

Pre Year 7						
This course is studied in primary school. Students may have taken part in additional sports clubs in the community.				Interventions/support in place: Differentiation by task and outcome.		
Year 7 CORE PE						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Focus	Pupils will study the following topics throughout the Autumn and Spring terms on rotation each block consisting of a half term Adaptions are made for group need and ability. <ul style="list-style-type: none"> Football Rugby or Netball Table Tennis Gymnastics 			Pupils will study the following topics throughout the Summer and Spring terms. Adaptions are made for group need and ability. <ul style="list-style-type: none"> Athletics Striking and fielding games 		
Sequencing	During each unit students will follow the PE interleaving scheme of study and be given opportunities to apply CORE skills in PE to each sport covered. CORE PE skills are placed in 3 groups; head – analytical and leadership skills, heart – physical fitness and hands – participation. <ul style="list-style-type: none"> HEAD - HD1 Analyse own performance/ HD2 Be able to lead small groups in part or all of warm up/ HD3 Demonstrate knowledge of rules and regulations HEART- HT1 Understand stages of warm up/ HT2 To use names of regularly stretched muscles/ HT3 Be able to explain how my body feels when I exercise HANDS - HS1 Be physically active in all topics covered/ HS2 Develop skills techniques and tactics in closed situations and SSG/ HS3 Improve physical literacy through the CPOA tool kit. 					
Extended Learning	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities
Formal Assessment	<ul style="list-style-type: none"> During each lesson to inform misconceptions A DIRT assessment each unit to give pupils time to reflect and respond to their individual learning A formal grade is given at the end of each unit 					

Year 8 CORE PE						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Pupils will study the following topics throughout the Autumn and Spring terms on rotation each block consisting of a half term Adaptions are made for group need and ability. <ul style="list-style-type: none"> Football Rugby or Netball Table Tennis Fitness 			Pupils will study the following topics throughout the Summer and Spring terms. Adaptions are made for group need and ability. <ul style="list-style-type: none"> Athletics Striking and fielding games 		
Sequencing	During each unit students will follow the PE interleaving scheme of study and be given opportunities to apply CORE skills in PE to each sport covered. CORE PE skills are placed in 3 groups; head – analytical and leadership skills, heart – physical fitness and hands – participation. <ul style="list-style-type: none"> HEAD - HD4 Observe and offer analyse to peers when trying new skills/ HD5 Be able to lead skills sessions to small groups/ HD6 Demonstrate a deeper understanding of rules, why they are in place HEART- HT4 Develop an understanding of components of fitness and be able to suggest where they are utilised in different sports/ Understand the basic physiology of exercise – HT5 at onset of exercise – HT6 Long term effects of exercise HANDS - HS4 Be physically active in all topics covered/ HS5 Students will challenge themselves with new experiences/HS6 Develop a broader range of skills techniques and tactics and in game and performance situations 					
Extended Learning	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities
Formal Assessment	<ul style="list-style-type: none"> During each lesson to inform misconceptions A DIRT assessment each unit to give pupils time to reflect and respond to their individual learning A formal grade is given at the end of each unit 					

Year 9 CORE PE						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Focus	Pupils will study the following topics throughout the Autumn and Spring terms on rotation each block consisting of a half term Adaptions are made for group need and ability. <ul style="list-style-type: none"> Football Rugby or Netball Handball or Basketball Table Tennis Volleyball Fitness 			Pupils will study the following topics throughout the Summer and Spring terms. Adaptions are made for group need and ability. <ul style="list-style-type: none"> Athletics Striking and fielding games Tennis or Badminton 		
Sequencing	During each unit students will follow the PE interleaving scheme of study and be given opportunities to apply CORE skills in PE to each sport covered. CORE PE skills are placed in 3 groups; head – analytical and leadership skills, heart – physical fitness and hands – participation. <ul style="list-style-type: none"> HEAD - HD7 Be able to coach peers in development of new skills and refinement of existing skills /HD8 Evaluate own/peers/elite performance /HD9 Take leadership roles within lessons – HEART- HT7 Develop an understanding of FTM including fitness tests (HT8)/HT9 Be able to suggest how to improve health and fitness through exercise and relate to physiological responses HANDS - HS7 Be physically active in all topics covered – encouraging peers to do the same /HS8 Consolidate skills, techniques and tactics and apply in competitive situations /HS9 Make independent decisions in game or performance situations which influence outcome 					
Extended Learning	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities
Formal Assessment	<ul style="list-style-type: none"> During each lesson to inform misconceptions A DIRT assessment each unit to give pupils time to reflect and respond to their individual learning A formal grade is given at the end of each unit 					

