



## PE KS3 CURRICULUM 2017-2018

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. Where possible boys and girls classes are mapped to allow ease of setting up/packing away equipment.

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

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

<b>Y7 Block</b>	Lesson half	Girls	Boys
<b>1</b> (4/9/17- 29/9/17)	Double lesson (4 weeks)	Baseline assessment: Endzone/netball Dance/gymnastics Fitness/cross country Badminton	Baseline assessment: Football Handball Badminton Fitness/cross country
<b>2</b> (2/10/17- 1/12/16)	1 2 (8 weeks)	Netball Badminton	Badminton Football
<b>3</b> (4/12/17- 23/2/18)	1 2 (8 weeks)	Handball Table Tennis	Handball Table Tennis
<b>4</b> (26/2/18 4/5/18)	1 2 (8 weeks)	Volleyball Gymnastics/Dance	Basketball Volleyball
<b>5</b> (7/5/18- 6/7/18)	1 2 (8 weeks)	Athletics Rounders/Cricket	Cricket Athletics

Year 7 baselining period for 4 weeks in double lessons (1hr40). Students to be levelled at the end of the lesson and result recorded in planner and transferred to SIMS. This should aid with planning/differentiation in blocks 2-5 and will help guidance/steering into extra-curricular clubs and school teams.

In those sports where a baseline lesson has not been done, please use the first lesson to assess and record their starting level.

Y8 & 9 Block	Lesson half	Girls	Boys
<b>1</b> (4/9/17-25/10/17)	1	Netball Badminton	Badminton Football
	2 (8wk)		
<b>2</b> (6/11/17-19/1/18)	1	Gymnastics Table tennis	Table Tennis Basketball
	2 (8wk)		
<b>3</b> (22/1/18-23/3/18)	1	Dance/Fitness Handball	Handball Fitness
	2 (8wk)		
<b>4</b> (9/4/18-25/5/18)	1	Volleyball Rounders/cricket	Cricket Volleyball
	2 (7wk)		
<b>5</b> (4/6/18-6/7/18)	1	Athletics (track) Athletics (field)	Athletics (field) Athletics (track)
	2 (5wk)		

**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



### Y10 CORE/GCSE Curriculum 2017-2018

CORE lessons will be structured to allow GCSE students to follow practical criteria for their exam. GCSE students will be assessed with the practical criteria (marks out of 35) and non-GCSE students will remain on the KS3 ladder. See AFL policy for info. One sport will be covered per lesson to allow more time for a competitive full sided game.

Lessons should be focused around those drills used in the GCSE moderation exam and be aimed directly to covering the practical assessment criteria (Edexcel). The last lesson of the unit will be the moderation exam where all students are formally assessed and recorded.

Y10	Lesson half	GCSE	CORE
<b>1</b> (4/9/17- 25/10/17)	1 2 (8wk)	Netball Football	Stay in boys/girls groups
<b>2</b> (6/11/17- 12/1/18)	1 2 (7wk)	Badminton	Table tennis Basketball
<b>3</b> (15/1/18- 16/3/18)	1 2 (7wk)	Handball	Fitness circuits
<b>4</b> (19/3/18- 18/5/18)	1 2 (7wk)	Fitness (PEP)	Badminton Handball
<b>5</b> (21/5/18- 13/7/18)	1 2 (7wk)	Cycling Athletics	Athletics Rounders

**Work experience dates- 29<sup>th</sup> January 2017-7<sup>th</sup> February 2017**

PEP lesson dates may need to change slightly to fit with theory course. PEP evidence to be done during fitness units in the form of one or more of the methods of training named on the specification.

**Review budget for booking UCLAN Sports Arena for cycling and athletics**

**Build partnership with Preston City Trampolining club**

### Y11 CORE/GCSE PE Curriculum 2017-2018

CORE lessons will be structured to allow GCSE students to follow practical criteria for their exam. GCSE students will be assessed with the practical criteria (marks out of 35) and non-GCSE students will remain on the KS3 ladder. See AFL policy for info. One sport will be covered per lesson to allow more time for a competitive full sided game.

