

| Pre Year 7 | | | | | | |
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| 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"> • Locomotion • Healthy Active Lifestyle • Hand-Eye Coordination • Foot-Eye Coordination | | | | Pupils will study the following topics throughout the Summer term. Adaptions are made for group need and ability. <ul style="list-style-type: none"> • Athletic Development • Striking and Fielding | |
| 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 | | | | | | |
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| | 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 Handball or Basketball Trampolining | | | | 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 | | | | | | |
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| | 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 or Badminton Fitness Trampolining | | | | 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 | |
| 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 | | | | | | |
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| 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 Badminton Healthy Active Lifestyle Trampolining | | | | 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 Pickleball | |
| 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 | | | | | | |
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| 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 | | | | | | |
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| 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 | |