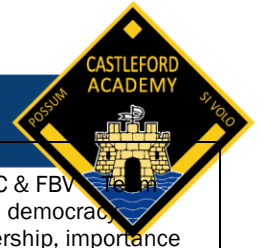




PE Curriculum Long Term Planning

Y9 Core KS4		HT 1	HT2	HT3	HT4	HT5	HT6
PE	Big Idea	Develop technique and improve performance Sports: Cross Country week Netball Rugby Football Hockey Basketball Fitness Badminton Table Tennis Boccia	Develop technique and improve performance + Problem solving through OAA Sports: Badminton Leadership Fitness Rugby Dance Hockey Football Basketball OAA	Develop technique and improve performance + Problem solving through OAA Badminton Dance Hockey Handball OAA Fitness Leadership Table Tennis Handball Dodgeball	Develop a variety of tactics Individual and Team Sports: Badminton Leadership Hockey Handball OAA Fitness Gym Netball Athletics HAL Boccia Basketball Table Tennis	Leadership Individual and Team Sports: Athletics Rounders Cricket Softball Tennis Fitness Leadership	Sports Day Info Individual and Team Sports: Athletics Rounders Cricket Softball Tennis Leadership
	Assessment	WWW/EBI	WWW/EBI	WWW/EBI	WWW/EBI	WWW/EBI	WWW/EBI
	Wider Curriculum Links	Sports trials: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Cheerleading Cross Country Netball Clubs: Dodgeball Badminton Table Tennis Opportunity for ALL to take part in competitive sport: Inter-form Games (Netball & Football)	Competitive Clubs and fixtures: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Cheerleading Netball Hockey Recreational Clubs: Badminton Table Tennis SMSC & FBV – Team work, democracy,	Competitive Clubs and fixtures: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Cheerleading Netball Hockey Basketball Recreational Clubs: Badminton Table Tennis SMSC & FBV – Team work, democracy, leadership,	Competitive Clubs and fixtures: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Cheerleading Netball Hockey Basketball SPH Athletics Recreational Clubs: Badminton Table Tennis Trips: Ski Trip (Easter Holiday)	Sports Trials: Athletics Cricket Rounders Competitive clubs and fixtures: Athletics Cricket Rounders Rugby L (Boys and Girls) Recreational clubs: Badminton Table Tennis Tennis Athletics Opportunity for ALL to	Competitive clubs and fixtures: Athletics Cricket Rounders Rugby League (Boys and Girls) Recreational clubs: Badminton Table Tennis Tennis Athletics Opportunity for ALL to take part in competitive sport: Sports Day



		<p>SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale</p>	<p>leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale</p>	<p>importance of health and fitness, rule of law ABC Oracy & Formality scale</p>	<p>SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale</p>	<p>take part in competitive sport: Intra-class competition</p> <p>SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale</p>	<p>SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale</p>
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Y10 & 11 Core KS4		HT 1	HT2	HT3	HT4	HT5	HT6
PE	Big Idea	Use and develop Strategies, Develop Technique and evaluate performance through competitive sport Football Rugby League Health Related Fitness Badminton Table Tennis Dance Dodgeball Netball OAA Basketball Athletics Cricket Rounders Softball	Use and develop Strategies, Develop Technique and evaluate performance through competitive sport Football Rugby League Health Related Fitness Badminton Table Tennis Dance Dodgeball Netball OAA Basketball Athletics Cricket Rounders Softball	Use and develop Strategies, Develop Technique and evaluate performance through competitive sport Football Rugby League Health Related Fitness Badminton Table Tennis Dance Dodgeball Netball OAA Basketball Athletics Cricket Rounders Softball	Use and develop Strategies, Develop Technique and evaluate performance through competitive sport Football Rugby League Health Related Fitness Badminton Table Tennis Dance Dodgeball Netball OAA Basketball Athletics Cricket Rounders Softball	Use and develop Strategies, Develop Technique and evaluate performance through competitive sport Football Rugby League Health Related Fitness Badminton Table Tennis Dance Dodgeball Netball OAA Basketball Athletics Cricket Rounders Softball	Use and develop Strategies, Develop Technique and evaluate performance through competitive sport Football Rugby League Health Related Fitness Badminton Table Tennis Dance Dodgeball Netball OAA Basketball Athletics Cricket Rounders Softball
	Assessment	WWW/EBI	WWW/EBI	WWW/EBI	WWW/EBI	WWW/EBI	WWW/EBI
	Wider Curriculum Links	Sports trials: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Cheerleading Cross Country Netball Clubs: Dodgeball Badminton Table Tennis Opportunity for ALL to take part in competitive sport: Inter-form Games	Competitive Clubs and fixtures: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Cheerleading Netball Hockey Recreational Clubs: Badminton Table Tennis SMSC & FBV – Team	Competitive Clubs and fixtures: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Cheerleading Netball Hockey Basketball Recreational Clubs: Badminton Table Tennis SMSC & FBV – Team work,	Competitive Clubs and fixtures: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Cheerleading Netball Hockey Basketball SPH Athletics Recreational Clubs: Badminton Table Tennis Trips:	Sports Trials: Athletics Cricket Rounders Competitive clubs and fixtures: Athletics Cricket Rounders Rugby L (Boys and Girls) Recreational clubs: Badminton Table Tennis Tennis Athletics Opportunity for ALL to take part in competitive sport:	



