



PE Curriculum Long Term Planning

Y7 KS3		HT1	HT2	HT3	HT4	HT5	HT6
PE	Big Idea	Do you know how the three pillars of PE are applied to your activity area? Motor competence- What are the main teaching points (Please see individual activity) Rules, strategies and tactics- explain a rule, strategy or tactic for the lesson. (Please see individual activity) Healthy participation- What do you need to consider to make it safe? Pick a component of fitness and say why it is important for the lesson? <u>Topic areas</u> Warm up Cool down	Do you know how the three pillars of PE are applied to your activity area? Motor competence- What are the main teaching points? (Please see individual activity) Rules, strategies and tactics- explain a rule, strategy or tactic for the lesson. (Please see individual activity) Healthy participation- What do you need to consider to make it safe? Pick a component of fitness and say why it is important for the lesson? <u>Topic areas</u> Muscles Warm up Structure of skeleton comp 1	Do you know how the three pillars of PE are applied to your activity area? Motor competence- What are the main teaching points? (Please see individual activity) Rules, strategies and tactics- explain a rule, strategy or tactic for the lesson. (Please see individual activity) Healthy participation- What do you need to consider to make it safe? Pick a component of fitness and say why it is important for the lesson? <u>Topic areas</u> Structure of skeleton component 1 Functions of the skeleton comp 1 Muscles comp1 Diet and nutrition comp2	Do you know how the three pillars of PE are applied to your activity area? Motor competence- What are the main teaching points? (Please see individual activity) Rules, strategies and tactics- explain a rule, strategy or tactic for the lesson. (Please see individual activity) Healthy participation- What do you need to consider to make it safe? Pick a component of fitness and say why it is important for the lesson? <u>Topic areas</u> Structure of skeleton component 1 Diet and nutrition component 2 Functions of the skeleton component 1	Do you know how the three pillars of PE are applied to your activity area? Motor competence- What are the main teaching points? (Please see individual activity) Rules, strategies and tactics- explain a rule, strategy or tactic for the lesson. (Please see individual activity) Healthy participation- What do you need to consider to make it safe? Pick a component of fitness and say why it is important for the lesson? <u>Topic areas</u> Injury prevention-comp1 Diet and nutrition-comp2 Injury prevention-comp1 Warm up-comp1	Do you know how the three pillars of PE are applied to your activity area? Motor competence- What are the main teaching points? (Please see individual activity) Rules, strategies and tactics- explain a rule, strategy or tactic for the lesson. (Please see individual activity) Healthy participation- What do you need to consider to make it safe? Pick a component of fitness and say why it is important for the lesson? <u>Topic areas</u> Cool down Injury prevention comp1 Muscles comp 1 Injury prevention comp1



		Develop competence to excel in a broad range of sports: Rugby Badminton Gym Netball Basketball Football Fitness Handball Dance OAA Be physically active for a sustained period of: Cross Country week	Develop competence to excel in a broad range of sports: Rugby Badminton Gym Netball Basketball Football Fitness Handball Dance OAA	Develop competence to excel in a broad range of sports: Rugby Badminton Gym Netball Basketball Football Fitness Handball Dance OAA	Develop competence to excel in a broad range of sports: Rugby Badminton Gym Netball Basketball Football Fitness Handball Dance OAA	Develop competence to excel in a broad range of sports: Rugby Badminton Gym Netball Basketball Football Fitness Handball Dance OAA	Develop competence to excel in a broad range of sports: Rugby Badminton Gym Netball Basketball Football Fitness Handball Dance OAA
	Assessment	Baseline testing Cross country (1-5) End Ball (1-5)	Formative, verbal assessment	Formative, verbal assessment WC10th February- deadline for assessment documents	Formative, verbal assessment WC 10th March- assessment windows open. WC 24th March- reports open.	Formative, verbal assessment	Formative, verbal assessment WC 30th June reports open
	Wider Curriculum Links	Engage in competitive sports and activities: Sports trials: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Cross Country Netball Competitive Clubs and fixtures: Football (Girls & Boys)	Engage in competitive sports and activities: Competitive Clubs and fixtures: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Netball Hockey Healthy, active lifestyle Clubs:	Engage in competitive sports and activities: Competitive Clubs and fixtures: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Netball Hockey Basketball	Engage in competitive sports and activities: Competitive Clubs and fixtures: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Netball Hockey Basketball SPH Athletics	Engage in competitive sports and activities: Sports trials: Athletics Cricket Rounders Competitive clubs and fixtures: Athletics Cricket Rounders	Engage in competitive sports and activities: Competitive clubs and fixtures: Athletics Cricket Rounders Girls Football Rugby League (Boys and Girls)



