



## 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, Gaelic football Competitive games				<b>Activities on rotation:</b> Cricket, Rounders, Athletics, table tennis Sports day	
Year 8	<b>Core skill development</b> <b>Activities on rotation:</b> Basketball, Fitness, Handball, Tag rugby Competitive games				<b>Activities on rotation:</b> Cricket, Rounders, Athletics, Tennis Sports day	
Year 9	<b>Using core skills to develop tactics and strategies.</b> <b>Activities on rotation:</b> Badminton, Netball, Gymnastics, Gaelic football Competitive games				<b>Activities on rotation:</b> Cricket, Rounders, Athletics Sports day	
Year 10	<b>Using core skills to develop tactics and strategies.</b> <b>Activities on rotation:</b> Basketball, Fitness, Handball, Tag rugby Alternative sports				<b>Activities on rotation:</b> Cricket, Rounders, Athletics Sports day	
Year 11	<b>Applying tactics and strategies and leading activities</b> <b>Choice of activity:</b> competitive sport, fitness & sports leaders Competitive sports- Football, Handball, Tag Rugby, Netball, basketball Fitness- Interval training, circuit training, YouTube workouts, spin studio Sports leaders- create and inspire your peers through teamwork, confidence and skill to a variety of sporting scenarios.				<b>Summer sports</b> Cricket, Rounders, Athletics, Tennis	
	Interhouse competitions	Interhouse competitions	Inclusive sports	Interhouse competitions		

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

#### 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>

