

Curriculum map: Physical Education

Key Stage 3

Year
7

Group	Autumn 1	Autumn 2	Autumn 3	Spring 1	Spring 2	Summer 1	Summer 2
Year 7 Form	Football 3G	Basketball SH	Trampolining SG	Pikel Ball SH	Handball 3G	Athletics Trials / Rounders	Athletics/OAA
Year 7 Form	Basketball SH	Trampolining SG	Football 3G	Handball 3G	Netball SG	Athletics Trials / Rounders	Athletics/OAA
Year 7 Form	Trampolining SG	Football 3G	Basketball SH	Netball SG	Pikel Ball SH	Athletics Trials / Rounders	Athletics/OAA

Activity Start and End Point

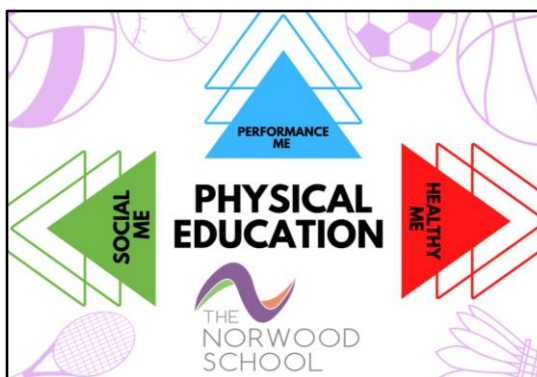
Lesson 1+2 - Fundamental learning - pupils will acquire and develop a basic skill(s)/technique(s) within that activity such as passing, dribbling, shooting etc.

Lesson 3+4 - Fundamental learning - pupils will acquire and develop additional basic skill(s)/technique(s) within that activity such as passing, dribbling, shooting etc.

Lesson 5+6 - Competition phase learning - pupils will learn tactics and strategies whereby they can select and apply their learnt skills within competitive situations. (Such as formations and positions.) Pupils will still access Fundamental learning but initial objectives will be tactical and strategic.

Lesson 7+8 - Competition phase learning - pupils will learn additional tactics and strategies whereby they can select and apply their learnt skills within competitive situations. (Such as formations and positions.) Pupils will still access Fundamental learning but initial objectives will be tactical and strategic.

Lesson 9+10 - Assessment for learning - pupils will be assessed on the content learnt over the 8 lessons including completion of drills and competitive situations/games.



Year
8

Group	Autumn 1	Autumn 2	Autumn 3	Spring 1	Spring 2	Summer 1	Summer 2
Year 8 Mixed	Badminton Pikel ball SH	Trampolining SG	Football 3G	Basketball SH	Table Tennis SG	Athletics Trials / Rounders	Athletics/OAA
Year 8 Girls	Football 3G	Badminton Pikel ball SH	Trampolining SG	Table Tennis SG	Football 3G	Athletics Trials / Rounders	Athletics/OAA
Year 8 Boys	Table Tennis SG	Football 3G	Badminton Pikel Ball SH	Trampolining 3G	Basketball SH	Athletics Trials / Rounders	Athletics/OAA

Activity Start and End Point

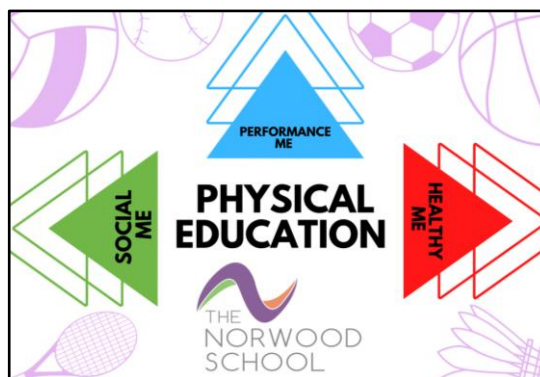
Lesson 1+2 - Fundamental learning - pupils will acquire and develop a basic skill(s)/technique(s) within that activity such as passing, dribbling, shooting etc.