	Rugby L (Girls & Boys Cup & Plate) Cross Country Netball Healthy, active lifestyle Clubs: Dodgeball Badminton Table Tennis Trampolining Trips: Ice skating trip (Dec) Women's Football Trip (Oct) SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	Dodgeball Badminton Table Tennis Trampolining SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	Healthy, active lifestyle Clubs: Dodgeball Badminton Table Tennis Trampolining SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale Northern Ballet working with Y7	Healthy, active lifestyle Clubs: Dodgeball Badminton Table Tennis Trampolining Trips: Ski Trip (Easter Holiday) SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	Girls Football Rugby L (Boys and Girls) Healthy, active lifestyle Clubs: Dodgeball Badminton Table Tennis Tennis Athletics Trampolining Opportunity for ALL to take part in competitive sport: Intra-class competition SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	Healthy, active lifestyle Clubs: Dodgeball Badminton Table Tennis Tennis Athletics Trampolining Opportunity for ALL to take part in competitive sport: Sports Day SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale
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Y8 KS3		HT 1	HT2	HT3	HT4	HT5	HT6
PE	Big Idea	Do you know how the three pillars of PE are applied to your activity area? Motor competence- What are the main teaching points (Please see individual activity) Rules, strategies and tactics- explain a rule, strategy or tactic for the lesson. (Please see individual activity) Healthy participation- What do you need to consider to make it safe? Pick a component of fitness and say why it is important for the lesson? Topics Cardiovascular endurance comp 1 Muscular endurance comp1 Flexibility Reaction time	Do you know how the three pillars of PE are applied to your activity area? Motor competence- What are the main teaching points (Please see individual activity) Rules, strategies and tactics- explain a rule, strategy or tactic for the lesson. (Please see individual activity) Healthy participation- What do you need to consider to make it safe? Pick a component of fitness and say why it is important for the lesson? Topics Power Speed Agility Balance Co-ordination Body composition	Do you know how the three pillars of PE are applied to your activity area? Motor competence- What are the main teaching points (Please see individual activity) Rules, strategies and tactics- explain a rule, strategy or tactic for the lesson. (Please see individual activity) Healthy participation- What do you need to consider to make it safe? Pick a component of fitness and say why it is important for the lesson? Topics Warm up-comp 1 Speed- comp 1 Cardiovascular fitness-comp1 Muscular endurance- comp 1 Cool down-comp1	Do you know how the three pillars of PE are applied to your activity area? Motor competence- What are the main teaching points (Please see individual activity) Rules, strategies and tactics- explain a rule, strategy or tactic for the lesson. (Please see individual activity) Healthy participation- What do you need to consider to make it safe? Pick a component of fitness and say why it is important for the lesson? Topics Flexibility-comp 1 Reaction time-comp 1 Muscles- comp 1 Power-comp 1 Speed-comp 1 Structure of the skeleton-comp 1	Do you know how the three pillars of PE are applied to your activity area? Motor competence- What are the main teaching points (Please see individual activity) Rules, strategies and tactics- explain a rule, strategy or tactic for the lesson. (Please see individual activity) Healthy participation- What do you need to consider to make it safe? Pick a component of fitness and say why it is important for the lesson? Topics Agility- comp 1 Functions of the skeleton- comp1 Balance-comp 1 Co-ordination- comp 1 Diet and nutrition-comp 2 Body composition-comp 1	Do you know how the three pillars of PE are applied to your activity area? Motor competence- What are the main teaching points (Please see individual activity) Rules, strategies and tactics- explain a rule, strategy or tactic for the lesson. (Please see individual activity) Healthy participation- What do you need to consider to make it safe? Pick a component of fitness and say why it is important for the lesson? Topics Muscular strength-comp1 Difference between muscular strength and endurance- comp1 Injury prevention-comp 1 Speed-comp 1



