



PE KS3 CURRICULUM 2016-2017

As all lessons are doubled, the time will be split into two sports to aid a broad and balanced curriculum. Students should be given 5 minutes maximum for changing. This will then leave time for two 45 minute lessons.

The week before Christmas will be inter-house week for all year groups (to include **OAA** challenges and Dance)

The week before we break up for summer will be sports day/inter-house week for all year groups (To include **cycling** tasters)

Y7 Block	Lesson half	Girls	Boys
1	Double lesson (4 weeks)	Baseline assessment: Endzone/netball Dance/gymnastics 12 min run/fitness Badminton	Baseline assessment: Football Handball Badminton 12 min run/fitness
2	1 2 (8 weeks)	Netball Badminton	Badminton Football
3	1 2 (8 weeks)	Gymnastics/Dance Handball	Handball Basketball/Gymnastics
4	1 2 (8 weeks)	Volleyball Table Tennis	Table Tennis Volleyball
5	1 2 (8 weeks)	Athletics Rounders/Cricket	Cricket Athletics

Y8 & 9 Block	Lesson half	Girls	Boys
1	1 2 (8wk)	Netball Badminton	Badminton Football
2	1 2 (7wk)	Volleyball Table tennis	Table Tennis Volleyball
3	1 2 (7wk)	Dance/Fitness Handball	Handball Fitness
4	1 2 (7wk)	Gymnastics Rounders/Cricket	Cricket Basketball
5	1 2 (7wk)	Athletics (track) Athletics (field)	Athletics (field) Athletics (track)

In fitness units and where possible throughout all other units theory content should be covered in preparation for GCSE PE:

ANATOMY & PHYSIOLOGY

- Structure and function of the musculo-skeletal system (including all names of major muscles and bones)
- Structure and function of the cardio-respiratory system
- Aerobic and anaerobic exercise
- Short and long term effects of exercise

MOVEMENT ANALYSIS

- Lever systems
- Planes and axes of movement

PHYSICAL TRAINING

- Relationship between health and fitness, and the role that exercise and fitness plays in both
- Components of fitness and how fitness is measured and improved
- Principles of training and how to apply them to a PEP
- How to optimise training and prevent injury
- Effective use of a warm up and cool down

SPORTS PSYCHOLOGY

- Classification of skills (basic/complex; open/closed)

HEALTH, FITNESS AND WELL-BEING

- The consequences of a sedentary lifestyle
- Energy use, diet, nutrition and hydration

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Y10	Lesson half	Girls	Boys
1	1 2 (8wk)	Netball Badminton	Badminton Football
2	1 2 (7wk)	Handball Dance or Gymnastics	Volleyball Handball
3	1 2 (7wk)	Table tennis Basketball	Basketball Table Tennis
4	1 2 (7wk)	Fitness (PEP) Cricket	Cricket Fitness (PEP)
5	1 2 (7wk)	Athletics (track) Athletics (field)	Athletics (field) Athletics (track)

Y11	Girls	Boys
1 5 week	Athletics Rounders/officiating	Cricket Athletics
2 5 week	Netball	Football/officiating
3 6 weeks	Aerobics/Leadership	Badminton/officiating
4 5 weeks	Badminton Table Tennis	Handball (inc 3 GCSE girls)
5 3 weeks	Practice exams (range of sports TBC)	Practice exams (range of sports TBC)
6 2 weeks	PE moderation PE moderation	
7 Easter onwards	GCSE PE students- revision with BJA Core students- practical with VW	

GCSE 2016 Physical Education

DUE TO THE NEW SPECIFICATION BEING IMPLEMENTED IN SEPTMEBER 2016 THE TIME SPAN OF THE COURSE PLAN MAY CHANGE SLIGHTLY- NUMBER OF LESSONS HAS BEEN ESTIMATED BASED ON THE PROPOSED CONTENT TO BE COVERED.

Year One

Year 1: Paper 2 Topic 1&2 and Paper 1 Topic 3 content covered			
Topic 1: Health, Fitness and Well-being (Paper 2: Health and Performance)			Number of lessons
15 lessons content (SEPTEMBER – OCTOBER HALF TERM 2016)			
1	P126-132	Physical, emotional and social health	3
2	P133-135	Lifestyle choices	2
3	P135-137	Impact of lifestyle choices	
4	P138-143	Sedentary lifestyles and consequences (linked to graphs)	2
5	P144-148	Balanced diet and the role of nutrients (7 factors and their functions)	2
6	P145-146, 151	Dietary manipulation for sport	2
7	P149-150	Optimum weight	
8	End of unit	REVISION LESSON, TOPIC TEST, MARKING & FEEDBACK	3-4
OCTOBER HALF TERM			
Topic 2: Sport Psychology (Paper 2: Health and Performance)			
Topic 3: Physical Training (Paper 1: Fitness and the Body Systems)			
10+7 lessons content (NOVEMBER- DECEMBER 2016)			