Lessons should be focused around those drills used in the GCSE moderation exam and be aimed directly to covering the practical assessment criteria (Edexcel). The last lesson of the unit will be the moderation exam where all students are formally assessed and recorded.

Y11	GCSE	CORE
1 (4/9/17-6/10/17) (5 weeks)	Athletics Cycling	Badminton
2 (9/10/17-17/11/17) (5 weeks)	Netball Football	Stay in boys/girls groups
3 (20/11/17-23/12/17) (5 weeks)	Handball	Fitness Circuits Boxercise
4 (8/1/18-9/2/18) (5 weeks)	Badminton	Table tennis
5 (19/2/18-24/3/18) (5 weeks)	DVD recording (range of sports TBC)	Handball
6 (9/4/18-21/4/18) (2 weeks)	Mop up time: <u>Film any remaining DVD evidence</u>	
7 (23/4/18-exam) (3 weeks)	GCSE PE students- revision with VW Core students- practical with BJA	

Mock exams 1- wk/b 20<sup>th</sup> Nov-27<sup>th</sup> Nov

Mock exams 2- wk/b 29<sup>th</sup> Jan-7<sup>th</sup> Feb

**All Y11 GCSE PE students must be encouraged to attend extra-curricular clubs as this could be used as a practical grade.**

GCSE PE Exam dates:

Paper 1: 16<sup>th</sup> May 1hr 45min

Paper 2: 18<sup>th</sup> May 1hr 15min

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## Teaching guide-

# Y10 delivery and Y11 planning (VW/BJA)

## Edexcel GCSE Physical Education

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### Component 1: Fitness and Body Systems (Component code: 1PE0/01)

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- Written examination: 1 hour and 45 minutes
- 36% of the qualification
- 90 marks

#### Content overview

- Topic 1: Applied Anatomy and Physiology
- Topic 2: Movement Analysis
- Topic 3: Physical Training
- Topic 4: Use of Data

#### Assessment overview

- The assessment consists of multiple-choice, short-answer, and extended writing questions.
- Learners must answer all questions.
- Calculators can be used in the examination

### Component 2: Health and Performance (Component code: 1PE0/02)

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- Written examination: 1 hour and 15 minutes
- 24% of the qualification
- 70 marks

#### Content overview

- Topic 1: Health, Fitness and Well-being

- Topic 2: Sport Psychology
- Topic 3: Socio-cultural Influences
- Topic 4: Use of Data

### Assessment overview

- The assessment consists of multiple-choice, short-answer, and extended writing questions.
- Learners must answer all questions.
- Calculators can be used in the examination.

## Component 3: Practical Performance (Component code: 1PE0/03)

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- Non-Examined Assessment (NEA): internally marked and externally moderated
- 30% of the qualification
- 90 marks (30 marks per activity)

### Content overview

- Skills during individual and team activities
- General performance skills

### Assessment overview

- The assessment consists of learners completing **three** physical activities from a set list.
- One must be a **team** activity.
- One must be an **individual** activity.
- The final activity can be a **free** choice.

## Component 4: Personal Exercise Programme (PEP) (Component code: 1PE0/04)

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- NEA: internally marked and externally moderated
- 10% of the qualification
- 20 marks

### Content overview

- Aim and planning analysis
- Carrying out and monitoring the PEP
- Evaluation of the PEP

### **Assessment overview**

- The assessment consists of learners producing a PEP.
- Learners will be required to analyse and evaluate their performance.
- These will be assessed by the tutor and moderated by Pearson.

