



Subject: Physical Education

Curriculum Intent Statement

The intent of the Physical Education curriculum is to deliver a broad and balanced national curriculum, focusing on students developing techniques to improve performance in addition to developing a range of tactics and strategies to overcome opponents. Students are also taught the importance of leading a healthy and physically active lifestyle. It follows the National Curriculum aims of:

1. Develop competence to excel in a broad range of physical abilities
2. Are physically active for sustained periods of time
3. Engage in competitive sports and activities
4. Lead healthy and active lifestyles

The curriculum is sequenced to ensure that students are able to build knowledge over time whilst also matching the sport seasons that can provide opportunities to take part in competitive situations for example in fixtures and extra-curricular clubs. The Key Stage 3 curriculum enables students to secure a foundation in the key concepts required in all sports we are able to offer at a GCSE level (Edexcel) whilst also nurturing and supporting a long life love of being physically active.

Our PE curriculum is ambitious and aims to inspire, motivate and challenge students through its breadth and depth.

We will help students of all abilities, genders and backgrounds to develop their skills, knowledge of sports and rules, identify personal strengths and areas to improve through analysis of performance. Through our fitness unit all students will develop an understanding of the impact that physically activity has on our day to day lives. Our curriculum provides opportunities to support wider, societal learning such as PSHE, RSHE whilst developing key life skills such as leadership, communication, organisation and resilience.

The curriculum provides a scaffolding that is then delivered through well resourced, quality teaching supported by strong assessment and accurate data tracking. We aim for our students to be successful in exams as well as having the knowledge to be equipped for life in our rapidly changing world.

KS3

Year 7/ 8 /9

Term	Curriculum coverage	Home learning
Autumn term 1	Girls: Netball Boys: Football	https://www.bbc.co.uk/bitesize/topics/zsx6mnb https://www.bbc.co.uk/bitesize/topics/z9bq39q
Autumn term 2	Girls: Football / Cross Country Boys: Rugby / Cross Country	https://www.bbc.co.uk/bitesize/topics/z9bq39q https://www.bbc.co.uk/bitesize/topics/zp2m7hv
Spring term 1	Girls: Badminton / Table Tennis Boys: Badminton / Table Tennis	https://www.bbc.co.uk/bitesize/topics/zyhptyc https://www.bbc.co.uk/bitesize/topics/z8rcg82
Spring term 2	Girls: Handball / Dance Boys: Handball / Fitness	https://www.bbc.co.uk/bitesize/topics/z2dw82p https://www.bbc.co.uk/bitesize/topics/zxwjdmn
Summer term 1	Girls: Tennis / Athletics Boys: Tennis / Athletics	https://www.bbc.co.uk/bitesize/topics/zs6txsg https://www.bbc.co.uk/bitesize/topics/z3sfnbk
Summer term 2	Girls: Rounders/ Cricket Boys: Rounders/ Cricket	https://www.bbc.co.uk/bitesize/topics/z3nsp39

KS4 GCSE

Year 10

Term	Curriculum Intent @ GCSE PE
	<i>Physical, emotional and social health</i>



Autumn term 1	<i>Components of Fitness & Fitness Tests</i>	
Autumn term 2	<i>Consequences of a sedentary lifestyle & Diet</i>	
	<i>Methods of training and principles of training</i>	
Spring term 1	<i>PEP COURSEWORK</i>	<i>Evaluate performances compared to previous ones and demonstrate improvements across and range of activities to achieve their personal best.</i>
	<i>SMART Targets & PEP COURSEWORK</i>	
Spring term 2	<i>EVALUATION OF COURSEWORK</i>	
Summer term 1	<i>Optimising training & Injury prevention</i>	
	<i>Classification of skills</i>	
Summer term 2	<i>Sporting behaviours</i>	
	<i>Revision</i>	

Key resources:

<https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.resources.html?filterQuery=category:Pearson-UK:Publisher%2FPearson>

GCSE Qualification details:

We deliver the Edexcel specification

Student will complete their coursework during year 10, in addition to sitting 2 mock exams throughout the year. Practical moderation will continue across all practical sports.

Year 11

Term	Curriculum Intent @ GCSE PE
Autumn term 1	<i>Musculo-Skeletal system</i>
	<i>Cardio- Respiratory system</i>
Autumn term 2	<i>Energy System</i>
	<i>Lever system (Planes, axes)</i>
Spring term 1	<i>Commercialisation sport & Guidance and Feedback</i>
	<i>Engagement Patterns</i>
Spring term 2	<i>Revision</i>
	<i>Revision</i>



Key resources:

<https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.resources.html?filterQuery=category:Pearson-UK:Publisher%2FPearson>

GCSE qualification details:

We deliver the Edexcel specification

Practical moderation will continue across all practical sports.

Student will sit 2 GCSE papers (Paper 1 – 36%, 1 hour 45 minutes, Paper 2 – 24%, 1 hour 15minutes GCSE), Coursework is finalised and submitted and formal practical moderation takes place.