

## **Physical Education Department**

### **Programme of Study: 2023-2024**

#### **Curriculum intent:**

Our vision is to maintain and stimulate student interest and enjoyment in Physical Education in order to promote lifelong participation in sport and to increase students' awareness of healthy and active lifestyles.

We aim to inspire all students to become highly motivated individuals, who strive to do their best and be their best in all areas that we cover. We share our knowledge and expertise in both traditional and alternative games, activities and competition. with all students in order to develop a positive attitude towards lessons and beyond.

Our curriculum is sequenced to develop knowledge year on year for both practical and theory aspects of the subject. Students build on the skills learnt in Year 7 and 8 and become more expert and independent in Year 9, 10 and 11.

Skills are developed and revisited constantly as transferable skills are applied across a range of activities. For example how the pass in netball is the same as passing in football, as is creating space and outwitting opponents. In addition, soft skills such as teamwork and leadership are a constant feature within lessons. As students' confidence to implement these skills grow their challenge is increased.

#### **Discovery**

##### **Key Stage 3:**

Students in Year 7 and 8 have three lessons of 70 minutes and Year 9 have two lessons per fortnight. The curriculum is arranged with the students of each group in mind. Students follow different activities throughout the Key Stage and are assessed in four strands: Performing, performance analysis, leadership and knowledge of health and fitness.

During Key Stage 3, students become more expert in their skills and techniques they developed at primary school. They learn how to apply them in different situations, contexts and activities. They start to understand what contributes to an effective performance and how to apply these principles to their own and others' work. They learn to take the initiative and make decisions for themselves about what to do to improve performance. They start to identify the types of activity they prefer, and take a variety of roles such as leader, coach and official.

We cover many activities from the following areas: Invasion games, net and racket sports, athletics, gymnastics, health and fitness and striking and fielding games.

