

Key Stage 3 Core PE	Curriculum intent	Curriculum content Physical Education National Curriculum Key Stage 3	Curriculum delivery Typical curriculum allocation: 3 hours a fortnight
Year 8 Transition project	To have an experience of a sports festival and for students to meet teachers. It should provide opportunities for pupils to demonstrate physical confidence in a way which supports their health and fitness. Opportunities to compete in sport and other activities which show character and give an opportunity to embed values such as fairness and respect.	Sports festival Tag rugby Football Athletics Volleyball Rounders Netball	Delivered in feeder middle schools. Designed to assess students' current skill competency.
Year 9 Fit for Life	Students will focus on becoming more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They will explore a range of tactics and strategies to overcome opponents in direct competition through team & individual activities, analyze performance as well as having opportunity to compete further in extra-curricular competitions.	<u>Autumn & Winter</u> Invasion – Football, netball, rugby, handball, basketball and futsal. Net & wall – table tennis, tennis, badminton and volleyball Aesthetics – Trampolining and gymnastics Health & fitness – Fitness and boxercise <u>Summer</u> Replication – Athletics Striking & Fielding – Cricket, rounders and softball Net and wall - Tennis	A models based approach which will include teaching games for understanding (TGfU), direct instruction and tactical games approach. These methods will cover the fit to perform assessment strands.

Key Stage 4 Core PE	Curriculum intent	Curriculum content Physical Education National Curriculum Key Stage 4	Curriculum delivery Typical curriculum allocation: 2 hours a fortnight
<p>Year 10 Fit to Lead</p>	<p>Students will get the opportunity to experience a range of activities that encourages them take on leadership roles within lessons. While also providing opportunity to tackle complex and demanding physical activities. To offer a wide range of experiences.</p>	<p><u>Autumn & Winter</u> Invasion – Football, netball, rugby, handball, basketball and futsal. Net & wall – table tennis, tennis, badminton and volleyball Aesthetics – Trampolining and gymnastics Health & fitness – Fitness and boxercise</p> <p><u>Summer</u> Replication – Athletics Striking & Fielding – Cricket, rounders and softball Net and wall – Tennis Alternative – Ultimate Frisbee, skipping</p>	<p>A models based approach which will focus on using the sport education model to embed leadership and responsibility. These methods will cover the fit to lead assessment strands.</p>
<p>Year 11 Fit to perform</p>	<p>Students will get the opportunity to choose a pathway (Sport or health) that suits their individual needs that develops personal fitness and promotes an active, healthy lifestyle.</p>	<p><u>Autumn & Winter</u> Invasion – Football, netball, rugby, handball, basketball and futsal. Net & wall – table tennis, tennis, badminton and volleyball Aesthetics – Trampolining and gymnastics Health & fitness – Fitness, yoga, power walking and boxercise</p> <p><u>Summer</u> Replication – Athletics Striking & Fielding – Cricket, rounders and softball Net and wall – Tennis Alternative – Ultimate Frisbee, skipping, uni hoc</p>	<p>A models based approach which will include co-operative learning and problem based learning teaching approach, to encourage students to take responsibility and ownership of their learning. These methods will cover the fit for life assessment strands.</p>

Key Stage 4 Sports Studies	Curriculum intent	Curriculum content Cambridge National Certificate in Sport Studies	Curriculum delivery Typical curriculum allocation: 5 hours a fortnight
Year 10	<p>Sport Studies enables students to develop and apply knowledge of sports-related activities, with a particular focus on officiating. They explore contemporary issues in sport, different ways of being involved in the sports industry, and the impact of sport on wider society</p> <p>R051 – Contemporary Issues in Sport Students will explore a range of topical and contemporary issues in sport.</p> <p>R052 – Developing Sports Skills Students develop their skills, techniques and use of tactics/strategies/compositional ideas in both an individual and a team sporting activity, as well as their understanding of the rules to allow them to officiate.</p>	<p>R051 – Contemporary Issues in Sport L01 – Understand the issues which affect participation in sport. L02 – Know about the role of sport in promoting values. L03 – Understand the importance of hosting major sporting events. L04 – Know about the role of national governing bodies in sport.</p> <p>R052 – Developing Sports Skills L01 – Be able to use the skills, techniques and tactics/strategies/compositional ideas in an individual sport. L02 – Be able to use the skills, techniques and tactics/strategies/compositional ideas in a team sport. L03 – Be able to officiate in a sporting activity. L04 – Be able to apply practice methods to support improvement in a sporting activity.</p>	<p>R051 – Contemporary Issues in Sport The R051 unit will be assessed externally through a one hour exam. Within lessons, there will be summative assessment using past paper questions to determine student knowledge base.</p> <p>R052 – Developing Sports Skills The R052 unit will be assessed internally through OCR set tasks and assessed by teachers producing witness statements, and students creating coursework.</p>
Year 11	<p>R053 – Sports Leadership In this unit, students learn more about different leadership roles and styles. They will then go onto to plan and deliver effective and safe sessions and evaluate their own performance.</p> <p>R056 – Developing Skills & Knowledge in Outdoor Activities Students will develop their knowledge about different outdoor activities, how to plan an outdoor activity and be able to participate in one. They will develop their communication, decision making and leadership skills in challenging scenarios and environments.</p>	<p>R053 – Sports Leadership L01 – Know the personal qualities, styles, roles & responsibilities associated with effective sports leadership L02 – Be able to plan sports activity sessions L03 – Be able to deliver sports activity sessions L04 – Be able to evaluate own performance in delivering a sports activity session.</p> <p>R056 – Developing Skills & Knowledge in Outdoor Activities L01 – Know about the different types of outdoor activities & their provision L02 – Understand the value of participating in outdoor activities L03 – Be able to plan an outdoor activity L04 – Be able to demonstrate knowledge and skills during outdoor activities.</p>	<p>R053 – Sports Leadership Again, students will be assessed internally through assessment by teachers producing witness statement to justify student marks.</p> <p>R056 – Developing Skills & Knowledge in Outdoor Activities This unit is assessed through OCR-set tasks where students demonstrate their planning skills and participate in an outdoor activity.</p>