Lesson 3+4 - Fundamental learning - pupils will acquire and develop additional basic skill(s)/technique(s) within that activity such as passing, dribbling, shooting etc.

Lesson 5+6 - Competition phase learning - pupils will learn tactics and strategies whereby they can select and apply their learnt skills within competitive situations. (Such as formations and positions.) Pupils will still access Fundamental learning but initial objectives will be tactical and strategic.

Lesson 7+8 - Competition phase learning - pupils will learn additional tactics and strategies whereby they can select and apply their learnt skills within competitive situations. (Such as formations and positions.) Pupils will still access Fundamental learning but initial objectives will be tactical and strategic.

Lesson 9+10 - Assessment for learning - pupils will be assessed on the content learnt over the 8 lessons including completion of drills and competitive situations/games.



Year
9

Group	Autumn 1	Autumn 2	Autumn 3	Spring 1	Spring 2	Summer 1	Summer 2
Year 9 Boys	Football 3G	Fitness SG	Volleyball SH	Handball 3G	Table Tennis SG	Athletics Trials / Rounders	Athletics/OAA
Year 9 Mixed	Fitness SG	Volleyball SH	Football 3G	Badminton Pikel ball SH	Trampolining SH	Athletics Trials / Rounders	Athletics/OAA
Year 9 Girls	Volleyball SH	Football 3G	Fitness SG	Table Tennis SG	Handball 3G	Athletics Trials / Rounders	Athletics/OAA

Activity Start and End Point

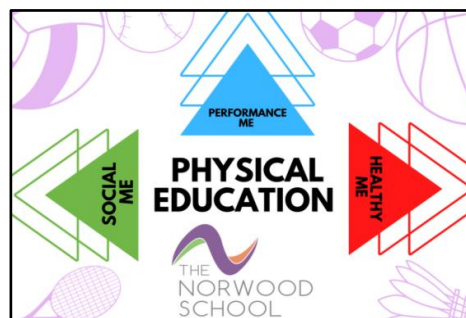
Lesson 1+2 - Fundamental learning - pupils will acquire and develop a basic skill(s)/technique(s) within that activity such as passing, dribbling, shooting etc.

Lesson 3+4 - Fundamental learning - pupils will acquire and develop additional basic skill(s)/technique(s) within that activity such as passing, dribbling, shooting etc.

Lesson 5+6 - Competition phase learning - pupils will learn tactics and strategies whereby they can select and apply their learnt skills within competitive situations. (Such as formations and positions.) Pupils will still access Fundamental learning but initial objectives will be tactical and strategic.

Lesson 7+8 - Competition phase learning - pupils will learn additional tactics and strategies whereby they can select and apply their learnt skills within competitive situations. (Such as formations and positions.) Pupils will still access Fundamental learning but initial objectives will be tactical and strategic.

Lesson 9+10 - Assessment for learning - pupils will be assessed on the content learnt over the 8 lessons including completion of drills and competitive situations/games.



Key Stage 4

Exam Board: Pearson Edexcel

Year
10

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Lesson (Double)</u> Component 1 Preparing participants to take part in sport and physical activity Content delivery Task 1 Explore types and provision of sport and physical activity for different types of participant Task 3 Be able to prepare participants to take part in physical activity. Lesson planning. Teaching and learning content.	<u>Lessons (Double)</u> Component 1 Preparing participants to take part in sport and physical activity Content delivery (Continued) Task 3 Be able to prepare participants to take part in physical activity Task 2 Examine equipment and technology required for participants to use when taking part in sport and physical activity	<u>Lessons (Double)</u> Component 1 Preparing participants to take part in sport and physical activity. Controlled assessment Task 1 Explore types and provision of sport and physical activity for different types of participant Task 3 Be able to prepare participants to take part in physical activity	<u>Lessons (Double)</u> Component 1 Preparing participants to take part in sport and physical activity. Controlled assessment Task 3 Be able to prepare participants to take part in physical activity Task 2 Examine equipment and technology required for participants to use when taking part in sport and physical activity	<u>Lessons (Double)</u> Component 2 Taking part and improving other participants' sporting performance. Delivery Task 4 Demonstrate ways to improve participants sporting techniques Planning drills and practises to develop sporting skill.	<u>Lessons (Double)</u> Component 2 Taking part and improving other participants' sporting performance. Delivery Task 1 Components of Fitness teaching and learning - Understand how different components of fitness are used in different physical activities.
<u>Lesson (Single)</u> Component 3 Developing Fitness to improve other participants performance in sport Components of fitness Principles of training Exercise intensity	<u>Lesson (Single)</u> Component 3 Developing Fitness to improve other participants performance in sport Fitness testing Methods of training	<u>Lesson (Single)</u> Component 1 Preparing participants to take part in sport and physical activity. Controlled assessment Task 1 & 3	<u>Lesson (Single)</u> Component 1 Preparing participants to take part in sport and physical activity. Controlled assessment Task 2 & 3	<u>Lesson (Single)</u> Component 3 Developing Fitness to improve other participants performance in sport Methods of training (continued) Long term effects of exercise	<u>Lesson (Single)</u> Component 3 Developing Fitness to improve other participants performance in sport Fitness Programming Motivation in Sport