Year 10/11 CORE PE						
Qualification	CORE PE					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Focus	Pupils will study the following topics throughout the Autumn and Spring terms on rotation each block consisting of a half term. Adaptions are made for group need and ability. <ul style="list-style-type: none"> • Football • Rugby or Netball • Handball or Basketball • Table Tennis • Volleyball • Fitness 			Pupils will study the following topics throughout the Summer and Spring terms. Adaptions are made for group need and ability. <ul style="list-style-type: none"> • Athletics • Striking and fielding games • Tennis or Badminton 		
Sequencing	During each unit students will follow the PE interleaving scheme of study and be given opportunities to apply CORE skills in PE to each sport covered. CORE PE skills are placed in 3 groups; head – analytical and leadership skills, heart – physical fitness and hands – participation. <ul style="list-style-type: none"> • HEAD - HD10 Take responsibility of leading sessions /HD11 Students may choose to take additional leadership opportunities • HEART- HT10 - Demonstrate an understanding or external influences and their impact on body image/HT11 Understand how diet and use of recreational drugs and alcohol can affect performance and overall health/HT12 Evaluate own lifestyle choices and make changes to improve physical, social and emotional health • HANDS - HS10 Stay physically active in-line with a performance or lifestyle pathway/HS11 Continue to challenge physical ability through continued refinement of skills, techniques and tactics. /HS12 Make healthy lifestyle choices with regard to physical activity 					
Extended Learning	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities	Extra-curricular activities
Formal Assessment	<ul style="list-style-type: none"> • During each lesson to inform misconceptions • A DIRT assessment each unit to give pupils time to reflect and respond to their individual learning • A formal grade is given at the end of each unit 					

Year 10 Examination PE Option						
Qualification	TECH Award Level1/2 in sport					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Component 1	Component 1	Component 1	Component 2	Component 2	Component 2
Sequencing	Learning outcome A: Explore types and provision of sport and physical activity for different types of participant Consisting A1/A2/A3/A4	Learning outcome B: Examine equipment and technology required for participants to use when taking part in sport and physical activity	Learning outcome C (THEORY): Be able to prepare participants to take part in physical activity Externally Set Assignment	Learning outcome A: Understand how different components of fitness are used in different physical activities	Learning outcome B: Be able to participate in sport and understand the roles and responsibilities of officials	Learning outcome C: Demonstrate ways to improve participants sporting techniques
	Learning outcome C (PRACTICAL): Be able to prepare participants to take part in physical activity					
Extended Learning	Catch up Extra-curricular activities	Catch up Extra-curricular activities	Catch up/P6 resubmission Extra-curricular activities	Catch up Extra-curricular activities	Catch up Extra-curricular activities	Catch up Extra-curricular activities
Formal Assessment	Internal Mock LOA Assignment	Internal Mock LOB Assignment	Externally Set and Moderated Component 1 Assignment	Internal Mock LOA Assignment	Internal Mock LOB Assignment	Internal Mock LOC Assignment

Year 11 Examination PE Option						
Qualification	TECH Award Level1/2 in sport					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Component 2	Component 2	Component 3	Component 3	Component 3	
Sequencing	RECAP LOA/B/C/D leading to MOCK assessment in preparation of PSA release date TBA	Delivery of externally set PSA	Learning outcome A : Explore the importance of fitness for sports performance	Learning Outcome D - Investigate fitness programming to improve fitness and sports performance	Revision and preparation for component 3 exam – DATE TBA	
	Component A PSA - resit		Learning outcome B (PRACTICAL): Investigate fitness testing to determine fitness levels	Learning outcome C (PRACTICAL): Investigate different fitness training methods		
Extended Learning	Catch up /P6 resubmission Extra-curricular activities	Catch up/P6 resubmission Extra-curricular activities	Catch up Extra-curricular activities	Catch up Extra-curricular activities	Catch up Extra-curricular activities	
Formal Assessment	Externally Set and Moderated Component 2 Assignment	Externally Set and Moderated Component 2 Assignment	Internal Mock Assignment	Internal Mock Assignment	Externally Set and Moderated Component 3 Assignment	