

PHYSICAL EDUCATION

	AUTUMN TERM 1	AUTUMN TERM 2	SPRING TERM 1	SPRING TERM 2	SUMMER TERM 1	SUMMER TERM 2
	Topics	Topics	Topics	Topics	Topics	Topics
YEAR 7 PE	Personal Fitness Challenge, Baselineing, Sportshall Athletics, Movement to Music, Badminton	Sportshall Athletics, Movement to Music, Badminton. Scottish Dancing	Badminton, Sportshall Athletics, Movement to Music	Movement to Music, Badminton, Sportshall Athletics	Athletics	Athletics. Competitions, Student Voice
YEAR 7 GAMES	Personal Fitness Challenge, Baselineing, Multi-Skills	Multi-Skills, Scottish Dancing	Multi-Skills	Multi-skills	Athletics, Rounders,	Rounders, Competitions, Student Voice
YEAR 8 PE	Personal Fitness Challenge, Sportshall Athletics, Badminton, Handball	Handball, Sportshall Athletics, Badminton. Scottish Dancing	Badminton, Handball, Sportshall Athletics	Couch 2 5K	Athletics	Athletics. Competitions, Student Voice
YEAR 8 GAMES	Personal Fitness Challenge, Netball, Rugby, Basketball	Basketball, Football, Table Tennis. Scottish Dancing	Hockey, Basketball, Football	Football, Hockey, Dodgeball/Invasion Games	Athletics, Cricket	Cricket, Competitions, Student Voice
YEAR 9 PE	Personal Fitness Challenge, Healthy Active Lifestyles	Badminton, Handball, Football. Scottish Dancing	Handball, Badminton, Invasion Games	Couch 2 5k	Athletics	Athletics. Competitions, Student Voice
YEAR 9 GAMES	Personal Fitness Challenge, Netball, Rugby, Basketball	Basketball, Football, Table Tennis. Scottish Dancing	Table Tennis, Basketball, Handball	Football, Table Tennis, Badminton	Athletics, Rounders/ Cricket	Rounders/ Cricket, Competitions, Student Voice

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<p>YEAR 10 CORE</p>	<p>Personal Fitness Challenge, Badminton, Leadership (Netball, Table Tennis)</p>	<p>Handball, Leadership (Table Tennis, Badminton), Scottish Dancing</p>	<p>Basketball, Leadership (Healthy Active Lifestyles, Rugby)</p>	<p>Table Tennis, Leadership (Badminton, Football)</p>	<p>Athletics, Leadership (Rounders, Tennis, Cricket)</p>	<p>Competitions, Student Voice.</p>
<p>YEAR 11 CORE</p>	<p>Badminton, Health Based PE (Healthy Active Lifestyles), Invasion Games</p>	<p>Handball, Health Based PE (Badminton), Invasion Games, Scottish Dancing</p>	<p>Healthy Active Lifestyles, Handball, Health Based PE (Dance), Invasion Games</p>	<p>Roefield</p>	<p>Student Voice</p>	<p></p>
<p>YEAR 10 GCSE</p>	<p>Skeletal and muscular systems (6 lessons) NEA: Overview (3 lessons) 2 hours controlled assessment</p>	<p>Skeletal and muscular systems (2 lessons) Movement Analysis (4 lessons) *skeletal system-joint movements; *muscular system-named muscles, roles of muscles CV System (4 lessons) Respiratory system (1 lesson) NEA: Assessment (3 lessons) 2 hours controlled assessment NEA: Movement Analysis (part 1) (2 lessons) 1 hour controlled assessment</p>	<p>Respiratory (1 lesson) aerobic v anaerobic exercise (3 lesson) *muscular system - types of muscles, muscle contraction short & long term effects of exercise (3 lessons) *skeletal system-only LT effects; muscular system-impact of muscle movements; CV system-features of the heart and impact on performance Components of fitness (2 lessons)</p>	<p>short & long term effects of exercise (2 lessons) *skeletal system-only LT effects; muscular system-impact of muscle movements; CV system-features of the heart and impact on performance Components of fitness (4 lessons) Applying the principles of training: (2 lessons) *all 4 body systems and impact of and on training; ST and LT effects-application to training methods; components of fitness-matching to the training methods, impact of SPOR FITT on each component</p>	<p>Applying the principles of training: (1 lesson) NEA: Analysis (2 lessons) 2 hours controlled assessment NEA: Evaluation (3 lessons) 2 hours controlled assessment</p>	<p>Applying the principles of training: (8 lessons) *all 4 body systems and impact of and on training; ST and LT effects-application to training methods; components of fitness-matching to the training methods, impact of SPORFITT on each component</p>

