

Physical Education & Sport Science Curriculum Overview

	Cycle 1	Cycle 2	Cycle 3
Year 7	<p>Topic: Warming Up & Effects of Exercise</p> <p>Overview: Throughout this unit students will participate in a wide range of sports and activities and learn the following:</p> <ul style="list-style-type: none"> ● Explain the importance of a warm up ● Be able to carry out the Isca warm up ● Explain the impact of a warm up on performance ● Know the short and long term effects of exercise <p>Mid-Cycle Assessment: Week 6 students will be assessed using the Assessing ME in PE model before rotating to block two of sport choices</p> <p>Assessment Week: Week 11 students will be assessed using the Assessing ME in PE model before rotating to block two of sport choices</p>	<p>Topic: Fitness Components</p> <p>Overview: Throughout this unit students will participate in a wide range of sports and activities and learn the following:</p> <ul style="list-style-type: none"> ● Understand the 10 components of fitness ● Apply fitness knowledge to specific sports <p>Mid-Cycle Assessment: Week 6 students will be assessed using the Assessing ME in PE model before rotating to block two of sport choices</p> <p>Assessment Week: Week 11 students will be assessed using the Assessing ME in PE model before rotating to block two of sport choices</p>	<p>Topic: Training Methods</p> <p>Overview: Throughout this unit students will participate in a wide range of sports and activities and learn the following:</p> <ul style="list-style-type: none"> ● Explain how different sports people train in different ways. <p>Mid-Cycle Assessment: Week 6 students will be assessed using the Assessing ME in PE model before rotating to block two of sport choices</p> <p>Assessment Week: Week 11 students will be assessed using the Assessing ME in PE model before rotating to block two of sport choices</p>
	<p>Students will have the opportunities to participate, lead and officiate the following sport:</p> <p>Football, Tag Rugby, Contact Rugby, Netball, Gymnastics, Basketball, Athletics, Cross-Country, Cricket, Rounders, Outdoor Education, Tennis and the use of our school gym</p>		

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Year 8	<p>Topic: Respiratory system</p> <p>Overview:</p> <ul style="list-style-type: none"> Describe the pathway of air into the body using key terminology Students start to understand adaptations as a result of exercise. <p>Mid-Cycle Assessment: Week 6 students will be assessed using the Assessing ME in PE model before rotating to block two of sport choices</p> <p>Assessment Week: Week 11 students will be assessed using the Assessing ME in PE model before rotating to block two of sport choices</p>	<p>Topic: Skeletal System</p> <p>Overview:</p> <ul style="list-style-type: none"> Name the major bones in the body Students understand the functions of the skeleton <p>Mid-Cycle Assessment: Week 6 students will be assessed using the Assessing ME in PE model before rotating to block two of sport choices</p> <p>Assessment Week: Week 11 students will be assessed using the Assessing ME in PE model before rotating to block two of sport choices</p>	<p>Topic: Muscular System</p> <p>Overview:</p> <ul style="list-style-type: none"> Name the muscles Students start to understand how muscles work in pairs. <p>Students know how to stretch specific muscles.</p> <p>Mid-Cycle Assessment: Week 6 students will be assessed using the Assessing ME in PE model before rotating to block two of sport choices</p> <p>Assessment Week: Week 11 students will be assessed using the Assessing ME in PE model before rotating to block two of sport choices</p>
	<p>Students will have the opportunities to participate, lead and officiate the following sport:</p> <p>Football, Tag Rugby, Contact Rugby, Netball, Gymnastics, Basketball, Badminton, Dance, Athletics, Cross-Country, Cricket, Rounders, Outdoor Education, Tennis and the use of our school gym</p>		

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Year 9 GCSE PE	<p>Topic: Health Fitness and Well-being, Anatomy & Physiology</p> <p>Overview:</p> <ul style="list-style-type: none"> ● Explore factors that effect physical, mental and social well being ● Sport Nutrition ● Skeletal System ● Muscular System ● Respiratory System ● Cardiovascular System <p>Mid-Cycle Assessment: Low stakes quiz</p> <p>Assessment Week: 78 Mark GCSE Paper</p>	<p>Topic: Aerobic & Anaerobic Training, Effects of Exercise, Levers/Planes & Axes, Physical Training</p> <p>Overview:</p> <ul style="list-style-type: none"> ● Aerobic and Anaerobic Thresholds ● Immediate effects of exercise ● Short-term effects of exercise ● Long term effect of exercise ● Levers/Planes and Axes ● Components of Fitness ● Fitness Testing <p>Mid-Cycle Assessment: Low stakes quiz</p> <p>Assessment Week: 78 Mark GCSE Paper</p>	<p>Topic: Physical Training / Sport Psychology</p> <p>Overview:</p> <ul style="list-style-type: none"> ● Methods of Training ● Training Seasons ● Skill Classification ● Aggression in Sport ● Guidance and Feedback <p>Mid-Cycle Assessment: Low stakes quiz</p> <p>Assessment Week: 78 Mark GCSE Paper</p>