Year 7			05/09 - 29/09 4 weeks	02/10 - 03/11 4 weeks	06/11 - 13/11 2 weeks	14/11 - 08/12 4 weeks	11/12 - 19/01 4 weeks	22/01 - 23/02 4 weeks	26/02 - 15/03 4 weeks	18/03 - 28/03 2 weeks	15/04 - 10/05 4 weeks	13/05 - 14/06 4 weeks	17/06 - 12/07 4 weeks	15/07 - 19/07 1 week
Class	Lessons	Staff *Lead	6 lessons	6 lessons	3 lessons	6 lessons	6 lessons	6 lessons	6 lessons	3 lessons	6 lessons	6 lessons	6 lessons	1 / 2 lessons
7X1	ATue2, BWed1, BFri4	CGO	Gymnastics	Rugby	Moderation	Netball	Badminton	HRF	Football	Teambuilding	Striking & Fielding	Athletics	Tennis	Frisbee
7X2		LSM	Badminton	Gymnastics	Moderation	Rugby	Netball	Football	HRF	Teambuilding	Tennis	Frisbee	Striking & Fielding	Athletics
7X3		SEB	Netball	Badminton	Moderation	Gymnastics	Football	Basketball	Rugby	Teambuilding	Frisbee	Striking & Fielding	Athletics	Tennis
7X4		JAC	Rugby	Netball	Moderation	Badminton	Gymnastics	HRF	Basketball	Teambuilding	Athletics	Tennis	Frisbee	Striking & Fielding
7Y1	AWed1, AFri1, BThu2	CGO	Gymnastics	Rugby	Moderation	Netball	Badminton	HRF	Football	Teambuilding	Striking & Fielding	Athletics	Tennis	Frisbee
7Y2		LSM	Badminton	Gymnastics	Moderation	Rugby	Netball	Football	HRF	Teambuilding	Tennis	Frisbee	Striking & Fielding	Athletics
7Y3		SEB	Netball	Badminton	Moderation	Gymnastics	Football	Basketball	Rugby	Teambuilding	Frisbee	Striking & Fielding	Athletics	Tennis
YEAR 8			05/09 - 29/09 4 weeks	02/10 - 03/11 4 weeks	06/11 - 13/11 2 weeks	14/11 - 08/12 4 weeks	11/12 - 19/01 4 weeks	22/01 - 23/02 4 weeks	26/02 - 15/03 4 weeks	18/03 - 28/03 2 weeks	15/04 - 10/05 4 weeks	13/05 - 14/06 4 weeks	17/06 - 12/07 4 weeks	15/07 - 19/07 1 week
Class	Lessons	Staff *Lead	6 lessons	6 lessons	3 lessons	6 lessons	6 lessons	6 lessons	6 lessons	3 lessons	6 lessons	6 lessons	6 lessons	1 / 2 lessons
8X1	AMon1, AThu1, BMon3	JEV	Gymnastics	Rugby	Moderation	Netball	Badminton	HRF	Football	Teambuilding	Striking & Fielding	Athletics	Tennis	Frisbee
8X2		LSM	Badminton	Gymnastics	Moderation	Rugby	Netball	Football	HRF	Teambuilding	Tennis	Frisbee	Striking & Fielding	Athletics
8X3		JAC	Netball	Badminton	Moderation	HRF	Rugby	Basketball	HRF	Teambuilding	Frisbee	Striking & Fielding	Athletics	Tennis
8Y1	AMon3*, AFri2, BThu2*	CGO* / JEV	Gymnastics	Rugby	Moderation	Netball	Badminton	HRF	Football	Teambuilding	Striking & Fielding	Athletics	Tennis	Frisbee
8Y2		LSM	Badminton	Gymnastics	Moderation	Rugby	Netball	Football	HRF	Teambuilding	Tennis	Frisbee	Striking & Fielding	Athletics
8Y3		SEB	Netball	Badminton	Moderation	HRF	Football	Basketball	Rugby	Teambuilding	Frisbee	Striking & Fielding	Athletics	Tennis
YEAR 9			05/09 - 29/09 4 weeks	02/10 - 03/11 4 weeks	06/11 - 13/11 2 weeks	14/11 - 08/12 4 weeks	11/12 - 19/01 4 weeks	22/01 - 23/02 4 weeks	26/02 - 15/03 4 weeks	18/03 - 28/03 2 weeks	15/04 - 10/05 4 weeks	13/05 - 14/06 4 weeks	17/06 - 12/07 4 weeks	15/07 - 19/07 1 weeks
Class	Lessons	Staff *Lead	4 lessons	4 lessons	2 lessons	4 lessons	4 lessons	4 lessons	4 lessons	2 lessons	4 lessons	4 lessons	4 lessons	1 lesson
9X1	AThu3, BFri2	LSM	Handball		Moderation	Badminton		Football		Competitions	Cricket		Athletics	
9X2		CGO	Football	HRF	Moderation	Dodgeball	Netball	Boc. Rok. Ben	Badminton	Competitions	Athletics	Frisbee	Tennis	Striking & Fielding
9X3		SEB	HRF	Football	Moderation	Netball	Dodgeball	Badminton	Boc. Rok. Ben	Competitions	Frisbee	Athletics	Striking & Fielding	Tennis
9Y1	ATue4, BThu1	LSM	Handball		Moderation	Badminton		Football		Competitions	Cricket		Athletics	
9Y2		CGO	Football	HRF	Moderation	Dodgeball	Netball	Boc. Rok. Ben	Badminton	Competitions	Athletics	Frisbee	Tennis	Striking & Fielding
9Y3		JAC	HRF	Football	Moderation	Netball	Dodgeball	Badminton	Boc. Rok. Ben	Competitions	Frisbee	Athletics	Striking & Fielding	Tennis

## Destiny

### Key Stage 4:

All students in Key Stage 4 have two lessons of 70 minutes per fortnight. As with KS3, the curriculum is arranged with the students of each group in mind. Students follow different activities throughout the key stage where their effort and involvement and contribution to lessons is assessed.

In Key Stage 4 students become more independent and take more control over their roles and responsibilities in lessons and activities and are expected to take a lead in the delivery of lessons.

We cover many activities from the following areas: Invasion games, net and racket sports, athletics, gymnastics, health and fitness and striking and fielding games.

