Talking Mock</li> </ul>	

## Sixth Form PE & Sport Curriculum Overview

PE

Year 12	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>
	<ul style="list-style-type: none"> <li>• Skeletal/muscles systems</li> <li>• Classification of skills, practice and transfer of learning</li> <li>• Emergence and evolution of modern sport</li> </ul>	<ul style="list-style-type: none"> <li>• Cardiovascular and respiratory system</li> <li>• Guidance and feedback</li> <li>• Global sporting events</li> </ul>	<ul style="list-style-type: none"> <li>• Diet and Nutrition</li> <li>• Personality and motivation and arousal</li> <li>• Ethics and deviance in sport</li> </ul>	<ul style="list-style-type: none"> <li>• Preparation and training methods</li> <li>• Attitude, Anxiety and aggression</li> <li>• Ethics and deviance in sport</li> </ul>	<ul style="list-style-type: none"> <li>• Preparation and training methods</li> <li>• Social facilitation and groups</li> <li>• Social cultural revision and synoptic content</li> </ul>	<ul style="list-style-type: none"> <li>• Biomechanical principles, levers and use of technology</li> <li>• Groups and goal setting</li> </ul> <p>Social cultural revision and synoptic content</p> <p>EAPI</p>
Year 8	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>
	<p>Energy for exercise</p> <ul style="list-style-type: none"> <li>• Attribution and confidence</li> <li>• Commercialisation and media</li> </ul> <p>EAPI</p>	<p>Environmental effects on body systems</p> <ul style="list-style-type: none"> <li>• Leadership in sport and theories of memory</li> <li>• Commercialisation and media</li> </ul> <p>Synoptic-recap</p> <p>Mock-EAPI</p>	<p>Injury prevention and rehabilitation of injury</p> <ul style="list-style-type: none"> <li>• Theories of memory and stress management</li> <li>• Routes of sporting excellence</li> <li>• Modern technology</li> </ul> <p>EAPI</p>	<p>Linear motion, angular motion, fluid mechanics and projectile motion</p> <ul style="list-style-type: none"> <li>• Stress management and revision and recap</li> <li>• Modern technology</li> <li>• Revision recap synoptic</li> </ul> <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
<b>Year 12</b>	<ul style="list-style-type: none"> <li>• Unit 1-Skeletal (A) and Muscular (B)</li> <li>• Unit 2- Lifestyle factors and their effect on health and well being</li> <li>• Unit 22 features of business in sport and the models of business</li> <li>• Unit 23 Characteristics of a sports performer assign1</li> </ul>	<ul style="list-style-type: none"> <li>• Unit 1-Muscular (B) and Respiratory (C)</li> <li>• Unit 2-Screening processes for a training programme</li> <li>• Unit 22 human resources and marketing</li> <li>• Unit 23- Characteristics of a sports performer assign1/ Information process and sport performers</li> </ul>	<ul style="list-style-type: none"> <li>• Unit 1- Cardiovascular (D)</li> <li>• Unit 2- Programme related to nutritional needs and training methods</li> <li>• Unit 22 marketing and finance</li> <li>• Unit 23-Information process and sport performers/Theories of teaching</li> </ul>	<ul style="list-style-type: none"> <li>• Unit 1 Energy (E) and Synoptic (F)</li> <li>• Unit 2 Training methods and principles of fitness training programme design</li> <li>• Unit 22 finance and trends</li> <li>• Unit 23-Theories of teaching and practical teaching</li> </ul>	<ul style="list-style-type: none"> <li>• Unit 1 Revision and Synoptic practice</li> <li>Unit 2 Revision and question practice</li> <li>Unit 22- Revision and question practice</li> <li>Unit 23 practical teaching and evaluation</li> </ul>	<ul style="list-style-type: none"> <li>• Unit 3- research of job opportunities (assign1)</li> <li>• Unit 10- Sporting events-Assign 1</li> </ul>
<b>Year 13</b>	<ul style="list-style-type: none"> <li>• Unit 3- application of job process</li> <li>• Unit 10- Proposal, planning and promotion</li> <li>• Unit 5 Principles of fitness tests</li> </ul>	<ul style="list-style-type: none"> <li>• Unit 3- review and evaluation of job process</li> <li>• Unit 10-delivery of event and evaluation</li> <li>• Unit 5 Carrying out and evaluation of fitness tests</li> </ul>	<ul style="list-style-type: none"> <li>• Unit 4-qualities and characteristics of a good leader</li> <li>• Unit 5-Evaluation of fitness tests</li> <li>• Unit 25 Changes in roles of officials</li> </ul>	<ul style="list-style-type: none"> <li>Unit 4-psychological factors effecting leadership/own leadership</li> <li>Unit 25 Analysis of other officials and own performance</li> </ul>	<ul style="list-style-type: none"> <li>Unit 4-evaluation of leadership</li> <li>Unit 25 evaluation of own officiating</li> </ul>	

