

PHYSICAL EDUCATION

Year	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
7	<p>NETBALL</p> <p>Develop hand eye co-ordination, agility, speed and confidence in performing skills such as, throwing and catching, dodging, moving into space, attacking and defending. Develop tactical awareness while developing attacking and defending skills. Gain a basic understanding of rules in NETBALL.</p> <p>FOOTBALL</p> <p>Develop hand eye co-ordination, agility, speed and confidence in performing skills such as, ball control, passing, retaining possession, moving into space, attacking and defending. Develop tactical awareness while developing attacking and defending skills. Gain a basic understanding of rules in FOOTBALL.</p>	<p>OAA</p> <p>Take part in outdoor and adventurous activities, such as orienteering, which present mental and physical challenged and be encouraged to work in a team, building on trust and developing skills to solve problem, either individually or as a group.</p> <p>HEALTH RELATED FITNESS</p> <p>Develop the knowledge, understanding, skills, capabilities and attributes needed for mental, emotional, social and physical wellbeing now and in the future. Develop an understanding of different components of fitness , how to measure them and what impact it has on their on their own fitness.</p>	<p>BADMINTON</p> <p>Develop hand eye co-ordination, agility, speed, power and confidence in using the correct technique to perform skills such as, serving and receiving, to outwit an opponent. Develop tactical awareness while developing attacking and developing skills. Gain a basic understanding of rules in BADMINTON.</p> <p>DANCE</p> <p>Focus on dance choreographic devices such as creating a motif, using levels/directions/tempo to develop their own dance whilst introducing cultural knowledge eg Bollywood. Perform confidently with a group in front of an audience.</p>	<p>RUGBY</p> <p>Develop the key concepts of rugby of go forward, support, continuity and pressure through Ready4Rugby. Develop tactical awareness and decision making skills while developing attacking and defending skills. Gain a basic understanding of TOUCH RUGBY.</p> <p>GYMNASTICS</p> <p>Develop basic skills such as rolling, jumping, travelling and balancing using various shapes and performance skills. Working alone or with a partner in floor work or on basic gymnastic equipment develop performance confidence.</p>	<p>ROUNDERS</p> <p>Develop individual technique in batting, bowling and fielding whilst working on improving the quality of skills with the intention of outwitting opponents. Gain a basic understanding of rules in ROUNDERS.</p> <p>CRICKET</p> <p>Develop individual technique in batting, bowling and fielding whilst working on improving the quality of skills with the intention of outwitting opponents. Gain a basic understanding of rules in CRICKET.</p>	<p>TENNIS</p> <p>Develop hand eye co-ordination, agility, speed, power and confidence in using the correct technique to perform skills such as, serving and receiving, to outwit an opponent. Gain a basic understanding of rules in TENNIS.</p> <p>ATHLETICS</p> <p>Accurately replicate running, jumping and throwing skills and learn specific techniques for events in order to improve performances. Engage in performing and improving skills and personal bests in relation to speed, height and distances. Gain a basic understanding of rules in ATHLETICS. Develop goal setting strategies and analysis skills</p>