		<p>(Netball & Football)</p> <p>SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law</p> <p>ABC Oracy & Formality scale</p>	<p>work, democracy, leadership, importance of health and fitness, rule of law</p> <p>ABC Oracy & Formality scale</p>	<p>democracy, leadership, importance of health and fitness, rule of law</p> <p>ABC Oracy & Formality scale</p>	<p>Ski Trip (Easter Holiday)</p> <p>SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law</p> <p>ABC Oracy & Formality scale</p>	<p>Opportunity for ALL to take part in competitive sport:</p> <p>Intra-class competition</p> <p>SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law</p> <p>ABC Oracy & Formality scale</p>	<p>SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law</p> <p>ABC Oracy & Formality scale</p>
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Year 9		HT1	HT2	HT3	HT4	HT5	HT6
PE	Big Idea	<p>GCSE: What is the role and function of the Skeletal System in sporting performance? BTEC : What sports performers use health related components of fitness and how they are improved through specific methods of training Unit 2 – What are the rules of a selected sport?</p>	<p>GCSE: How are fitness demands different in each sport? BTEC – What sports performers use physical components of fitness and how they can be improved using specific Methods of Training Unit 2 – Apply the rules of a selected sport in 4 situations.</p>	<p>GCSE – How do athletes training to improve specific components of fitness? BTEC – How do athletes test and measure their fitness? Unit 2 – Demonstrate relevant skills and techniques effectively, in two selected sports, in isolated practices.</p>	<p>GCSE – What principles do athletes used to devise an effective exercise programme? BTEC – Describe the different exercise intensities which athletes use to improve their fitness. Unit 2 – Demonstrate relevant skills, techniques and tactics effectively, in two selected sports, in conditioned practices</p>	<p>GCSE How do athletes test and measure their fitness? BTEC – Identify and apply the principles of training. Unit 2 – Demonstrate relevant skills, techniques and tactics effectively, in two selected sports, in conditioned practices and competitive situations.</p>	<p>GCSE – What is a balanced diet and how do athletes manipulate their Diet? BTEC – How do athletes use their heart rate and RPE to gauge exercise intensity? Identify and apply the principles of training. Unit 2 – Demonstrate relevant skills, techniques and tactics effectively, in two selected sports, in competitive situations.</p>
	Assessment	GCSE – 9 Mark Question & Practical assessment BTEC – 8 Mark Question BTEC – Practical Sport Videos	GCSE – Assessment of topics covered so far BTEC – Assessment of topics covered so far BTEC – Practical Sport Videos	GCSE – 9 Mark Question & Practical assessment BTEC – 8 Mark Question BTEC – Practical Sport Videos	GCSE – Assessment of topics covered so far BTEC – Assessment of topics covered so far BTEC – Practical Sport Videos	GCSE – 9 Mark Question & Practical assessment BTEC – 8 Mark Question BTEC – Practical Sport Videos	GCSE – Assessment of topics covered so far BTEC – Assessment of topics covered so far BTEC – Practical Sport Videos
	Assessment Intent	GCSE – 4x 9 mark questions on their exam. Extended writing practice, with therapy lesson BTEC – 1x 8 mark questions on their exam. Extended writing practice, with therapy lesson Videos used as coursework evidence (Y10)	GCSE – Assessment and exam question practice. Therapy lesson after. BTEC – Assessment and exam question practice. Therapy lesson after. Videos used as coursework evidence (Y10)	GCSE – 4x 9 mark questions on their exam. Extended writing practice, with therapy lesson BTEC – 1x 8 mark questions on their exam. Extended writing practice, with therapy lesson Videos used as coursework evidence (Y10)	GCSE – Assessment and exam question practice. Therapy lesson after. BTEC – Assessment and exam question practice. Therapy lesson after. Videos used as coursework evidence (Y10)	GCSE – 4x 9 mark questions on their exam. Extended writing practice, with therapy lesson BTEC – 1x 8 mark questions on their exam. Extended writing practice, with therapy lesson Videos used as coursework evidence (Y10)	GCSE – Assessment and exam question practice. Therapy lesson after. BTEC – Assessment and exam question practice. Therapy lesson after. Videos used as coursework evidence (Y10)
	Wider Curriculum Links	SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law	SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law	SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law	SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law	SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law	SMSC & FBV – Team work, democracy, leadership, importance of health, fitness and diet