		Develop competence to excel in a broad range of sports Be physically active for a sustained period of time: Cross Country week Netball Rugby Football Badminton Boccia Fitness Gymnastics	Develop competence to excel in a broad range of sports Basketball Netball Rugby Football Badminton Boccia Fitness Gymnastics	Develop competence to excel in a broad range of sports Netball Rugby Football Badminton Boccia Fitness Gymnastics Handball	Develop competence to excel in a broad range of sports Badminton Handball OAA Fitness Gym Netball Basketball	Develop competence to excel in a broad range of sports Athletics Rounders Cricket Personal Exercise Programme (fitness)	Cardiovascular fitness-comp1 Reaction time-comp 1 Develop competence to excel in a broad range of sports Athletics Rounders Cricket Leadership
	Assessment	Formative, verbal assessment WC 21 st October-Deadline for assessment documents to be submitted to SLT	Formative, verbal assessment	Formative, verbal assessment WC 27 th January-assessment window opens. WC 10 th February report window opens	Formative, verbal assessment	Formative, verbal assessment	Formative, verbal assessment WC 16 th June- reports open.
	Wider Curriculum Links	Sports trials: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Cross Country Netball Clubs: Dodgeball Badminton Table Tennis SMSC & FBV – Team work, democracy.	Competitive Clubs and fixtures: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Netball Healthy, active lifestyle clubs: Dodgeball Badminton Table Tennis Trampolining	Competitive Clubs and fixtures: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Netball Basketball Healthy, active lifestyle clubs: Dodgeball Badminton Table Tennis Trampolining	Competitive Clubs and fixtures: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Netball Basketball SPH Athletics Healthy, active lifestyle clubs: Dodgeball Badminton Table Tennis	Sports Trials: Athletics Cricket Rounders Competitive clubs and fixtures: Athletics Cricket Rounders Rugby L (Boys and Girls) Healthy, active lifestyle clubs:	Competitive clubs and fixtures: Athletics Cricket Rounders Rugby League (Boys and Girls) Healthy, active lifestyle clubs: Dodgeball Badminton Table Tennis Tennis



		leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	Trips: Ski Trip (Easter Holiday) SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	Dodgeball Badminton Table Tennis Tennis Athletics Opportunity for ALL to take part in competitive sport: Intra-class competition SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	Athletics Opportunity for ALL to take part in competitive sport: Sports Day SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale
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Y9 Core KS4		HT 1	HT2	HT3	HT4	HT5	HT6
PE	Big Idea	Do you know how the three pillars of PE are applied to your activity area? Motor competence- What are the main teaching points (Please see individual activity) Rules, strategies and tactics- explain a rule, strategy or tactic for the lesson. (Please see individual activity) Healthy participation- What do you need to consider to make it safe? Pick a component of fitness and say why it is important for the lesson? Topic areas Short term effects of the cardio system- comp 1 Short term effects of the respiratory system- comp 1 Warm up- comp 1 Muscular endurance- comp 1	Do you know how the three pillars of PE are applied to your activity area? Motor competence- What are the main teaching points (Please see individual activity) Rules, strategies and tactics- explain a rule, strategy or tactic for the lesson. (Please see individual activity) Healthy participation- What do you need to consider to make it safe? Pick a component of fitness and say why it is important for the lesson? Topic areas Long term effects of the cardio system- comp 1 Long term effects of the respiratory system- comp 1 Co-ordination- comp 1 Muscular endurance- comp 1 Lifestyle choices- comp 2.	Do you know how the three pillars of PE are applied to your activity area? Motor competence- What are the main teaching points (Please see individual activity) Rules, strategies and tactics- explain a rule, strategy or tactic for the lesson. (Please see individual activity) Healthy participation- What do you need to consider to make it safe? Pick a component of fitness and say why it is important for the lesson? Topics Physical health- comp 2 Reaction time- comp 1 Emotional health- comp 2 Cool down- comp 1 Social health comp 2 Speed- comp 1 Develop technique and improve performance + Problem solving through OAA Netball	Do you know how the three pillars of PE are applied to your activity area? Motor competence- What are the main teaching points (Please see individual activity) Rules, strategies and tactics- explain a rule, strategy or tactic for the lesson. (Please see individual activity) Healthy participation- What do you need to consider to make it safe? Pick a component of fitness and say why it is important for the lesson? Topic areas Short term effects of the cardiovascular system- comp 1. Short term effects of the respiratory system- comp 1. Long term effects of the cardiorespiratory system comp 1. Long term effects of the respiratory system- comp 1. Balance – comp 1.	Do you know how the three pillars of PE are applied to your activity area? Motor competence- What are the main teaching points (Please see individual activity) Rules, strategies and tactics- explain a rule, strategy or tactic for the lesson. (Please see individual activity) Healthy participation- What do you need to consider to make it safe? Pick a component of fitness and say why it is important for the lesson? Topic areas Cardiovascular fitness- comp 1 Body composition- comp 1 Balance- comp 1 Agility- comp 1 Emotional health- comp 2 Muscles- comp 1 Leadership	Do you know how the three pillars of PE are applied to your activity area? Motor competence- What are the main teaching points (Please see individual activity) Rules, strategies and tactics- explain a rule, strategy or tactic for the lesson. (Please see individual activity) Healthy participation- What do you need to consider to make it safe? Pick a component of fitness and say why it is important for the lesson? Topic areas Structure of the skeleton- comp 1 Physical health- comp 2 Social health- comp 2 Functions of the skeleton- comp 1 Diet and nutrition- comp 2 Injury prevention- comp 1. Sports Day Info



