

Physical Education

Curriculum Intent	The purpose of our curriculum is to expand/broaden the student's knowledge, understanding and application of skills, techniques and tactics in sport to prepare them for a lifetime of sporting activity. To also teach them pedagogical themes of Physical Education and Sport through the medium of physical activity. This will be done through the 'No Time To Waste' topics that will be covered in practical lessons, this includes developing the social understanding of cultural capital within a sporting context. To enthral enjoyment/curiosity about learning about familiar and new sports through a competitive environment.			
Year 7	Year 8	Year 9	Year 10 & 11	Year 12 & 13
Term 1 NTTW - Components of Fitness Fitness Testing (3/4 weeks) Athletics (¾ weeks)	Term 1 NTTW - Components of Fitness Fitness Testing	Term 1 NTTW - Components of Fitness Fitness Testing	Term 1 Yr10 - Health, Fitness and Training Yr11 - Coursework	Term 1 Anatomy and Physiology, Sports Psychology, Sport & Society
Term 2 NTTW - Anatomy and Physiology Volleyball.	Term 2 NTTW - Anatomy and Physiology Football	Term 2 NTTW - Anatomy and Physiology Football	Term 2 Yr10 - Musculoskeletal System Yr11 - Health and the Body	Term 2 Anatomy and Physiology, Sports Psychology, Sport & Society
Term 3 NTTW - Anatomy and Physiology Net Games	Term 3 NTTW - Anatomy and Physiology Net Games/Handball.	Term 3 NTTW - Anatomy and Physiology Net games/Volleyball/Handball	Term 3 Yr10 - Skill, Feedback and Guidance, Information Processing and Arousal in Sport, Mental Preparation in Sport	Term 3 Anatomy and Physiology Sports Psychology
Term 4 NTTW - Anatomy and Physiology Handball	Term 4 NTTW - Anatomy and Physiology Handball/Net Games	Term 4 NTTW - Anatomy and Physiology Net games/Volleyball/Handball	Yr11 - Health and the Body Term 4 Yr10 - Engagement Patterns in Sport	Sport & Society Term 4 Anatomy and Physiology, Sports Psychology Sport & Society
Term 5 NTTW -Sport and Society Football	Term 5 NTTW -Sport and Society Basketball/Football	Term 5 NTTW -Sport and Society Basketball/Handball/Football -	Yr11 - Revision Paper 1 topics Paper 2 topics Term 5 - The Cardiovascular system	Term 5 Anatomy and Physiology, Sports Psychology Sport & Society
Term 6 NTTW -Sport Psychology Basketball.	Term 6 NTTW -Sport Psychology Football/Basketball	Term 6 NTTW -Sport Psychology Basketball/Handball/Football - .	Term 6 Introduction of coursework:	Term 6 Anatomy and Physiology, Sports Psychology, Sport & Society

Literacy Link:

Through the No Time To Waste topics, pupils will be developing their knowledge of the key terminology that is directly linked to the progression to Physical Education and Sports Studies. Pupils of KS3 will be looking to gain knowledge at this stage in order to enable them to access A01 and A02 questions when/if opting to continue with either GCSE/BTEC First in sport at KS4 and/or A Level/Level 3 Sports courses.