9	P156-157	Goal setting – SMART targets	1
10	P154	Classification of skills	1
11	P155	Forms of practice – theory and practical application	
12	P158-159	Types of guidance – theory and practical application	1
13	P160-162	Mental preparation for performance; Types of feedback	2
14	P160	Sports psychology – use of data (video analysis via YouTube clips)	1
15	End of unit	REVISION LESSON, TOPIC TEST, MARKING & FEEDBACK	3-4
20	P102-105	Injury prevention in physical activity (similar content to risks in sport)	1
21	P105-109	Identification and treatment of injury (practical scenarios)	2
22	P108-112	Performance enhancing drugs (2 drugs per lesson)	4
		CHRISTMAS BREAK	
<p>Topic 3: Physical Training (Paper 1: Fitness and the Body Systems)</p> <p>Health, Fitness and Well-being (Paper 2: Health and Performance)</p> <p>31 lessons content (JANUARY-EASTER)</p>			
16	PEP lessons P197-204	An introduction to using a PEP to develop fitness, health, exercise and performance (Used at varying points in the unit to help with planning & delivery)	N/A

17	P102-103, 113-116	PARQs; warm ups and cool downs	1
18	P63-65	Health, fitness, exercise & performance	1
19	P66-74	Components of fitness	6
20	P74-80	Why do we use fitness testing?	4
21		Fitness tests – practical lessons, protocol & comparing results to national average	
22	PEP LESSONS	PEP introduction, aims and targets, fitness testing and components of fitness to improve. (controlled assessment)	4 (up to Feb half term)
23	P81-85	Principles of training	3
24	P86-87	Thresholds of training and training safely	1
25	PEP LESSON	Application of principles of training to a PEP. (controlled assessment)	1
17	P88-89	Choosing the right methods of training	1
	P90-97	Methods of training (can be taught as theory through practical lessons).	6
18	PEP LESSONS	Application of methods of training to a PEP, 6 week programme design and planning. (controlled assessment)	3 (up to Easter/hmwk)
		EASTER BREAK	
PEP completion and write up (Easter-May half term in Monday theory lessons-computer room). Continue with remaining theory content during double lessons on Tuesdays.			
Formal exam in the hall on all topics covered so far- End of May			
19	PEP	Practical fitness lessons in CORE PE time and write up/evaluation lessons in	6-8 (Monday

	LESSONS	theory.	theory eval)
20	P98-99	Long term effects of training on the musculo-skeletal system	2
21	P100-101	Long term effects of training on the cardio-respiratory system	2
22	PEP	PEP overall evaluation and analysis completed by May half term (any spare lessons as correction/feedback lessons) (controlled assessment)	6-8
	EXAM	End of year exam in the hall (P2: Topic 1, Topic 2, P1: Topic 3).	
<p><i>Topic 3: Socio-cultural Influences (Paper 2: Health and Performance)</i></p> <p>13 Lessons content- (MAY HALF TERM-SUMMER)</p>			
23	P165-168	Factors affecting participation in physical activity	2
24	P168	Participation rate trends – use of data/graphs	2
25	P169-172	Commercialisation and the media	1
26	P171-172	Advantages and disadvantages of commercialisation- Linked to graphs	2
27	P173	Sporting behaviours (sportsmanship/gamesmanship)	3
28	P173-175	Deviance in sport	
29	End of unit	REVISION LESSON, TOPIC TEST, MARKING & FEEDBACK	3-4
END OF YEAR ONE			

Year Two

Year 1: Paper 2 Topic 3 and Paper 1 Topic 1&2 content covered			
Topic 1: Applied Anatomy and Physiology (Paper 1: Fitness and Body Systems)			Number of lessons
lessons content 40 (17+21)			
1	P2-4	Functions of the skeletal system	1
2	P4-5	Classification of bones	1
3	P6-8	Structure of the skeletal system	2
4	P9-13	Joints and movement, ligaments and tendons	3-4
5	P13	Classification and roles of muscles/muscle types	4 (with exam Q)
6	P13-18	Location and roles of key voluntary muscles	
7	P19	Antagonistic muscles	1
8	P20	Fast and slow twitch muscle fibres	1
9	P21	How the skeletal and muscular systems work together	1
10	End of unit	REVISION LESSON, TOPIC TEST, MARKING & FEEDBACK	3-4
11	P22-25	Structure and function of the cardiovascular system. Including labelling of the heart and transport of blood	4
12	P26-27	Arteries, capillaries and veins	1-2
13	P28	Vascular shunting	1
14	P29-30	Components of blood and their	

		significance for physical activity	
15	P31	Respiratory system – composition of air; lung volumes	1
16	P32-33	Location and roles of principal components of respiratory system	2
17	P32-33	Structure and function of alveoli	
18	P33-35	How the cardiovascular and respiratory systems work together.	1
19	P36-39	Energy sources; aerobic and anaerobic exercise and recap diet.	2
20	P40-49	Short term effects of exercise/graphs	4
21	P98-101	Recap on the long term effects of exercise on the cardio-respiratory and musculo-skeletal systems. (year 1)	1
22	End of unit	REVISION LESSON, TOPIC TEST, MARKING & FEEDBACK	3-4
		CHRISTMAS BREAK	
Topic 2: Movement Analysis (Paper 1: Fitness and Body Systems)			
Jan-Feb half term Lessons 13			
23	P51-53	Lever system – first, second and third class levers	3
24	P54-55	Mechanical advantage in sport and physical activity	
25	P54-55	Movement possibilities at joints; utilisation of movement in physical activity	3
26	P55-60	Joint classification and impact on	

		movement axes	
27	P55-61	Planes and axes – generalised movement patterns	2
8	End of unit	REVISION LESSON, TOPIC TEST, MARKING & FEEDBACK	3-4

Year 2 February onwards:

- Catch up time.
- Practical assessment mock exams during single theory lesson in preparation for formal practical moderation before Easter.
- Revision timetable will be implemented to go through all content before the final theory examinations in May/June.