PHYSICAL EDUCATION

8	<p>NETBALL</p> <p>Develop team attacking and defending strategies and techniques required to take part in competitive games. Develop the basic netball skills to allow individuals to influence a game or pressurised situation. Use core skills, strategies and tactics to outwit the opposition.</p>	<p>HEALTH RELATED FITNESS</p> <p>Develop the knowledge, understanding, skills, capabilities and attributes needed for mental, emotional, social and physical wellbeing now and in the future. Monitor, analyse and assess fitness changes as a result of physical activity, while further developing knowledge of fitness components and methods of training.</p>	<p>DANCE</p> <p>Build upon performance, choreography and appreciation skills whilst developing knowledge of theatre e.g. Hair Spray. Choreograph their own phrases of dance. Further develop performance confidence in front of an audience.</p>	<p>RUGBY</p> <p>Develop handling, catching, passing, evasion and contact skills through XRugby7s. Develop team attacking and defending strategies and techniques required to take part in competitive games. Develop a basic understanding of XRUGBY7s.</p>	<p>ROUNDERS</p> <p>Focus on accurate replication & further developing, implementing and refining techniques for batting, bowling and fielding to outwit opponents. Begin to accurately umpire rounders games</p>	<p>TENNIS</p> <p>Focus on how to use basic principles of attack and defence to plan strategies and tactics for TENNIS. Replicate the core skills necessary to outwit opponents with increasing pressure. Accurately score and officiate mini tennis games.</p>
	<p>FOOTBALL</p> <p>Develop team attacking and defending strategies and techniques required to take part in competitive games. Develop the basic football skills to allow individuals to influence a game or pressurised situation. Use core skills, strategies and tactics to outwit the opposition.</p>	<p>OAA</p> <p>Develop the key skills and knowledge to orientate, and read a map in a familiar environment to participate in orienteering, and use knowledge of components of fitness to orienteer efficiently.</p>	<p>BADMINTON</p> <p>Focus on how to use basic principles of attack and defence to plan strategies and tactics for singles. Replicate the core skills necessary to outwit opponents with increasing pressure. Accurately score and officiate mini badminton games</p>	<p>GYMNASTICS</p> <p>Creating sequences with a partner or part of a group select, apply and perform gymnastics skills such as rolling, jumping, travelling and balancing. Develop performance skills while using various gymnastic equipment and when working with a partner or group.</p>	<p>CRICKET</p> <p>Focus on accurate replication & further developing, implementing and refining techniques for batting, bowling and fielding to outwit opponents.</p>	<p>ATHLETICS</p> <p>Use knowledge of athletics events, strategies, and techniques to develop and enhance replication and performance. Develop understanding of fitness and its relationship to performance. Engage in performing and improving skills and personal and collective bests in relation to speed, height, distance and accuracy.</p>
9	<p>NETBALL</p> <p>Develop, implement and refine team and individual game plans to outwit opponents. Use core skills and implement</p>	<p>BADMINTON</p> <p>Focus on replicating and developing more advanced techniques as well as implementing and refining strategic</p>	<p>HEALTH RELATED FITNESS</p> <p>Develop the knowledge, understanding, skills, capabilities and attributes needed for mental,</p>	<p>HANDBALL</p> <p>Develop team attacking and defending strategies and techniques required to take part in competitive games. Develop the</p>	<p>ROUNDERS</p> <p>Demonstrate timing and fluency in the replication of techniques for batting, bowling and fielding whilst improving the skill</p>	<p>ATHLETICS</p> <p>Further enhance replication and performance across all disciplines. Focus on planning, preparing for and competing in</p>

PHYSICAL EDUCATION

	<p>them in different competitive situations. Demonstrate an understanding of the games rules, be able to play a number of positions and physically exert themselves throughout.</p> <p>FOOTBALL</p> <p>Implementing and refining core skills as a team and as individuals to outwit opponents. Plan strategies and implement them in competitive games. Opportunity to officiate and coach small groups and understand the importance of teamwork.</p>	<p>play to outwit opponents in both singles and doubles. Further develop the essential elements of attack and defence. Independently be able to score and officiate badminton games.</p>	<p>emotional, social and physical wellbeing now and in the future. Pupils to gain a more detailed understanding of fitness and its effect on performance.</p> <p>CHEERLEADING</p> <p>Develop and refine gymnastics skills such as rolling, jumping, travelling and balancing in groups to perform an acrobatic cheerleading sequence. Combine these gymnastics skills with mastering choreography and appreciation skills in dance to perform a cheerleading routine in front of an audience.</p>	<p>basic handball skills to allow individuals to influence a game or pressurised situation. Use core skills, strategies and tactics to outwit the opposition.</p>	<p>of outwitting opponents. Be able to accurately score & officiate games</p> <p>or</p> <p>CRICKET</p> <p>Demonstrate consistency, timing and fluency in the execution of techniques for batting, bowling and fielding whilst outwitting opponents. Be able to accurately score, coach & officiate games.</p> <p>TENNIS</p> <p>Focus on replicating and developing advanced techniques as well as implementing and refining strategic play to outwit opponents in both singles and doubles. Further develop the essential elements of attack and defence. Accurately score and officiate tennis games.</p> <p>Or</p> <p>RUGBY</p> <p>Develop the basic XRugby7 skills to allow individuals to influence a game or pressurised situation. Use core skills, strategies and tactics to outwit the opposition.</p>	<p>a range of athletic competitions. Perform core skills and record personal/collective bests. Develop knowledge of the immediate effects of exercise and physically exert themselves throughout.</p>
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PHYSICAL EDUCATION