	ABC Oracy & Formality through written assignments Cross Curricular – Science, English Enrichment – Extra-Curricular clubs participation encouraged	ABC Oracy & Formality through written assignments Cross Curricular – Science, English Enrichment – Extra-Curricular clubs participation encouraged	ABC Oracy & Formality through written assignments Cross Curricular – Science, English Enrichment – Extra-Curricular clubs participation encouraged	ABC Oracy & Formality through written assignments Cross Curricular – Science, English Enrichment – Extra-Curricular clubs participation encouraged	ABC Oracy & Formality through written assignments Cross Curricular – Science, English Enrichment – Extra-Curricular clubs participation encouraged	ABC Oracy & Formality through written assignments Cross Curricular – Science, English Enrichment – Extra-Curricular clubs participation encouraged
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Year 10		HT1	HT2	HT3	HT4	HT5	HT6
PE	Big Idea	<p>GCSE C1– What are the immediate and long-term effects of exercise on the Cardiovascular System?</p> <p>GCSE C2 –How does exercise effect health and fitness?</p> <p>BTEC – Unit 1 Exam Prep & Unit 2 – Practical Sport What are the rules, regulations and scoring systems of two selected sports?</p>	<p>GCSE C1– What are the immediate and long-term effects of exercise on the Cardiovascular System?</p> <p>GCSE C2 – How do lifestyle choices effect health and performance?</p> <p>BTEC – Unit 1 Exam Prep Unit 2 – Practical Sport What are the rules, regulations and scoring systems of two selected sports?</p>	<p>GCSE C1 – What are the immediate and long-term effects of exercise on the Respiratory System</p> <p>GCSE C2 What is a balanced diet and how do athletes manipulate their diet?</p> <p>BTEC – Unit 1 Exam Prep & Unit 2 – What are the roles and responsibilities of officials from two selected sports?</p>	<p>GCSE C1 – What are the immediate and long-term effects of exercise on the Respiratory System</p> <p>GCSE C2 – What factors effect optimum weight?</p> <p>BTEC – Unit 2 – What are the components of fitness and technical and tactical demands of two selected sports?</p>	<p>GCSE C1 – What are the immediate and long-term effects of exercise on the Skeletal System</p> <p>GCSE C2 – What factors affect participation in sports?</p> <p>BTEC – Unit 6 – What are the roles and responsibilities of sports leaders?</p>	<p>GCSE C1 – What are the immediate and long-term effects of exercise on the Muscular System</p> <p>GCSE C2 – Plan, carry out and evaluate a PEP</p> <p>BTEC – Unit 6 – Sports Leadership How do you plan a sports session?</p>
	Assessment	GCSE – 9 Mark Question & Practical assessment BTEC – 8 Mark Question BTEC – Practical Sport Coursework	GCSE – Assessment of topics covered so far BTEC – Assessment of all topics BTEC – Practical Sport Coursework	GCSE – 9 Mark Question & Practical assessment BTEC – EXAM FOR UNIT 1 BTEC – Practical Sport Coursework	GCSE – Assessment of topics covered so far BTEC – Practical Sport Coursework	GCSE – 9 Mark Question & Practical assessment BTEC – Leadership Coursework	GCSE – Assessment of all topics BTEC – Leadership Videos
	Assessment Intent	GCSE – 4x 9 mark questions on their exam. Extended writing practice, with therapy lesson. Practical assessment used for moderation. BTEC – 1x 8 mark questions on their exam.	GCSE – Assessment and exam question practice. Therapy lesson after. PLC created on exam do diagnose gaps in learning. BTEC – Assessment and exam question practice.	GCSE – 4x 9 mark questions on their exam. Extended writing practice, with therapy lesson. Practical assessment used for moderation. BTEC – External exam completed for Unit 1 as	GCSE – Assessment and exam question practice. Therapy lesson after. PLC created on exam do diagnose gaps in learning. Coursework is assessment requirement	GCSE – 4x 9 mark questions on their exam. Extended writing practice, with therapy lesson. Practical assessment used for moderation. Coursework is assessment requirement	GCSE – Assessment and exam question practice. Therapy lesson after. PLC created on exam do diagnose gaps in learning. Videos used as coursework evidence