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



<b>9</b>	P156-157	<b>Goal setting – SMART targets</b>	<b>1 BJA</b>
<b>10</b>	P154	<b>Classification of skills</b>	<b>1 BJA</b>
<b>11</b>	P155	<b>Forms of practice – theory and practical application</b>	
<b>12</b>	P158-159	<b>Types of guidance – theory and practical application</b>	<b>1 BJA</b>
<b>13</b>	P160-162	<b>Mental preparation for performance; Types of feedback</b>	<b>2 VW</b>
<b>14</b>	P160	<b>Sports psychology – use of data (video analysis via YouTube clips)</b>	<b>1 VW</b>
<b>15</b>	End of unit	<b>REVISION LESSON, TOPIC TEST, MARKING &amp; FEEDBACK</b>	<b>3-4 BJA</b>
<b>20</b>	P102-105	<b>Injury prevention in physical activity (similar content to risks in sport)</b>	<b>1 VW</b>
<b>21</b>	P105-109	<b>Identification and treatment of injury (practical scenarios)</b>	<b>2 VW</b>
<b>22</b>	P108-112	<b>Performance enhancing drugs (2 drugs per lesson)</b>	<b>4 VW</b>
		<b>CHRISTMAS BREAK</b>	
<b>Topic 3: Physical Training (Paper 1: Fitness and the Body Systems)</b> <b>Health, Fitness and Well-being (Paper 2: Health and Performance)</b> <b>31 lessons content (JANUARY-EASTER)</b>			
<b>16</b>	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	<b>PARQs; warm ups and cool downs</b>	<b>1 BJA</b>
18	P63-65	<b>Health, fitness, exercise &amp; performance</b>	<b>1 BJA</b>
19	P66-74	<b>Components of fitness</b>	<b>6 VW</b>
20	P74-80	<b>Why do we use fitness testing?</b>	<b>4 BJA</b>
21		<b>Fitness tests – practical lessons, protocol &amp; comparing results to national average</b>	
22	<b>PEP LESSONS</b>	<b>PEP introduction, aims and targets, fitness testing and components of fitness to improve. (controlled assessment)</b>	<b>4 (up to Feb half term)</b>
23	P81-85	<b>Principles of training</b>	<b>3 VW</b>
24	P86-87	<b>Thresholds of training and training safely</b>	<b>1 VW</b>
25	<b>PEP LESSON</b>	<b>Application of principles of training to a PEP. (controlled assessment)</b>	<b>1 VW</b>
17	P88-89 P90-97	<b>Choosing the right methods of training</b> <b>Methods of training (can be taught as theory through practical lessons).</b>	<b>1 BJA</b> <b>6 BJA</b>
18	<b>PEP LESSONS</b>	<b>Application of methods of training to a PEP, 6 week programme design and planning. (controlled assessment)</b>	<b>3 VW</b> <b>(up to Easter/hmwk)</b>
		<b>EASTER BREAK</b>	
<p><b>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.</b></p> <p><b>Formal exam in the hall on all topics covered so far- End of May</b></p>			
19	<b>PEP</b>	<b>Practical fitness lessons in CORE PE time and write up/evaluation lessons in</b>	<b>6-8 (Monday</b>

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

## 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 VW
2	P4-5	Classification of bones	1 VW
3	P6-8	Structure of the skeletal system	2 VW
4	P9-13	Joints and movement, ligaments and tendons	3-4 VW
5	P13	Classification and roles of muscles/muscle types	4 (with exam Q) BJA
6	P13-18	Location and roles of key voluntary muscles	
7	P19	Antagonistic muscles	1 BJA
8	P20	Fast and slow twitch muscle fibres	1 BJA
9	P21	How the skeletal and muscular systems work together	1 BJA
10	End of unit	REVISION LESSON, TOPIC TEST, MARKING & FEEDBACK	3-4 VW
11	P22-25	Structure and function of the cardiovascular system. Including labelling of the heart and transport of blood	4 VW
12	P26-27	Arteries, capillaries and veins	1-2 VW
13	P28	Vascular shunting	1 VW
14	P29-30	Components of blood and their	

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

<b>26</b>	P55-60	<b>Joint classification and impact on movement axes</b>	<b>1 VW</b>
<b>27</b>	P55-61	<b>Planes and axes – generalised movement patterns</b>	<b>2 BJA</b>
<b>8</b>	End of unit	<b>REVISION LESSON, TOPIC TEST, MARKING &amp; FEEDBACK</b>	<b>3-4 BJA</b>

**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.

**Extra information for teachers:**

Exam technique and 'preparation for your exam' to be built into each topic/unit and homework tasks. Paper 1 pg118-123, Paper 2 pg176-181

Blue summary boxes can be used (they are at the end of each topic) to create keyword sheets and revision lists.

Practical performance information pg183-195

PEP information pg197-204

Glossary for definitions pg205-209