YEAR 10			05/09 - 29/09	02/10 - 03/11	06/11 - 13/11	14/11 - 08/12	11/12 - 19/01	22/01 - 23/02	26/02 - 15/03	18/03 - 28/03	15/04 - 10/05	13/05 - 14/06	17/06 - 12/07	15/07 - 19/07
Class	Lessons	Staff *Lead	4 weeks 4 lessons	4 weeks 4 lessons	2 weeks 2 lessons	4 weeks 4 lessons	4 weeks 4 lessons	4 weeks 4 lessons	4 weeks 4 lessons	2 weeks 2 lessons	4 weeks 4 lessons	4 weeks 4 lessons	4 weeks 4 lessons	1 weeks 1 lesson
10X1	AWed2, BWed2	LSM	HRF	Rugby	Competitions	Basketball	Badminton	Football	Handball	Competitions	Frisbee	Tennis	Striking & Fielding	Competitions
10X2		CGO	Football	Badminton	Competitions	Handball	Netball	HRF	Basketball	Competitions	Striking & Fielding	Frisbee	Tennis	Competitions
10X3		JEW	Badminton	Boccia	Walking	Just Dance	Yoga	Badminton	Just Dance	Walking	Capture the Flag	Striking & Fielding	Frisbee	Competitions
10Y1	AWed4, BWed3	LSM	HRF	Rugby	Competitions	Basketball	Badminton	Football	Handball	Competitions	Striking & Fielding	Tennis	Frisbee	Competitions
10Y2		JEW	Badminton	HRF	Competitions	Netball	Dodgeball	Boc. Rok. Ben	Basketball	Competitions	Tennis	Frisbee	Striking & Fielding	Competitions
10Y3		SEB	Netball	Badminton	Competitions	Dodgeball	Football	Basketball	HRF	Competitions	Frisbee	Striking & Fielding	Tennis	Competitions
YEAR 11			05/09 - 29/09	02/10 - 03/11	06/11 - 13/11	14/11 - 08/12	11/12 - 19/01	22/01 - 23/02	26/02 - 15/03	18/03 - 28/03	15/04 - 10/05	13/05 - 24/05		
Class	Lessons	Staff *Lead	4 weeks 4 lessons	4 weeks 4 lessons	2 weeks 2 lessons	4 weeks 4 lessons	4 weeks 4 lessons	4 weeks 4 lessons	4 weeks 4 lessons	2 weeks 2 lessons	4 weeks 4 lessons	2 weeks 2 lessons		
11X1	AWed3, BFri1	LSM	Football		Comp / Rev	Badminton		Basketball		Comp / Rev	Softball			
11X2		JAC	Dodgeball	Badminton	Comp / Rev	Football	Football	Capture the Flag	Dodgeball	Comp / Rev	Frisbee	Tennis		
11X3		SEB	Badminton	Boccia	Comp / Rev	Just Dance	Yoga	Just Dance	Walking	Comp / Rev	Kabaddi	Capture the Flag		
11Y1	AFri4, BFri3	LSM	Football		Comp / Rev	Badminton		Basketball		Comp / Rev	Softball			
11Y2		JAC	Dodgeball	Badminton	Comp / Rev	Football	Netball	Capture the Flag	Dodgeball	Comp / Rev	Frisbee	Tennis		
11Y3		SEB	Badminton	Dodgeball	Comp / Rev	Just Dance	HRF	Benchball	Capture the Flag	Comp / Rev	Tennis	Kabaddi		

## Examined courses:

We currently offer two examined courses at Key Stage 4.

### - OCR GCSE Physical Education (Year 11)

Students study four units, two are assessed through written examination, one is a practical assessment and the last is a coursework based portfolio. The following content is covered for the written examinations:

- Applied anatomy and physiology
- Physical Training
- Socio-cultural influences
- Sports psychology
- Health, fitness and wellbeing

Students are required to be practically assessed in one team sport, one individual and one other.

Their coursework portfolio is based on analysis and evaluation of performance and is produced under controlled conditions.

### - NCFE Level 1/2 in Health and Fitness (Year 10 and 11)

Students study two units, one is assessed through written examination and one is coursework based.

The following content is covered:

- Understand and identify the main body systems and their functions.
- Understand the Principles of Training and FITT.
- Explore how physical activities affect the body in the short- and long-term.
- Understand how relevant fitness tests can be used for specific health and skill components of fitness.
- Understand different lifestyle analysis tools and how to apply them.
- Create a health and fitness programme

- **BTEC Level 3 Extended Certificate in Sport (Year 12)**

Four units are covered over the two year course, two are externally assessed through written exams and two are assessed through coursework. The units covered are:

- Anatomy and Physiology.
- Fitness Training and Programming for Health.
- Sport and Wellbeing Professional Development in the Sports Industry.
- Sports Psychology.