



Curriculum Overview – *Physical Education*

Why is the study of *Physical Education* important?

Physical Education should inspire all students to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for our students to become more physically competent in ways which supports their health, fitness and wellbeing. Our curriculum offers all students the chance to compete in sport and other activities which build character and help to embed values such as fairness and respect.

Research suggests that being physically active generates a whole host of benefits including;

- Increased physical health will reduce the risk of diabetes, asthma, sleep disorders and other illnesses
- Increases academic performance through increased concentration levels and more directed, composed behaviour
- Enhances social assimilation. Activities in PE help students develop social interactions and explore the benefits of working with a variety of different students in an array of different situations
- Improves mental health and wellbeing
- Developing self-discipline as well as stretching students beyond their perceived physical capabilities.

What skills will you gain from *Physical Education*?

The study students will be taught to:

- Explore and develop a variety of tactics and strategies to overcome opponents in team and individual games
- Develop technique and improve performance in competitive sports and physical activities
- Take part in outdoor activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- Analyse and evaluate their own and others' performances and demonstrate improvements
- Take part in competitive sports and activities outside school through community links or sports clubs

"Our curriculum will be structured so that no pupil is prevented from pursuing a course or programme based on their gender, ability, ethnicity, religion or sexual orientation. Pupils with disabilities or special educational needs will, as far as is possible, be provided with reasonable adjustments to enable them to access an ambitious and relevant curriculum."



What knowledge will you gain from the study of *Physical Education*?

Students should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life and understand and apply the long-term health benefits of physical activity.

Students will know the human body and fitness components and how Sport and Recreation develop these

The main topic headings are:

- Fit to Perform
- Fit to Lead
- Fit for Life

How does *Physical Education* help you in other subject areas?

The study of any subject in our curriculum takes full advantage of links with other subject areas - we term these as interdisciplinary links and we make the most of them because we know that deep learning requires the transference of knowledge and skills from one topic of learning to another. Once you can transfer your learning across topics and subject areas then you are really mastering what you know and how to apply your understanding and skills.

Physical Education touches on so many other subjects such as mathematics, literacy, biology, music, geography and life. You will learn methods of analysis and evaluation that are widely applicable to other subject areas helping your thinking in all subjects. You will develop an array of skills comprising of how to outwit an opponent, how to work as a team and problem solve whilst instilling a resilience and self-confidence to persevere. Through developing these skills and qualities you will be equipped with the knowledge and understanding to overcome adversity and succeed.



What can you do to deepen your knowledge and skills of *Physical Education*?

The Physical Education department offers lots of great opportunities for you to really engage with this fabulous subject. Throughout all year groups a variety of enrichment activities are offered to further enhance sporting opportunities at all levels. You have the opportunity to take part in sport and physical activity after school either for recreation, health and fitness or represent the school competitively. You can compete in and school fixtures and sports days.



How are you assessed in *Physical Education*?

During Key Stage 3 you are assessed using the following assessment objectives which ensure that you can cumulatively build your subject understanding in preparation for future qualifications. There are 3 assessment points each year evaluate pupils as Emerging, Developing or Secure. We assess how students at their current stage of study are on track to reach their end of stage targets which are formulated on aspirational expectation from their KS2 starting points. We make an informed prediction from our holistic assessments based on our subject mapping of expectation across the Physical education curriculum.

Key Assessment Objectives • Lead, healthy, active lifestyles • Develop competence to excel in broad range of physical activities • Use a range of tactic and strategies to overcome opponents in direct competition • Analyse and evaluate own performance and demonstrate improvement across a range of physical activities to achieve personal best.

How are you assessed during Key Stage 4 in Physical Education? For those of you who opt to study a sports qualification at Key Stage 4, you will be assessed according to the qualification specification and unit content. This will be an OCR Cambridge National in Sports Science. You will be given 3 progress grades which will be assessed based on a range of criteria; coursework/ assignments, practical performance and theoretical exams. You will also receive an effort level at each of these points.

How can *Physical Education* help you in your future?

There are a variety of course at a range of universities where you can continue your study in this area. For example, some popular courses include; Sports Science, Physical Education and Sports Development and Coaching, as a single honours or a joint honours subject studied alongside other disciplines. Some careers that the study of Physical Education or Sport supports include:

- Teaching
- Sports scientist
- Physiotherapist
- Sports coach
- Sports development officer
- Fitness instructor
- personal trainer
- Sports psychologist
- Sports analyst
- Sports journalist
- Football in the community
- Sports masseuse



Physical Education – Curriculum Maps

Year 7:

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Topics	Basketball, Football, Netball, Badminton							
Key skills	Muscles + Bones Develop Skills, tactics and game play							
	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Topics	Badminton, Netball, Football, Basketball							
Key skills	Warm ups and cool downs Develop Skills, tactics and game play				Components of fitness			
	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Topics	Table Tennis, Rugby, Gymnastics, Orienteering.					Table Tennis, Rugby, Gymnastics, Orienteering.		
Key skills	Types of training, Respiratory System, Grid references (Human +Physical Geography) Develop Skills, tactics and game play					Fitness testing, CV system.		
	Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32
Topics	Cricket, Rounders, Athletics, Stricking and fielding.							
Key skills	Develop Skills, tactics and game play			Health and Fitness tactics and game play		Somatotypes		Develop Skills,
	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	
Topics	Rounders, Athletics, Cricket, Striking and Fielding							
Key skills	Movement / biomechanics Develop Skills, tactics and game play				Effects of Exercise on the body systems			