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		movement analysis (4 lessons)		NEA: Analysis (1 lesson)		
YEAR 10 GCSE PRACTICAL	Badminton (6 lessons)	Badminton (4 lessons)	Handball (6 lessons)	Handball (6 lessons)	Athletics (5 lessons)	Athletics (5 lessons)
YEAR 11 GCSE	<p>Year One Recap (1 lesson)</p> <p>Sports psychology (7 lessons)</p> <p>*principles of training and training methods</p> <p>NEA: Movement Analysis (Part 2 Classification of Skills) (1 hour controlled assessment)</p> <p>NEA: Action Plan (Part 1) (2 hour controlled assessment)</p> <p>Ethical and socio-cultural issues in sport; drugs, violence and ethics (2 lesson)</p>	<p>NEA: Action plan (Part 2) (2 hour controlled assessment)</p> <p>Ethical and socio-cultural issues in sport; drugs, violence and ethics (2 lessons)</p> <p>*all 4 body systems-impact of PEDs on the systems</p> <p>NEA: Overview (2 hour controlled assessment)</p> <p>commercialisation in sport (3 lessons)</p> <p>Engagement patterns of different social groups in sport (2 lessons)</p> <p>*health, fitness & well-being-reasons for taking part in sport</p>	<p>Engagement patterns of different social groups in sport (3 lessons)</p> <p>*health, fitness & well-being-reasons for taking part in sport</p> <p>health, fitness & well-being, diet & nutrition (6 lessons)</p> <p>*skeletal system-impact of foods, effects of ageing; *muscular system-impact of foods, effects of ageing; *CV system-effects of ageing; *respiratory system-effects of ageing; ST & LT effects-effects of ageing; components of fitness-effects of ageing; risk assessment and preventing injury-types of injury for different age groups, food groups to heal injury</p> <p>NEA: Assessment (2 hour controlled assessment)</p>	<p>Exam prep - topic recap from beginning</p> <p>Practical moderation prep</p>	exam preparation	

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<p>Physiological factors year 12</p>	<p>Skeletal and muscular systems (10 lessons) *eccentric muscle contractions *muscle fibre types <i>Interpreting figures - diagrams and tables</i></p> <p>Energy systems</p>	<p>Energy systems (introduction) (6 lessons) *aerobic and anaerobic energy (fuel, enzymes, waste) <i>Describe, Compare</i></p> <p>Diet and Nutrition (12 lessons) *aerobic and anaerobic energy (fuel, enzymes and waste) Compare, Evaluate, Analyse</p>	<p>Diet and Nutrition Levers Essay writing introduction Skeletal muscle contraction (11 lessons) *fibre recruitment and motor units</p>	<p>Skeletal muscle contraction Biomechanical Principles, & the use of technology - force plates & limb kinematics (12 lessons) *linear and angular motion <i>Interpreting figures - drawings and free body diagrams</i></p>	<p>Cardiovascular system (10 lessons) *vasoconstriction and vasodilation *muscle fibre types *Bohr shift <i>Describe Vs Evaluate Explain</i></p>	<p>Respiratory system (10 lessons) *internal and external respiration and pressure gradients *Hering Bruer reflex <i>Describe Vs Evaluate</i></p>
<p>Physiological factors year 13</p>	<p>Energy for Exercise (6 lessons) *aerobic and anaerobic energy (fuel, enzymes and waste) <i>Compare</i> Preparation and Training</p>	<p>Preparation and Training (18 lessons) to *muscle fibre types *eccentric muscle contraction * *vasoconstriction & vasodilation *fibre recruitment and motor units * Hering Bruer reflex *aerobic and anaerobic energy (fuel, enzymes and waste) <i>Evaluate, essay writing</i></p>	<p>Linear Motion, Angular Motion, Projectile Motion and Fluid Mechanics & the use of technology - wind tunnels (12 lessons) *linear and angular motion *fluid mechanics <i>Interpret figures - projectile free body diagrams</i></p>	<p>Injury Prevention and the Rehabilitation of Injury (12 lessons) *eccentric muscle contraction *vasoconstriction and vasodilation <i>Compare, evaluate, describe, essay writing</i></p>	<p>Environmental Effects (6 lessons) *internal and external respiration and pressure gradients *Bohr shift</p>	<p style="background-color: #cccccc;"></p>
<p>Psychological factors Year 12</p>	<p>Classification of Skill Types and Methods of practice Types of transfer</p>	<p>Stages of Learning, Types and uses of feedback Types of guidance Theories of learning</p>	<p>Theories of learning Personality Attitude</p>	<p>Attitude Motivation Arousal & Anxiety Aggression</p>	<p>Aggression Social Facilitation Stress Management</p>	<p>Leadership Group and Team Dynamics</p>
<p>Psychological factors year 13</p>	<p>Goal Setting Attribution Theory Sports Confidence Memory Models</p>	<p>Memory Models</p>				

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<p>Socio-cultural issues Year 12</p>	<p>Commercialisation and the media *Globalisation *Golden triangle *media (7 lessons)</p>	<p>Pre-industrial sport (5 lessons) *Gender *money *time *Class *Transport *Law and Order *Education & literacy Post 1850s industrial revolution</p>	<p>Post 1850s Industrial revolution (5 lessons) *Gender *money *time *Class *Transport *Law and Order *Education & literacy 20th Century sport (4 lessons) *Gender *money *time *Class *Transport *Law and Order *Education & literacy *Globalisation *Golden triangle *media</p>	<p>EAPI S&W (8 lessons)</p>	<p>EAPI 21st Century sport (10 lessons) *Gender *money *time *Class *Transport *Law and Order *Education & literacy *Globalisation *Golden triangle *media</p>	<p>21ST century sport</p>
<p>Socio-cultural issues Year 13</p>		<p>Routes to sporting excellence in the UK. Recap of Year 12 Socio-cultural- focus on areas students most need to focus on. 2021- Public School boys and Pre-post industrial.</p>	<p>Modern Technology (Participation) Modern Technology (elite, fair outcomes, entertainment)</p>	<p>Ethics and Deviance - Drugs and doping Ethics and Deviance- Violence and Gambling and Gambling</p>	<p>Global Sporting Events The modern Olympic Games Hosting global sporting events</p>	
<p>EAPI Year 13</p>	<p>Development Planning To include phases and cycles from Preparation and Training</p>	<p>Development Planning Application of Theory</p>	<p>Mock in January. Mock feedback. Feedback and development S&W and DP</p>	<p>Final EAPI assessment</p>		