		Develop technique and improve performance Sports: Cross Country week Netball Rugby Football Basketball Fitness Badminton Table Tennis Handball OAA Dance	Develop technique and improve performance + Problem solving through OAA Sports: Netball Rugby Football Basketball Fitness Badminton Table Tennis Handball OAA Dance	Rugby Football Basketball Fitness Badminton Table Tennis Handball OAA Dance	Lifestyle choices- comp2 Develop a variety of tactics Individual and Team Sports: Netball Rugby Football Basketball Fitness Badminton Table Tennis Handball OAA Dance	Individual and Team Sports: Athletics Rounders Cricket softball	Individual and Team Sports: Athletics Rounders Cricket softball
	Assessment	Formative, verbal assessment WC 2 nd September- Deadline for assessment documents to be submitted to SLT. WC 14 th October- assessment window opens	Formative, verbal assessment WC 4 th November reports open	Formative, verbal assessment	Formative, verbal assessment	Formative, verbal assessment	Formative, verbal assessment WC 2 nd June reports open
	Wider Curriculum Links	Sports trials: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Cross Country Netball Clubs: Dodgeball	Competitive Clubs and fixtures: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Netball Recreational Clubs: Badminton	Competitive Clubs and fixtures: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Netball Basketball Recreational Clubs:	Competitive Clubs and fixtures: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Netball Basketball SPH Athletics	Sports Trials: Athletics Cricket Rounders Competitive clubs and fixtures: Athletics Cricket	Competitive clubs and fixtures: Athletics Cricket Rounders Rugby League (Boys and Girls) Recreational clubs:



		Badminton Table Tennis Opportunity for ALL to take part in competitive sport: Inter-form Games (Netball & Football) SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	Table Tennis SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	Badminton Table Tennis SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	Recreational Clubs: Badminton Table Tennis Trips: Ski Trip (Easter Holiday) SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	Rounders Rugby L (Boys and Girls) Recreational clubs: Badminton Table Tennis Tennis Athletics Opportunity for ALL to take part in competitive sport: Intra-class competition SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	Badminton Table Tennis Tennis Athletics Opportunity for ALL to take part in competitive sport: Sports Day SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale
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PE Curriculum Long Term Planning