Year
11

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Lesson (Double)</u> Component 2 Task 4 Coaching skills to improve performance. Lesson design and practical coaching. Controlled assessment. Task 2 demonstration of practical skills and strategies. Basketball and Football. Drill preparation and controlled assessment.	<u>Lessons (Double)</u> Component 2 (Continued) Task 2 demonstration of practical skills and strategies. Basketball and Football. Drill preparation and controlled assessment. Task 3 Roles and Responsibilities of Officials - Rules and regulations. Teaching and Learning.	<u>Lessons (Double)</u> Component 3 Exam preparation. Recap syllabus from year 10. Components of fitness Principles of training Exercise intensity Fitness testing	<u>Lessons (Double)</u> Component 3 Exam preparation. Recap syllabus from year 10. Methods of training Long term effects of exercise Motivation	<u>Lessons (Double)</u> Final revision Component 3 Developing fitness to improve other participants performance in sport and physical education Exam preparation and techniques.	Course complete.
<u>Lesson (Single)</u> Component 2 Task 1 Components of Fitness controlled assessment - Understand how different components of fitness are used in different physical activities.	<u>Lesson (Single)</u> Component 2 Task 3 Roles and Responsibilities of Officials - Controlled assessment.	<u>Lesson (Single)</u> Component 3 Exam preparation. Recap syllabus from year 10. Components of fitness Principles of training Exercise intensity Fitness testing	<u>Lesson (Single)</u> Component 3 Exam preparation. Recap syllabus from year 10. Methods of training Long term effects of exercise Motivation	Component 3 Final revision Developing fitness to improve other participants performance in sport and physical education Exam preparation and techniques.	

Key Stage 5

Exam Board: Pearson

Year
12

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit 1 - Anatomy and Physiology Unit 2 - Fitness Training and Programming for Health, Sport and Wellbeing Unit 19 - Development and Provision of Sport and Physical Activity Unit 22 - Investigating Business in Sport and Active Leisure Industry	Unit 1 - Anatomy and Physiology Unit 2 - Fitness Training and Programming for Health, Sport and Wellbeing Unit 19 - Development and Provision of Sport and Physical Activity Unit 22 - Investigating Business in Sport and Active Leisure Industry	Unit 1 - Anatomy and Physiology Exams Unit 2 - Fitness Training and Programming for Health, Sport and Wellbeing Exams Unit 19 - Development and Provision of Sport and Physical Activity Exams Unit 22 - Investigating Business in Sport and Active Leisure Industry Exams	Unit 3 - Professional Development in the Sports Industry A: Understand the career and job opportunities in the sports industry B: Explore own skills using a skills audit to inform a career development action plan Unit 5 - Application of Fitness Testing A: Understand the principles of fitness testing B: Explore fitness tests for different components of fitness 25: Rules, Regulations and Officiating in Sport A: Understand the development of the roles and responsibilities of the officials involved in sport Unit 27 - Principles and Practices for Outdoor and Adventurous Activities A: Explore the development of the outdoor sector and associated outdoor and adventurous activities	Unit 3 - Professional Development in the Sports Industry C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway D: Reflect on the recruitment and selection process and your individual performance Unit 5 - Application of Fitness Testing 25: Rules, Regulations and Officiating in Sport B: Explore the performance of officials in a selected sport Unit 27 - Principles and Practices for Outdoor and Adventurous Activities C: Develop skills and techniques in outdoor and adventurous activities through practical participation.	Unit 23 - Skill Acquisition in Sport A: Investigate the nature of skilled performance B: Examine ways that sports performers process information for skilled performance Unit 7 - Practical Sports Performance A: Examine National Governing Body rules/laws and regulations for selected sports competitions B: Examine the skills, techniques and tactics required to perform in selected sports 25: Rules, Regulations and Officiating in Sport C: Undertake the role of a match official in a competitive sport



