



## Physical Education Curriculum Overview

**Curriculum Intent:** Creating lifelong participants in physical activity and sport to encourage physical, social and mental health.

**Curriculum Rationale:** To encourage pupils to be confident, actively involved lifelong learners for physical activity and sport.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<b>Core skill development</b> <b>Activities on rotation:</b> Badminton, Netball, Gymnastics, Tag rugby Competitive games      OAA      Alternative sports				<b>Activities on rotation:</b> Cricket, Rounders, Athletics	
Year 8	<b>Core skill development</b> <b>Activities on rotation:</b> Tennis, Basketball, Fitness, Handball Competitive games      OAA      Alternative sports				<b>Activities on rotation:</b> Cricket, Rounders, Athletics	
Year 9	<b>Using core skills to develop tactics and strategies.</b> <b>Activities on rotation:</b> Badminton, Netball, Gymnastics, Tag rugby Competitive games      OAA      Alternative sports				<b>Activities on rotation:</b> Cricket, Rounders, Athletics	
Year 10	<b>Using core skills to develop tactics and strategies.</b> <b>Activities on rotation:</b> Tennis, Basketball, Fitness, Handball Alternative sports      OAA      Alternative sports				<b>Activities on rotation:</b> Cricket, Rounders, Athletics	
Year 11	<b>Applying tactics and strategies and leading activities</b> <b>Activities on rotation:</b> team sports (TS), fitness & wellbeing (F&W), net & wall (N&W) TS- Football, Handball, Tag Rugby, Netball, basketball F&W- Interval training, circuit training, YouTube workouts, spin studio N&W- Badminton, table tennis, Tennis, Volleyball Interhouse competitions      Interhouse competitions      Alternative sports      Interhouse competitions				<b>Summer sports</b> Cricket, Rounders, Athletics, Tennis	

Useful Websites to support independent study		
Key Stage 3	Key Stage 4	Key Stage 5
<a href="#">KS3 PE at The EverLearner</a>  <a href="#">PE Games Physical Education Resources   The PE Shed   United Kingdom</a>  <a href="#">Physical Education lessons for Key Stage 3 students - Oak National Academy (thenational.academy)</a>	Include links to: <a href="#">Sport (2022)   BTEC Tech Award   Pearson qualifications</a>  <a href="#">Edexcel GCSE Physical Education (2016)   Pearson qualifications</a>	Include links to: <a href="#">BTEC 2016 Specification (pearson.com)</a>

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	BTEC Tech Award in sport Component 1: Preparing participants to take part in sport and physical activity.		BTEC Tech Award in sport: Component 2: Taking part and improving other participants sporting performance.		BTEC Tech Award in sport: Component 3: Developing fitness to improve other participants performance	
	GCSE PE Component 1: Fitness and body systems				GCSE PE Component 4: personal exercise programme (PEP)	

Year 11	<b>BTEC Tech Award in sport: Component 3:</b>	<b>Revision</b>	<b>Revision</b>
	<b>GCSE PE: Component 2: health and performance</b>	<b>GCSE PE: Component 3: practical performance</b>	<b>Revision</b>
Year 12	<b>Unit 1: Anatomy and physiology</b>  <b>Unit 3: Professional development in the sport industry</b>		
Year 13	<b>Unit 2: Fitness training and programming for health, sport, and wellbeing</b>  <b>Unit 7: Practical Sports performance</b>		