Year 8:

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Topics	Basketball, Football, Netball,							
Key skills	Muscles and Bones, movements occurring at a joint. Develop Skills, tactics and game play							
	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Topics	Badminton, Football, Basketball							
Key skills	Components of fitness and application to sport. Develop Skills, tactics and game play							
	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Topics	Orienteering, Rugby, Gymnastics					Orienteering, Rugby, Gymnastics		
Key skills	Respiratory System, Grid references (Human +Physical Geography), Application to chosen sport. Develop Skills, tactics and game play					Cardiovascular system, grid references (Human +Physical Geography) Application to chosen sport.		
	Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32
Topics	Cricket, Rounders, Athletics							
Key skills	Develop Skills, tactics and game play			Health and Fitness Skills, tactics and game play. Timing, peer assessment skills.				Develop
	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	
Topics	Athletics, Cricket, Striking and fielding							

Key skills	Movement / biomechanics Develop Skills, tactics and game play, Timing, peer assessment skills.	
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Year 9:

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Topics	Basketball, Football, Netball							
Key skills	Muscles and Bones Develop Skills, tactics and game play							
	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Topics	Fitness, Netball, Basketball							
Key skills	Components of fitness + Fitness tests. Develop Skills, tactics and game play							
	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Topics	Orienteering + Health and Fitness					Rugby, Table Tennis, Badminton		
Key skills	Methods of training + grid references (Human +Physical Geography) Develop Skills, tactics and game play					Cardio-respiratory system		
	Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32
Topics	Athletics, Cricket, Rounders							
Key skills	Develop Skills, tactics and game play				Develop Skills, tactics and game play			
	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	
Topics	Athletics, Cricket , Striking and Fielding							
Key skills	Movement / biomechanics Develop Skills, tactics and game play, Timing, peer assessment skills.							

Year 10

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Topics	WINTER SPORTS Outdoor Option A: Football, Rugby, Fitness Indoor Option A: Basketball, Badminton, Table Tennis							
Key skills	Leadership within a game and team organisation. Application of Skills, tactics and game play Life long love for sport							
	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Topics	WINTER SPORTS Outdoor Option A: Football, Rugby, Fitness Indoor Option A: Basketball, Badminton, Table Tennis							
Key skills	Leadership within a game and team organisation. Application of Skills, tactics and game play Life long love for sport							
	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Topics	WINTER SPORTS Outdoor Option B: Football, Cross Country, Basketball Indoor Option B: Dance, Basketball, Dodgeball.					WINTER SPORTS Outdoor Option B: Football, Cross Country, Basketball Indoor Option B: Dance, Basketball, Dodgeball.		
Key skills	Peer Assessment. Sport for life. Application of Skills, tactics and game play. Life long love for sport					Peer Assessment. Sport for life. Application of Skills, tactics and game play. Life long love for sport		
	Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32
Topics	SUMMER SPORTS Outdoor Option A: Cricket, Rounders, Athletics. Outdoor Option B: Danish Longball, Softball, Rounders.							
Key skills	<ul style="list-style-type: none"> ■ Umpiring and application of rules ■ Application of Skills, tactics and game play ■ Life long love for sport 							
	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	
Topics	SUMMER SPORTS Outdoor Option A: Cricket, Rounders, Athletics. Outdoor Option B: Danish Longball, Softball, Rounders.							
Key skills	Umpiring and application of rules Application of Skills, tactics and game play Life long love for sport							

At Key Stage 4 pupils will be given a variety of activities to choose from. This replicates how they would conduct themselves when choosing activities post 16. Pupils will get the opportunity to choose the activity they complete each half term. This gives the pupils a responsibility over their sporting choices in an attempt to develop a lifelong love for sport and exercise.

Year 11:

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Topics	WINTER SPORTS Outdoor Option A: Football, Rugby, Fitness Indoor Option A: Basketball, Badminton, Table Tennis							
Key skills	Leadership within a game and team organisation. Application of Skills, tactics and game play Life long love for sport							
	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Topics	WINTER SPORTS Outdoor Option A: Football, Rugby, Fitness Indoor Option A: Basketball, Badminton, Table Tennis							
Key skills	Leadership within a game and team organisation. Application of Skills, tactics and game play Life long love for sport							
	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Topics	WINTER SPORTS Outdoor Option B: Football, Cross Country, Basketball Indoor Option B: Dance, Basketball, Dodgeball. Intervention					WINTER SPORTS Outdoor Option B: Football, Cross Country, Basketball Indoor Option B: Dance, Basketball, Dodgeball. Intervention.		
Key skills	Peer Assessment. Sport for life. Application of Skills, tactics and game play. Life long love for sport					Peer Assessment. Sport for life. Application of Skills, tactics and game play. Life long love for sport		
	Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32
Topics	SUMMER SPORTS Outdoor Option A: Cricket, Rounders, Athletics. Outdoor Option B: Danish Longball, Softball, Rounders. Intervention							
Key skills	Peer Assessment. Sport for life. Application of Skills, tactics and game play. Life long love for sport							
	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	
Topics	Study Leave/ Exams							

At Key Stage 4 pupils will be given a variety of activities to choose from. This replicates how they would conduct themselves when choosing activities post 16. Pupils will get the opportunity to choose the activity they complete each half term. This gives the pupils a responsibility over their sporting choices in an attempt to develop a lifelong love for sport and exercise.



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