		Extended writing practice, with therapy lesson Coursework is assessment requirement	Therapy lesson after. Coursework is assessment requirement	part of the course Coursework is assessment requirement			
Wider Curriculum Links	SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality through written assignments Cross Curricular – Science, English, IT Enrichment – Extra-Curricular clubs participation encouraged	SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality through written assignments Cross Curricular – Science, English, IT Enrichment – Extra-Curricular clubs participation encouraged	SMSC & FBV – Diet, Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality through written assignments Cross Curricular – Science, English, IT Enrichment – Extra-Curricular clubs	SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality through written assignments Cross Curricular – Science, English, IT Enrichment – Extra-Curricular clubs	SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality through written assignments Cross Curricular – Science, English, IT Enrichment – Extra-Curricular clubs Careers – Sports coach	SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality through written assignments Cross Curricular – Science, English, IT Enrichment – Extra-Curricular clubs Careers – Sports coach	SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality through written assignments Cross Curricular – Science, English, IT Enrichment – Extra-Curricular clubs Careers – Sports coach

Year 11		HT1	HT2	HT3	HT4	HT5	HT6
PE	Big Idea	GCSE C1 – How do Lever Systems effect movement in sporting actions? GCSE C2 – What is the relationship between the media, commercial organisation and sport? BTEC – Unit 6 – Can you review the effectiveness of a sports leader?	GCSE C1 –How to athletes sustain and treat Injuries? GCSE C2 – How do athletes behaviours affect their performance? BTEC – How do athletes measure and improve their fitness?	GCSE C1 – What types of Performance enhancing drugs do athletes take and why? GCSE C2 – How do coaches use practice structures to improve performance? BTEC – Can you design a safe four-week personal fitness training programme to meet an activity/sport goal taking	GCSE C1 – What methods of training can be used to improve different components of fitness? How are principles of training used to carry out a training programme? GCSE C2 – How do coaches use guidance and feedback to improve performance? BTEC – What are the	Exam	Exam



			into consideration personal information, with guidance?	immediate and long-term effects of exercise on the body systems?		
Assessment	GCSE – 9 Mark Question & Practical assessment BTEC – Sports leadership coursework	GCSE – Assessment of topics covered so far BTEC – Fitness Testing and Training Practical	GCSE – 9 Mark Question & Practical assessment BTEC – Fitness Testing and Training coursework	GCSE – Assessment of all topics BTEC – Fitness Testing and Training coursework		
Assessment Intent	GCSE – 4x 9 mark questions on their exam. Extended writing practice, with therapy lesson BTEC – Coursework is assessment requirement	GCSE – Assessment and exam question practice. Therapy lesson after. PLC created on exam do diagnose gaps in learning. BTEC – Practical assessment in Unit 5 is an assessment requirement	GCSE – 4x 9 mark questions on their exam. Extended writing practice, with therapy lesson BTEC – Coursework is assessment requirement	GCSE – Assessment and exam question practice. Therapy lesson after. PLC created on exam do diagnose gaps in learning. BTEC – Coursework is assessment requirement		
Wider Curriculum Links	SMSC & FBV – Team work, democracy, leadership (main study) , importance of health and fitness, rule of law, commercialisation ABC Oracy & Formality through written assignments Cross Curricular – Science, English, IT Enrichment – Extra-Curricular clubs Careers – Sports coach	SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law, behaviours of athletes ABC Oracy & Formality through written assignments Cross Curricular – Science, English Enrichment – Extra-Curricular clubs participation encouraged Careers – Personal training	SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law, morals of drugs ABC Oracy & Formality through written assignments Cross Curricular – Science, English, IT Careers – Personal training	SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law, behaviours of athletes ABC Oracy & Formality through written assignments Cross Curricular – Science, English, IT Careers – Personal training		