Y10 & 11 Core KS4		HT 1	HT2	HT3	HT4	HT5	HT6
PE	Big Idea	Do you know how to apply all rules, skills and techniques learned at KS3 and apply them in competitive situations? Football Rugby League Health Related Fitness Badminton Table Tennis Dance Dodgeball Netball OAA Basketball Athletics Cricket Rounders Softball	Do you know how to apply all rules, skills and techniques learned at KS3 and apply them in competitive situations? Football Rugby League Health Related Fitness Badminton Table Tennis Dance Dodgeball Netball OAA Basketball Athletics Cricket Rounders Softball	Do you know how to apply all rules, skills and techniques learned at KS3 and apply them in competitive situations? Football Rugby League Health Related Fitness Badminton Table Tennis Dance Dodgeball Netball OAA Basketball Athletics Cricket Rounders Softball	Do you know how to apply all rules, skills and techniques learned at KS3 and apply them in competitive situations? Football Rugby League Health Related Fitness Badminton Table Tennis Dance Dodgeball Netball OAA Basketball Athletics Cricket Rounders Softball	Do you know how to apply all rules, skills and techniques learned at KS3 and apply them in competitive situations? Football Rugby League Health Related Fitness Badminton Table Tennis Dance Dodgeball Netball OAA Basketball Athletics Cricket Rounders Softball	Do you know how to apply all rules, skills and techniques learned at KS3 and apply them in competitive situations? Football Rugby League Health Related Fitness Badminton Table Tennis Dance Dodgeball Netball OAA Basketball Athletics Cricket Rounders Softball
	Assessment	Formative, verbal assessment	Formative, verbal assessment	Formative, verbal assessment	Formative, verbal assessment	Formative, verbal assessment	Formative, verbal assessment
	Wider Curriculum Links	Sports trials: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Cross Country Netball Clubs: Dodgeball	Competitive Clubs and fixtures: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Netball Recreational Clubs: Badminton	Competitive Clubs and fixtures: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Netball Basketball Recreational Clubs:	Competitive Clubs and fixtures: Football (Girls & Boys) Rugby L (Girls & Boys Cup & Plate) Netball Basketball SPH Athletics	Sports Trials: Athletics Cricket Rounders Competitive clubs and fixtures: Athletics Cricket	Competitive clubs and fixtures: Athletics Cricket Rounders Rugby League (Boys and Girls) Recreational clubs:



		Badminton Table Tennis Opportunity for ALL to take part in competitive sport: Inter-form Games (Netball & Football) SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	Table Tennis SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	Badminton Table Tennis SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	Recreational Clubs: Badminton Table Tennis Trips: Ski Trip (Easter Holiday) SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	Rounders Rugby L (Boys and Girls) Recreational clubs: Badminton Table Tennis Tennis Athletics Opportunity for ALL to take part in competitive sport: Intra-class competition SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale	Badminton Table Tennis Tennis Athletics Opportunity for ALL to take part in competitive sport: SMSC & FBV – Team work, democracy, leadership, importance of health and fitness, rule of law ABC Oracy & Formality scale
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	health and fitness, rule of law ABC Oracy & Formality through written assignments Cross Curricular – Science, English Enrichment – Extra-Curricular clubs participation encouraged	health and fitness, rule of law ABC Oracy & Formality through written assignments Cross Curricular – Science, English Enrichment – Extra-Curricular clubs participation encouraged	health and fitness, rule of law ABC Oracy & Formality through written assignments Cross Curricular – Science, English Enrichment – Extra-Curricular clubs participation encouraged	health and fitness, rule of law ABC Oracy & Formality through written assignments Cross Curricular – Science, English Enrichment – Extra-Curricular clubs participation encouraged	health and fitness, rule of law ABC Oracy & Formality through written assignments Cross Curricular – Science, English Enrichment – Extra-Curricular clubs participation encouraged	importance of health, fitness and diet 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	GCSE C1– Do you know what the immediate and long-term effects of exercise on the Cardiovascular System? GCSE C2 –Do you know how exercise effects health and fitness? BTEC – Do you know what the different types of sports there are and what the benefits there are to taking part?	GCSE C1– Do you know the immediate and long-term effects of exercise on the Cardiovascular System? GCSE C2 – Do you know how lifestyle choices effect health and performance? BTEC – Do you know what the different types of sports there are and what the benefits there are to taking part?	GCSE C1 – Do you know what the immediate and long-term effects of exercise on the Respiratory System? GCSE C2 Do you know what constitutes a balanced diet and how athletes can manipulate their diet? BTEC – PSA Do you know the different stages of a warm up and how to plan and lead one effectively? Do you know what the different types of sports there are and what the benefits there are to taking part?	GCSE C1 – Do you know what the immediate and long-term effects of exercise on the Respiratory System? GCSE C2 – Do you know what factors effect optimum weight? BTEC – Component 2 LAA Do you know what the components of fitness are and how training methods can improve each COF?	GCSE C1 – Do you know what the immediate and long-term effects of exercise on the Skeletal System? GCSE C2 – Do you know what factors affect participation in sports? BTEC – Do you know how to deliver a coaching session with effective conditioned practices and drills?	GCSE C1 – Do you know what the immediate and long-term effects of exercise on the Muscular System? GCSE C2 – Do you know how to Plan, carry out and evaluate a PEP? BTEC – Do you know a variety of officials in sport and what their roles and responsibilities are?



