



Physical Education Curriculum Overview

KS3 Core PE Focus	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	Competitive Activities Activities that focus on outwitting opponents (Hockey, Rugby, Netball, Handball)	Outdoor Adventurous Activities Activities that have a focus on risk and challenge and solving problems (Orienteering + Team Building activities)	Creative+ Aesthetic Activities Activities that focus on expression, body control and moving outside of your comfort zone (Dance, Ariel Ropes, Gymnastics).	Health, Fitness + Wellbeing Activities that focus on improving physical Health and Well-being (Functional Fitness)	Athletic Activities Activities that focus on the performer reaching personal maximum/optimal power, distance, speed, and accuracy within a competitive and controlled environment (Athletics)	Relational Activities Activities that focus on sharing experiences and developing empathy between groups as they work together. (Tennis, Cricket+ Rounders).
Year 8 Personal Development	Competitive Activities	Outdoor Adventurous Activities	Creative+ Aesthetic Activities	Health, Fitness + wellbeing	Athletic Activities	Relational Activities
Year 9 Character development	Competitive Activities	Outdoor Adventurous Activities	Creative+ Aesthetic Activities	Health, Fitness + wellbeing	Athletic Activities	Relational Activities
KS4 Core PE Focus	Students opt to follow their own pathway with an emphasis on Leadership and being active for life. The concepts remain the same through KS3 and KS4 but are delivered in different ways to ensure spiral learning.					
Year 10 Leadership.	Competition (Sport Studies) Designed to support the R185 unit of study for the sport studies groups. 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).	Sports Leadership 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.		Lifelong Sport 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).	Healthy Active Lifestyles 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 (Sport Studies)	Sports Leadership	Lifelong Sport	Healthy Active Lifestyles
Exam PE	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	R185 final checks and then R184 Issues affecting performance in Sport (exam unit)			
Year 12 A Level PE	Applied Anatomy and Physiology Sport and Society Biomechanics AS Exam Content	Exercise Physiology Skill Acquisition Evaluating + Improving Performance Coursework AS Exam Content	Sports Psychology Exercise Physiology Evaluating + Improving Performance Coursework AS Exam Content	
Year 13 A Level PE	Applied Anatomy and Physiology Sport and Society Biomechanics Evaluating + Improving Performance Coursework A2 Exam Content	Exercise Physiology Sport and Society Skill Acquisition Evaluating + Improving Performance Coursework 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)	