



## Physical Education Curriculum Overview

<b>KS3 Core PE Focus</b>	Rotation of Themed activities (with different groups on different activities in different terms which spiral across the key Stages in terms of knowledge, skills and competencies).					
Year 7 Physical Literacy	<b>Competitive Activities</b>  Activities that focus on outwitting opponents (Hockey, Rugby, Netball, Handball)	<b>Outdoor Adventurous Activities</b>  Activities that have a focus on risk and challenge and solving problems (Orienteering + Team Building activities)	<b>Creative+ Aesthetic Activities</b>  Activities that focus on expression, body control and moving outside of your comfort zone (Dance, Ariel Ropes, Gymnastics).	<b>Health, Fitness + Wellbeing</b>  Activities that focus on improving physical Health and Well-being (Functional Fitness)	<b>Athletic Activities</b>  Activities that focus on the performer reaching personal maximum/optimal power, distance, speed, and accuracy within a competitive and controlled environment (Athletics)	<b>Relational Activities</b>  Activities that focus on sharing experiences and developing empathy between groups as they work together. (Tennis, Cricket+ Rounders).
Year 8 Personal Development	<b>Competitive Activities</b>	<b>Outdoor Adventurous Activities</b>	<b>Creative+ Aesthetic Activities</b>	<b>Health, Fitness + wellbeing</b>	<b>Athletic Activities</b>	<b>Relational Activities</b>
Year 9 Character development	<b>Competitive Activities</b>	<b>Outdoor Adventurous Activities</b>	<b>Creative+ Aesthetic Activities</b>	<b>Health, Fitness + wellbeing</b>	<b>Athletic Activities</b>	<b>Relational Activities</b>
<b>KS4 Core PE Focus</b>	Students opt to follow their own pathway with an emphasis on Leadership and being active for life.					
Year 10 Leadership.	<b>Competition + Performance</b> This pathway will focus on developing performance in a range of competitive activities in full game situations looking at sport specific fitness and tactics as well as developing the ability to coach and officiate (Football, Hockey, Handball, Basketball, Cricket, Softball, Tennis, Athletics, Fitness).	<b>Sports Leadership</b> This pathway will develop leadership skills and the ability to work with and organize others. Some students will go on to achieve their Level 2 Sports Leadership award and all students will officiate others, lead in Primary schools and help to plan events.		<b>Lifelong Sport</b> This pathway will focus on the more social and relational aspect of PE where students will follow a variety of activities with a less competitive focus (Badminton, Volleyball, Handball, Table tennis, Fitness).	<b>Healthy Active Lifestyles</b> This pathway will focus on creating an active habit for life and developing an understanding of how to stay active and healthy outside of school (Fitness, Ariel Ropes, Spin, Yoga, Boxercise, Circuits).	
Year 11 Active for Life	Competition + Performance		Sports Leadership		Lifelong Sport	
<b>Exam PE</b>	Autumn			Spring		Summer

Year 10 Sport Studies	R187 Increasing Awareness of Outdoor and Adventurous Activities (Written Coursework + trip).	R185 Sports Performance (Practical Coursework – assessed on performance in 2 practical areas).	R185 Sports Leadership (Practical and Written Coursework - assessed on planning a sports session and leading others).
Year 11 Sport Studies	R184 Issues affecting performance in Sport (exam unit)		
Year 12 A Level PE	Applied Anatomy and Physiology Skill Acquisition AS Exam Content	Exercise Physiology Sport and Society Evaluating + Improving Performance Coursework AS Exam Content	Biomechanics Sports Psychology Sport and society AS Exam Content
Year 13 A Level PE	Applied Anatomy and Physiology Skill Acquisition Evaluating + Improving Performance Coursework A2 Exam Content	Exercise Physiology +Biomechanics Sport and Society A2 Exam Content	Sports Psychology Sport and society A2 Exam Content
Year 13 L3 Ctec Sport	Body Systems and the effects of physical activity (Exam) Sport Coaching + Leadership (Coursework). Sports Organisation and development (Exam)	Body Systems and the effects of physical activity (Exam) Sport Coaching + Leadership (Coursework) Sports Organisation and development (Exam)	Body Systems and the effects of physical activity (Exam) Sport Coaching + Leadership (Coursework)  Sports Organisation and development (Exam)
Y13 L3 Ctec Sport	Organisation of Sports Events (Coursework) Practical Skills in Sport (Coursework)	Organisation of Sports Events (Coursework) Practical Skills in Sport (Coursework)	Organisation of Sports Events (Coursework) Practical Skills in Sport (Coursework)