

Summary Curriculum Map and Expectations

Subject: PE

Subject leader / Head of Faculty: Miss M Smith

Year 7	Autumn term	Spring term	Summer term
Key content; Knowledge Skills Understanding	Fitness testing Hockey (girls) Netball (girls) Rugby (boys) Basketball (boys)  Focus on: Cardiovascular endurance Muscular endurance Muscles Agility Balance Warm ups and short term effects of exercises	Trampolining (girls) Table tennis (boys) Fitness (boys and girls)  Focus on: Flexibility Coordination Bones Fitness training Fitness tests	Rugby (girls and boys) Athletics (girls and boys) Rounders (girls) Cricket (boys)  Focus on: Strength Speed Aerobic and anaerobic Power Training zones / maximum heart rate
Formal Assessments	Fitness Test. End of Activity unit test. Half termly Homework Test.	Fitness Test. End of Activity unit test. Half termly Homework Test.	Fitness Test. End of Activity unit test. Half termly Homework Test.
Homework expectations (frequency, time commitment)	Half termly Independent Learning. Homeworks of learning facts of Sport, Health and Fitness.	Half termly Independent Learning. Homeworks of learning facts of Sport, Health and Fitness.	Half termly Independent Learning. Homeworks of learning facts of Sport, Health and Fitness.

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Year 8	Autumn term	Spring term	Summer term
Key content; Knowledge Skills Understanding	Fitness testing Hockey (girls) Netball (girls) Rugby (boys) Basketball (boys)  Focus on: Cardiovascular endurance Muscular endurance Motivation (intrinsic and extrinsic) Agility Balance Personality (introvert and extrovert)	Trampolining (girls) Table tennis (boys) Fitness (boys and girls)  Focus on: Flexibility Coordination Risk assessment (causes of injury) Training methods	Rugby (girls and boys) Athletics (girls and boys) Rounders (girls) Cricket (boys)  Focus on: Strength Speed Arousal Power Nutrition in sport
Formal Assessments	Fitness Test. End of Activity unit test. Half termly Homework Test.	Fitness Test. End of Activity unit test. Half termly Homework Test.	Fitness Test. End of Activity unit test. Half termly Homework Test.
Homework expectations (frequency, time commitment)	Half termly Independent Learning. Homeworks of learning facts of Sport, Health and Fitness.	Half termly Independent Learning. Homeworks of learning facts of Sport, Health and Fitness.	Half termly Independent Learning. Homeworks of learning facts of Sport, Health and Fitness.

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Year 9	Autumn term	Spring term	Summer term
Key content; Knowledge Skills Understanding	Fitness testing Hockey (girls) Netball (girls) Rugby (boys) Basketball (boys)  Focus on: Cardiovascular endurance Muscular endurance Bones Agility Balance Short term effects of exercises	Trampolining (girls) Table tennis (boys) Fitness (boys and girls)  Focus on: Flexibility Coordination Muscles Training principles Fitness tests	Rugby (girls and boys) Athletics (girls and boys) Rounders (girls) Cricket (boys)  Focus on: Strength Speed Aerobic and anaerobic Power Training zones / maximum heart rate
Formal Assessments	Fitness Test. End of Activity unit test. Half termly Homework Test.	Fitness Test. End of Activity unit test. Half termly Homework Test.	Fitness Test. End of Activity unit test. Half termly Homework Test.
Homework expectations (frequency, time commitment)	Half termly Independent Learning. Homeworks of learning facts of Sport, Health and Fitness.	Half termly Independent Learning. Homeworks of learning facts of Sport, Health and Fitness.	Half termly Independent Learning. Homeworks of learning facts of Sport, Health and Fitness.

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Year 10	Autumn term	Spring term	Summer term
Key content; Knowledge Skills Understanding	<b>Media</b> <ul style="list-style-type: none"> <li>• Types of Media.</li> <li>• Positive effects of the media on sport.</li> <li>• Negative effects of the media on sport.</li> <li>• Relationships between sport and the media. Sponsorship/advertising/role models.</li> <li>• Evaluations of different media coverage.</li> </ul>	<b>Leadership</b> <ul style="list-style-type: none"> <li>• Personal qualities of a leader.</li> <li>• Roles and responsibilities of a leader.</li> <li>• Types of leadership.</li> <li>• Planning sessions.</li> <li>• Risk assessments</li> <li>• Communication skills and organisation skills.</li> <li>• Delivering a session.</li> <li>• Evaluations and improvements (review and reflect)</li> <li>• Assignment</li> <li>• Criteria</li> </ul>	<b>Contemporary issues in sport</b> <ul style="list-style-type: none"> <li>• Issues and barriers to sport participation.</li> <li>• Popularity of sport in the UK.</li> <li>• Role of sport in promoting values.</li> <li>• Olympics and Paralympics.</li> <li>• Etiquette and sportsmanship.</li> <li>• Performance enhancing drugs.</li> </ul>
Formal Assessments	Completion of LO1 assignments Completion of LO2 assignments Completion of LO3 assignments Completion of LO4 assignments	Completion of LO1 assignments Completion of LO2 assignments Completion of LO3 assignments Completion of LO4 assignments	End of LO test. End of unit test. Mock paper
Homework expectations (frequency, time commitment)	30 minutes One per fortnight	30 minutes One per fortnight	30 minutes One per fortnight

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Year 11	Autumn term	Spring term	Summer term
Key content; Knowledge Skills Understanding	<p><b>Reducing the risk of sports injuries. (R041)</b></p> <ul style="list-style-type: none"> <li>• Extrinsic factors</li> <li>• Intrinsic factors</li> <li>• Warm ups/cool downs</li> <li>• Acute and chronic injuries.</li> <li>• Types, causes and treatments of sports injuries.</li> <li>• Responding to sports injuries.</li> <li>• Emergency Action Plans (EAP)</li> <li>• Responding to Medical conditions.</li> </ul>	<p><b>Sports Nutrition (R045)</b></p> <ul style="list-style-type: none"> <li>• Nutrients and sources of a balanced Diet.</li> <li>• Timing and importance of nutrients in sport. Supplements.</li> <li>• Effects of a poor diet on performance.</li> <li>• Diet plans and performance.</li> <li>• Assignment</li> </ul>	<p>Re-visiting and revising for resit of <b>Reducing the risk of sports injuries. (R041)</b></p>
Formal Assessments	<p>End of LO test. End of unit test. Mock paper</p>	<p>Completion of LO1 assignments Completion of LO2 assignments Completion of LO3 assignments Completion of LO4 assignments</p>	<p>End of LO test. End of unit test. Mock paper</p>
Homework expectations (frequency, time commitment)	30 minutes One per fortnight	30 minutes One per fortnight	