	Cycle 1	Cycle 2	Cycle 3
Year 9 Sport Studies	<p>Topic: Sport and the Media LO1 and LO2</p> <p>Overview:</p> <ul style="list-style-type: none"> ● Identify different types of media ● Understand the positive effects that the media can have on sport <p>Mid-Cycle Assessment: Coursework Submission (LO1)</p>	<p>Topic: Sport and the Media LO3, LO4 & LO5</p> <p>Overview:</p> <ul style="list-style-type: none"> ● Understand the negative effect that the media can have on sport ● Understand the relationship between sport and the media <p>Mid-Cycle Assessment: Coursework Submission (LO3 & LO4)</p>	<p>Topic: Sport Leadership LO1 & LO2</p> <p>Overview:</p> <ul style="list-style-type: none"> ● Understand the qualities, styles, roles and responsibilities of an effective sports leader ● Be able to plan and risk access a sports activity session <p>Mid-Cycle Assessment: Coursework Submission (LO1)</p>

	Assessment Week: Coursework Assessment/Marking (LO1&LO2)	Assessment Week: Coursework Assessment/Marking (LO5)	Assessment Week: Coursework Assessment/Marking (LO2)
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Year 10 GCSE PE	Topic: Sport Psychology Overview: <ul style="list-style-type: none"> • Information Processing • Arousal Theory • Personality in Sport • Motivation • Smart Goals Mid-Cycle Assessment: Low stakes quiz Assessment Week: 78 Mark GCSE Paper	Topic: NEA Course Work – Analysis and Evaluation Overview: <ul style="list-style-type: none"> • Identify fitness component and skill strengths • Identify fitness component and skill weaknesses • Justify with recent examples of a performance • Evaluate and rectify weaknesses through example training session • Apply relevant theoretical area for skill weakness Mid-Cycle Assessment: Complete Analysis Section of Coursework Assessment Week: Final Deadline for NEA Coursework	Topic: Socio-Cultural Factors in Sport Overview: <ul style="list-style-type: none"> • Engagement patterns in sport • Social Groups • Commercialisation of Sport • Technology in Sport • Performance Enhancing Drugs • Spectator behaviours Mid-Cycle Assessment: Low stakes quiz Assessment Week: 78 Mark GCSE Paper

	Cycle 1	Cycle 2	Cycle 3
Year 10 Sport Studies	Topic: Sport Leadership LO3 & LO4 Overview: <ul style="list-style-type: none"> • Deliver a sports activity session • Reflect upon the delivered activity session 	Topic: Contemporary Issues in Sport (LO1&LO2) Overview: <ul style="list-style-type: none"> • Understand the issues which affect participation in sport • Know about the role of sport in promoting values 	Topic: Contemporary Issues in Sport (LO3&LO4) Overview: <ul style="list-style-type: none"> • Understand the Importance of hosting major sporting events • Know the roles of governing bodies in sport

	<p>Mid-Cycle Assessment: Assessment of Delivered Activity Session</p> <p>Assessment Week: Submission of Sports Leadership Coursework</p>	<p>Mid-Cycle Assessment: Low stakes quiz</p> <p>Assessment Week: Mock Paper</p>	<p>Mid-Cycle Assessment: Low stakes quiz</p> <p>Assessment Week: Mock Paper</p>
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	Cycle 1	Cycle 2	Cycle 3
Year 11 GCS E PE	<p>Topic: NEA Practical Assessments</p> <p>Overview:</p> <ul style="list-style-type: none"> • Select 3 sports to be assessed • Mock Moderation drill • Practical Assessments and Video Evidence <p>Mid-Cycle Assessment: Practical Assessments</p> <p>Assessment Week: Practical Assessments and Video Evidence Completed</p>	<p>Topic: Exam Preparation / Practical Moderation</p> <p>Overview:</p> <ul style="list-style-type: none"> • Revise Paper 1 & 2 Topics with mock exam questions • Develop understanding of command words • NEA Moderation with Trust Schools and External Moderator <p>Mid-Cycle Assessment: Mock Exams</p> <p>Assessment Week: Mock Exams</p>	<p>Topic: Exam Preparation</p> <p>Overview:</p> <ul style="list-style-type: none"> • Revise Paper 1 & 2 Topics with mock exam questions • Develop understanding of command words <p>Mid-Cycle Assessment: Mock Exams</p> <p>Assessment Week: Mock Exams</p>

	Cycle 1	Cycle 2	Cycle 3
Year 11 Sport	<p>Topic: Recap and revise Contemporary Issues in Sport</p> <p>Overview:</p>	<p>Topic: Contemporary Issues in Sport Exam and coursework development</p> <p>Overview:</p> <ul style="list-style-type: none"> • Revision for Final Examination 	<p>Topic: Exam Preparation (for those retaking)</p> <p>Overview:</p> <ul style="list-style-type: none"> • Revise Paper 1 & 2 Topics with mock exam questions • Final coursework completion

<p>Studies</p>	<ul style="list-style-type: none"> • Select 2 sports to be assessed and refereeing • Revise Contemporary Issues in Sport Content <p>Mid-Cycle Assessment: Practical Assessments Mock Papers</p> <p>Assessment Week: Practical Assessments</p>	<ul style="list-style-type: none"> • Opportunities to improve coursework for Sport and the Media and <p>Mid-Cycle Assessment: Mock Exams</p> <p>Assessment Week: Practical Assessments Coursework final submissions</p>	<p>Mid-Cycle Assessment: Mock Exams</p> <p>Assessment Week: Practical and Coursework Completion</p>
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