B: Investigate best practice
in the outdoor industry



Unit 7 - Practical Sports Performance A: Examine National Governing Body rules/laws and regulations for selected sports competitions B: Examine the skills, techniques and tactics required to perform in selected sports C: Develop skills, techniques and tactics for sporting activity in order to meet sport aims Unit 8 - Coaching for Performance A: Investigate the skills, knowledge, qualities and best practice of performance coaches B: Explore practices used to develop skills, techniques and tactics for performance Unit 23 - Skill Acquisition in Sport C: Explore theories of teaching and learning in sport D: Carry out teaching and learning strategies for sports skills	Unit 7 - Practical Sports Performance C: Develop skills, techniques and tactics for sporting activity in order to meet sport aims D: Reflect on own practical performance using selected assessment methods Unit 8 - Coaching for Performance C: Demonstrate effective planning of coaching for performance D: Explore the impact of coaching for performance Unit 1 - Anatomy and Physiology Unit 2 - Fitness Training and Programming for Health, Sport and Wellbeing Unit 19 - Development and Provision of Sport and Physical Activity Unit 22 - Investigating Business in Sport and Active Leisure Industry	Unit 1 - Anatomy and Physiology Exams Unit 2 - Fitness Training and Programming for Health, Sport and Wellbeing Exams Unit 19 - Development and Provision of Sport and Physical Activity Exams Unit 22 - Investigating Business in Sport and Active Leisure Industry Exams Unit 7 - Practical Sports Performance D: Reflect on own practical performance using selected assessment methods Unit 8 - Coaching for Performance D: Explore the impact of coaching for performance	Unit 4 - Sports Leadership A: Understand the roles, qualities and characteristics of an effective sports leader B: Examine the importance of psychological factors and their link with effective leadership Unit 32 - Sports Massage A: Understand the role of a sports massage practitioner B: Undertake Client consultation and assessment C: Carry out sports massage on a sports performer Unit 9 - Research Methods in Sport A: Understand the importance of research in sporting environments B: Examine key issues that impact on the effectiveness and quality of research in sport	Unit 1 - Anatomy and Physiology Exams Unit 2 - Fitness Training and Programming for Health, Sport and Wellbeing Exams Unit 19 - Development and Provision of Sport and Physical Activity Exams Unit 22 - Investigating Business in Sport and Active Leisure Industry Exams Unit 4 - Unit 4 - Sports Leadership B: Examine the importance of psychological factors and their link with effective leadership C: Explore an effective leadership style when leading a team during sport and exercise activities. Unit 32 - Sports Massage C: Carry out sports massage on a sports performer D: Examine the importance of sports massage to the sport and exercise performer Unit 9 - Research Methods in Sport B: Examine key issues that impact on the effectiveness and quality of research in sport C: Apply appropriate research methods to a selected research problem in sport.	Unit 32 - Sports Massage D: Examine the importance of sports massage to the sport and exercise performer Unit 9 - Research Methods in Sport C: Apply appropriate research methods to a selected research problem in sport. Unit 4 - Unit 4 - Sports Leadership C: Explore an effective leadership style when leading a team during sport and exercise activities.
---	--	--	---	---	---