

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 enthrall 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	
<p><u>Term 1</u> NTTW - Components of Fitness Fitness Testing (3/4 weeks) - To participate in testing key Components of Fitness. Athletics (¾ weeks) <u>Term 2</u> NTTW - Anatomy and Physiology Volleyball - To be introduced to the key skills/techniques of volleyball to outwit opponents. <u>Term 3</u> NTTW - Anatomy and Physiology Net Games - To be introduced to the key skills/techniques of Badminton/Table Tennis to outwit opponents. <u>Term 4</u> NTTW - Anatomy and Physiology Handball - To be introduced to the key skills/techniques of Badminton/Table Tennis to</p>	<p><u>Term 1</u> NTTW - Components of Fitness Fitness Testing - To participate in testing key Components of Fitness. How are the tests set up, how to measure performance. <u>Term 2</u> NTTW - Anatomy and Physiology Football - To develop technique and skills to outwit opponents and relate NTTW topics to physical activity. <u>Term 3</u> NTTW - Anatomy and Physiology Net Games/Handball - To develop technique and skills to outwit opponents and relate NTTW topics to physical activity. <u>Term 4</u> NTTW - Anatomy and Physiology Handball/NetGames - To</p>	<p><u>Term 1</u> NTTW - Components of Fitness Fitness Testing - To conduct fitness testing of the key Components of Fitness. How are the tests set up, how to measure performance. Apply to sports performance. <u>Term 2</u> NTTW - Anatomy and Physiology Football - To explore tactics and strategies in order to outwit opponents and develop through competition. Technical skills relating to GCSE A01 & A02, linked using NTTW topics. <u>Term 3</u> NTTW - Anatomy and Physiology Netgames/Volleyball/Handball - To explore tactics and strategies in order to outwit opponents and develop through competition. Technical skills</p>	<p><u>Term 1</u> Yr10 - Health, Fitness and Training What are the components of Fitness (CoF)? How and why do we use fitness testing? What are the Energy Systems and how are they used in sports? What are the Principles of Training (PoT)? How do we apply the PoT? What are the Methods of Training (MoT)? How do we link the MoT to CoF? What methods are used to optimise performance? Yr11 - Coursework <u>Term 2</u> Yr10 - Musculoskeletal System To know the structure and function of the Skeletal and Muscular System. To know and understand types of joints and</p>	<p><u>Term 1</u> <u>Anatomy and Physiology</u> Cardiovascular System Respiratory System <u>Sports Psychology</u> Classification of skill Transfer of Learning Guidance, Practice and Feedback <u>Sport & Society</u> Concepts of Physical Activity Physical recreation Sport Leisure Similarities and differences Elite Performers: Institutes of Sport NGBs UK Sport Whole Sport Plans <u>Term 2</u> <u>Anatomy and Physiology</u> Neuromuscular System Nutrition and performance <u>Sports Psychology</u> Information Processing</p>	

<p>outwit opponents.</p> <p>Term 5 NTTW -Sport and Society Football - To be introduced to the key skills/techniques of Football to outwit opponents.</p> <p>Term 6 NTTW -Sport Psychology Basketball - To be introduced to the key skills/techniques of Basketball to outwit opponents.</p>	<p>develop technique and skills to outwit opponents and relate NTTW topics to physical activity.</p> <p>Term 5 NTTW -Sport and Society Basketball/Football - To develop technique and skills to outwit opponents and relate NTTW topics to physical activity.</p> <p>Term 6 NTTW -Sport Psychology Football/Basketball - To develop technique and skills to outwit opponents and relate NTTW topics to physical activity.</p>	<p>relating to GCSE A01 & A02, linked using NTTW topics.</p> <p>Term 4 NTTW - Anatomy and Physiology Net games/Volleyball/Handball - To explore tactics and strategies in order to outwit opponents and develop through competition. Technical skills relating to GCSE A01 & A02.</p> <p>Term 5 NTTW -Sport and Society Basketball/Handball/Football - To explore tactics and strategies in order to outwit opponents and develop through competition. Technical skills relating to GCSE A01 & A02.</p> <p>Term 6 NTTW -Sport Psychology Basketball/Handball/Football - To explore tactics and strategies in order to outwit opponents and develop through competition. Technical skills relating to GCSE A01 & A02.</p>	<p>joint movements in sport and movement analysis. Planes and axis of movement.</p> <p>Yr11 - Health and the Body Somatotypes, energy use, hydration and diet.</p> <p>Term 3 Yr10 - Skill, Feedback and Guidance Pupils will be exploring the world of sports psychology. Looking at classification of skill, types of feedback and types of guidance. Information Processing and Arousal in Sport Exploring the processing of information in sports techniques and the understanding of how sports performers respond to mental preparation. Mental Preparation in Sport The performer as individual; personality, aggression, motivation</p> <p>Yr11 - Health and the Body Somatotypes, energy use and diet.</p> <ul style="list-style-type: none"> - Conduct of performers - Prohibited substances - Prohibited methods (blood doping) - Which type of performers may use different types of 	<p>Applied understanding of Information Processing (Whiting's Model/Baddely and Hitch) Definitions of and the relationship between reaction time, response time, movement time. Factors affecting response time (Hicks Law) and strategies to improve response time</p> <p>Sport & Society Commercialisation The Media Positive and Negative Impact of Commercialisation Positives and Negatives of Sponsorship Sportsmanship and Gamesmanship</p> <p>Term 3 Anatomy and Physiology Musculo-Skeletal System Sports Psychology Schmidt's Schema Theory Personality Attitude Formation Triadic Model of Attitudes Sport & Society+++++ Technology and Sports Analytics Development of Equipment and Facilities Positives and Negatives of Technology in Sport</p> <p>Term 4 Anatomy and Physiology Energy Systems</p>
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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.