				Plan strategies and implement them in competitive games.
<p>GCSE PE 10</p> <p>AQA</p>	<p>GCSE PE</p> <p><u>Physical Training</u></p> <ul style="list-style-type: none"> - Health & fitness - The components of fitness - Fitness Testing - Measuring components of fitness & how to set up the tests - The principles of training - Training thresholds - Types of training - Preventing injury - Training seasons - Warming up & cooling down <p><u>Activities</u></p> <p>Netball Badminton NEA</p>	<p>GCSE PE</p> <p><u>Health, Fitness & well-being</u></p> <ul style="list-style-type: none"> - Physical, emotional & social health & well-being, and fitness - Consequences of sedentary lifestyle - Somatotypes - Energy use - Balanced Diet - Maintaining water balance <p><u>Activities</u></p> <p>Netball Badminton NEA</p>	<p>GCSE PE</p> <p><u>Applied anatomy & physiology</u></p> <ul style="list-style-type: none"> - The structure and function of the skeleton - The structure and function of muscular system - The structure and function of cardio-respiratory system - Aerobic & anaerobic exercise - The effects of exercise <p><u>Movement Analysis.</u></p> <ul style="list-style-type: none"> - Types of levers - Basic movements - Planes of movement and axes of rotation <p><u>Activities</u></p> <p>Athletics</p>	
	<p>GCSE PE 11</p> <p>AQA</p>	<p>GCSE PE</p> <p><u>Sport Psychology</u></p> <ul style="list-style-type: none"> - Skill and ability - Goals & targets - Information processing - Guidance & feedback on performance - Arousal - Aggression - Personality types - Motivation <p><u>Socio - cultural influences</u></p> <ul style="list-style-type: none"> - Social groups & factors affecting participation - The commercialisation of PA & sport - The impact of technology on PA & sport - Ethical conduct by performers - Spectator behaviour 	<p>GCSE PE</p> <p><u>Socio - cultural influences continued</u></p> <ul style="list-style-type: none"> - Social groups & factors affecting participation - The commercialisation of PA & sport - The impact of technology on PA & sport - Ethical conduct by performers - Spectator behaviour <p><u>Revision</u></p> <p>Topics from Y10/11.</p> <p><u>Activities</u></p> <p>Handball Netball Badminton</p> <p><u>Practical Moderation</u></p>	<p>GCSE PE</p> <p><u>Revision & Exam</u></p> <div style="border: 1px solid black; padding: 10px; margin-top: 20px;"> <p>For more information on the AQA GCSE PE curriculum, please go to https://filestore.aqa.org.uk/resources/pe/specifications/AQA-8582-SP-2016.PDF</p> </div>

PHYSICAL EDUCATION

	<p><u>Activities</u> Netball Badminton NEA</p>				
<p>CORE PE 10</p>	<p style="text-align: center;">Rationale</p> <p>Using the key skills, processes and concepts learned in Key Stage 3 students will use their understanding of physical competence, high-quality performance and balanced, healthy lifestyles to select the roles and activities they wish to get involved in through making an informed choice about the sports and physical activities they wish to follow.</p> <p>Focus on strategy, tactics, composition, choreography and leadership through a student centred approach. A positive and enjoyable experience, which will enable lifelong involvement.</p>	<p style="text-align: center;">LEADERSHIP PATHWAY Sports Leaders Qualification Level 2</p> <p>Building leadership skills Plan, lead, evaluate sport/ physical activity sessions Assist in planning and leading a sport / physical activity event Lead sports/ physical activity session in your community</p>	<p style="text-align: center;">COMPETITIVE AND RECREATIONAL SPORTS PATHWAY</p> <p>Class choose from:</p> <p>Netball Football Handball Benchball Ultimate Frisbee XRugby7s Pop Lacrosse Hockey Basketball Short Tennis Tennis Badminton Table Tennis Athletics Cross Fit Rounders</p>	<p style="text-align: center;">HEALTHY LIFESTYLES PATHWAY</p> <p>Class choose from:</p> <p>Yoga Benchball OAA Park Run Studio You Table Tennis Dance Zumba HIIT Rounders Cricket Short Tennis Badminton Netball Handball Tchoukball</p>	