Assessment	GCSE – 9 Mark Question & Practical assessment BTEC – Assessment of all topics	GCSE – Assessment of topics covered so far BTEC – Assessment of all topics	GCSE – 9 Mark Question & Practical assessment BTEC – PSA WINDOW OPEN WC 6 th January assessment windows open WC 20 th January reports open GCSE entry week 3 rd February	GCSE – Assessment of topics covered so far BTEC – PSA WINDOW OPEN	GCSE – 9 Mark Question & Practical assessment BTEC – End of term assessment (Unit 3) WC 23 rd June- Reports open.	GCSE – Assessment of all topics
Assessment Intent	GCSE – 4x 9 mark questions on their exam. Extended writing practice, with therapy lesson. Practical assessment used for moderation.	GCSE – Assessment and exam question practice. Therapy lesson after. PLC created on exam do diagnose gaps in learning.	GCSE – 4x 9 mark questions on their exam. Extended writing practice, with therapy lesson. Practical assessment used for moderation. BTEC – PSA is assessment requirement	GCSE – Assessment and exam question practice. Therapy lesson after. PLC created on exam do diagnose gaps in learning.	GCSE – 4x 9 mark questions on their exam. Extended writing practice, with therapy lesson. Practical assessment used for moderation.	GCSE – Assessment and exam question practice. Therapy lesson after. PLC created on exam do diagnose gaps in learning.
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	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	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	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	SMSC & FBV – Team work, democracy, leadership (main study) , importance of health and fitness, rule of law ABC Oracy & Formality through written assignments Cross Curricular – Science, English, IT	SMSC & FBV – Team work, democracy, leadership (main study) , importance of health and fitness, rule of law ABC Oracy & Formality through written assignments Cross Curricular – Science, English



		Enrichment – Extra-Curricular clubs participation encouraged	Enrichment – Extra-Curricular clubs participation encouraged	Enrichment – Extra-Curricular clubs	Enrichment – Extra-Curricular clubs	Enrichment – Extra-Curricular clubs Careers – Sports coach	Enrichment – Extra-Curricular clubs Careers – Sports coach
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Year 11		HT1	HT2	HT3	HT4	HT5	HT6
PE	Big Idea	GCSE C1– Do you know how Lever Systems effect movement in sporting actions? GCSE C2 – Do you know what the relationship is between the media, commercial organisation and sport? BTEC – Completing PSA COMPONENT 2: Taking Part and Improving Other Participants’ Sporting Performance	GCSE C1–Do you know How athletes sustain and treat Injuries? GCSE C2 – Do you know How athletes behaviours affect their performance? BTEC – Completing PSA COMPONENT 2: Taking Part and Improving Other Participants’ Sporting Performance	GCSE C1 – Do you know What types of Performance enhancing drugs athletes take and why? GCSE C2 – Do you know how coaches use practice structures to improve performance? BTEC – Component 3 Do you know the importance of fitness testing and the requirements for each test?	GCSE C1 – Do you know what methods of training can be used to improve different components of fitness? GCSE C2 –Do you know how coaches use guidance and feedback to improve performance? BTEC – Component 3 Do you know what the components of fitness are and how training methods can improve each COF?	Exam BTEC – Component 3 exam	
	Assessment	GCSE – 9 Mark Question & Practical assessment BTEC – WC 14th of October check year 10 data to ensure it is accurate	GCSE – Assessment of topics covered so far BTEC – WC- 18th November Mock exams and reports open (2 weeks). Report closes WC 9th December.	GCSE – 9 Mark Question & Practical assessment BTEC – Mock results day WC 6th January	GCSE – Assessment of all topics BTEC – WC 24th February- Mock exams and reports open (2 weeks)	Summer exams WC 12th May.	
	Assessment Intent	GCSE – 4x 9 mark questions on their exam. Extended writing practice, with therapy lesson	GCSE – Assessment and exam question practice. Therapy lesson after. PLC created on exam do	GCSE – 4x 9 mark questions on their exam. Extended writing practice, with therapy lesson	GCSE – Assessment and exam question practice. Therapy lesson after. PLC created on exam do		



		BTEC – PSA is assessment requirement	diagnose gaps in learning. BTEC – PSA is assessment requirement		diagnose gaps in learning.		
	Wider Curriculum Links	SMSC & FBV – Team work, democracy, <u>leadership (main study)</u> , 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		