



Summary Curriculum Plan

PHYSICAL EDUCATION

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	Topics	Topics	Topics	Topics	Topics	Topics
Year 7 PE	Personal Fitness Challenge, Baselineing, Sportshall Athletics/ Movement to Music	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	Striking and Fielding: Rounders	Striking and Fielding: 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	Striking and Fielding: Cricket	Striking and Fielding: Cricket, Competitions, Student Voice
Year 9 PE	Personal Fitness Challenge, Healthy Active Lifestyles	Badminton/ Table Tennis/ Basketball, Scottish Dancing	Table Tennis/ Badminton/ Handball	Couch 2 5K	Athletics	Athletics, Competitions, Student Voice

Year 9 Games	Personal Fitness Challenge, Netball/ Rugby/ Dodgeball	Basketball/ Football/ Table Tennis, Scottish Dancing	Handball/ Basketball/ Football	Football/ Handball/ Badminton	Striking and Fielding	Striking and Fielding, Competitions, Student Voice
Year 10 Core	Competitive Structures/ Taking Responsibility for my own and others Physical Activity/ Healthy, Active Lifestyles	Taking Responsibility for my own and others Physical Activity/ Healthy, Active Lifestyles/ Competitive Structures	Healthy, Active Lifestyles/ Taking Responsibility for my own and others Physical Activity/ Competitive Structures	Taking Responsibility for my own and others Physical Activity/ Competitive Structures/ Healthy, Active Lifestyles	Competing and Officiating: Rounders/ Cricket	Group 4- Planning and Leading Striking and Fielding
Year 11 Core	“Being a habitual mover” Continuing with physical activity	“Being an informed mover” Understanding health and fitness	“Being a motivated mover” Understanding responsibility and choice	“Being a habitual, critical, motivated and informed mover” Roefield Leisure Centre	Student Voice Activities	N/A
Year 10 GCSE	Skeletal and muscular systems (6 lessons) NEA: Overview (3 lessons) 2 hours controlled assessment	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 (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	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	Applying the principles of training: (1 lesson) NEA: Analysis (2 lessons) 2 hours controlled assessment NEA: Evaluation (3 lessons) 2 hours controlled assessment	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

		Respiratory system (1 lesson) NEA: Assessment (3 lessons) 2 hours controlled assessment NEA: Movement Analysis (part 1) (2 lessons) 1 hour controlled assessment movement analysis (4 lessons)	system-impact of muscle movements; CV system-features of the heart and impact on performance Components of fitness (2 lessons)	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 NEA: Analysis (1 lesson)		
<i>Year 10 GCSE Practical</i>	Badminton (6 lessons)	Badminton (4 lessons)	Handball (6 lessons)	Handball (6 lessons)	Athletics (5 lessons)	Athletics (5 lessons)
<i>Year 11 GCSE</i>	Year One Recap (1 lesson) Sports psychology (7 lessons) *principles of training and training methods NEA: Movement Analysis (Part 2 Classification of Skills) (1	NEA: Action plan (Part 2) (2 hour controlled assessment) Ethical and sociocultural issues in sport; drugs, violence and ethics (2 lessons) *all 4 body systems impact of PEDs on the systems NEA: Overview (2	Engagement patterns of different social groups in sport (3 lessons) *health, fitness & wellbeing-reasons for taking part in sport health, fitness & wellbeing, diet & nutrition (6 lessons) *skeletal system-impact of foods,	Exam prep - topic recap from beginning Practical moderation prep	exam preparation	

	hour controlled assessment) NEA: Action Plan (Part 1) (2 hour controlled assessment) Ethical and sociocultural issues in sport; drugs, violence and ethics (2 lesson)	hour controlled assessment) commercialisation in sport (3 lessons) Engagement patterns of different social groups in sport (2 lessons) *health, fitness & wellbeing- reasons for taking part in sport	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 NEA: Assessment (2 hour controlled assessment)			
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