PHYSICAL EDUCATION

<p>CORE PE 11</p>	<p>Rationale</p> <p>Using the key skills, processes and concepts learned in Key Stage 3 students will use their understanding of physical competence, high-quality performance and balanced, healthy lifestyles to select the roles and activities they wish to get involved in through making an informed choice about the sports and physical activities they wish to follow.</p> <p>Focus on strategy, tactics, composition, choreography and leadership through a student centred approach. A positive and enjoyable experience, which will enable lifelong involvement.</p>		<p>COMPETITIVE SPORT PATHWAY</p> <p>Dodgeball Bench ball Ultimate Frisbee Netball Handball RugbyX Lacrosse Table Tennis Hockey Basketball Cricket Short Tennis Tennis Badminton Football Athletics Cross Fit</p>	<p>RECREATIONAL SPORT PATHWAY</p> <p>Dodgeball Yoga Bench ball Ultimate Frisbee OAA Park Run Pilates Table Tennis Dance/Zumba HIIT Rounders Cricket Touch Rugby Short Tennis Badminton Netball Football</p>	<p>HEALTHY LIFESTYLES PATHWAY</p> <p>Yoga OAA Gymnastics Park Run Mindful Walking Pilates Table Tennis Studio You Fun Fitness Zumba/ Dance HITT Ultimate Frisbee Badminton Rounders Short Tennis</p>	
	<p>A LEVEL PE 12</p> <p>OCR</p>	<p><u>Applied anatomy and physiology</u> Cardiovascular and respiratory systems</p> <p><u>Skill Acquisition</u> Classification of skills/ types and methods of practice</p>				<p><u>Applied anatomy and Physiology</u> Skeletal and muscular systems</p> <p><u>Skill Acquisition</u> Transfer of skills/Principles and theories of learning movement skills</p>

PHYSICAL EDUCATION

	<p><u>Sport and society</u> Emergence and evolution of sport</p>	<p><u>Sport and society</u> Global sporting events</p>	<p><u>Contemporary issues in physical activity and sport</u> Ethics and deviance in sport / Commercialisation and media</p>	<p><u>Contemporary issues in physical activity and sport</u> Routes to sporting excellence in the UK</p>	<p><u>Contemporary issues in physical activity and sport</u> Modern technology in Sport</p>	<p>peer's performance in one activity</p>
<p>A LEVEL PE 13 OCR</p>	<p><u>Applied anatomy and physiology</u> Energy for exercise Individual differences/ Group and team dynamics in sport / Goal setting in sports performance <u>Sports psychology</u> Environmental effects on body systems</p>	<p><u>Exercise physiology</u> Diet and nutrition/ Ergogenic aids Preparation and training methods Attribution / Confidence and self-efficacy in sports performance.</p>	<p><u>Evaluating and Analysing Performance for Improvement (H555/05)</u> This unit uses the knowledge, understanding and skills has learnt throughout the course and enables them to analyse and evaluate a peer's performance in one activity</p>	<p><u>Sports psychology</u> Injury prevention and the rehabilitation of injury Leadership in sport <u>Exercise physiology</u> Stress management to optimise performance</p>	<p><u>Revision</u></p>	

Please note that the A-level course is taught at Ermysted's Grammar School. For more information on the OCR A-Level PE curriculum, please go to:

<https://ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/>