Key Stage 4 Sport Science	Curriculum Intent	Curriculum content OCR GCSE Sport Science J587	Curriculum Delivery Typical curriculum allocation: 5 hours a fortnight
Year 10	<p>Students will explore the ways in which parts of the human body work and function during physical activity and the physiological adaptations that can occur from training. Students will also develop their knowledge and understanding of the principles of training, why we train in different ways and how training plans and diet manipulation can be used to optimise results. Students will develop their knowledge and understanding of sports psychology theories related to acquiring movement skills and optimising performance.</p>	<p>Component 01: Physical factors affecting performance 1.1 Applied anatomy and physiology 1.2 Physical training Component 02: Content of Socio-cultural issues and sports psychology 2.2 Sports psychology</p> <p>Coursework AEP – It is expected that learners will complete this written piece of work after they have been taught the relevant sections of the theory content in Components 01 and 02.</p>	<p>Typically, each topic will be assessed formatively during lessons. A summative assessment using past paper questions will be used at the end of each topic to determine student knowledge base. Coursework content will be covered and assigned to students to complete. Practical sports will be assessed throughout the year.</p>
Year 11	<p>Students will develop their knowledge of the benefits of participating in physical activities and sport to their physical fitness, social and emotional well-being. The influence socio-cultural influences can impact on participation and performance in physical activities and sports and lead to a sedentary lifestyle. While exploring the commercialisation of physical activities and sports, including the influences of sponsorship and the media. Throughout this year of study students will reflect on their own learning and performance of physical activities and sports skills to recognise the key physiological concepts affecting performance.</p>	<p>Component 02: Content of Socio-cultural issues and sports psychology 2.2 Sports psychology 2.1 Socio-cultural influences 2.3 Health, fitness and well-being</p> <p>03: Performance in physical education Students also undertake a final practical assessment of 3 sports. These must consist of 1 team sport, 1 individual sport and one more of either a team or individual.</p>	<p>Typically, each topic will be assessed formatively during lessons. A mock will be complete in December and March. Final Practical assessment of sports will be assessed in March.</p> <div style="border: 1px solid black; background-color: #fff9c4; padding: 5px;"> <p>Assessment Paper 1 – Physical factors affecting performance 60 mins – 30% of GCSE Paper 2 – Socio-cultural issues and sports psychology 60 mins – 30% of GCSE</p> </div>

Key Stage 5 Cambridge Technical Level 3	Curriculum aims	Curriculum content Cambridge Technical Level 3 QN: 601/7096/7	Curriculum Delivery Typical curriculum allocation: 14 hours a fortnight
Year 12	<p>The qualifications aim is to develop students' knowledge, understanding and skills of the essentials of Sport and Physical Activity. It is the equivalent of 2 A Levels and offers a wide breadth of insight into the Sport and Physical Activity industry. Students will develop professional, personal and social skills through interaction with peers, stakeholders and clients, as well as theoretical knowledge and understanding to underpin these skills. During year 12 several core units are covered which included the three external exams unit. In addition to these core units optional coursework assessed units are covered throughout the year.</p>	<p>Unit 1: Physical activity, Health and Well being Unit 3: Inclusivity, equality and diversity in delivering sport and physical activity. Unit 4: Leading Sport and physical activity. Unit 6: Group Exercise to Music. Unit 7: Improving fitness for sport and physical activity. Unit 8: Organising a sports event. Unit 13: Unit 13: Health and Fitness Testing.</p>	<p>Unit 1: This unit is externally assessed by an OCR set and marked examination.</p> <p>Unit 3: This unit is externally assessed by an OCR set and marked examination.</p> <p>Unit 4: Externally Assessed Exam – May/June</p> <p>Unit 6,7,8,13: This unit is internally assessed (coursework) and externally moderated by OCR.</p>
Year 13	<p>Students continue to study a wide variety of units and provide a broad experience before life in the sport sector or further University study. The students will practically apply their skills and knowledge in preparation for further study, apprenticeship or the workplace. The students will also develop professional, personal and social skills through interaction with peers, stakeholders and clients, as well as theoretical knowledge and understanding to underpin these skills. These support the transferable skills required by employers such as communication, problem solving, time management, research and analytical skills.</p>	<p>Unit 2: Physical preparation & readiness for sport and physical activity. Unit 17: Sports Injuries and Rehabilitation. Unit 10: Biomechanics and movement analysis. Unit 19: Sports and exercise Psychology.</p>	<p>Unit 2: This unit is internally assessed (coursework) and externally moderated by OCR.</p> <p>Unit 17,10,19: This unit is internally assessed (coursework) and externally moderated by OCR.</p>

Key Stage 5 Cambridge Technical Level 3	Curriculum aims	Curriculum content Cambridge Technical Level 3 QN: QN: 601/7094/3	Curriculum Delivery Typical curriculum allocation: 7 hours a fortnight
Year 12	The aim is to develop the students' knowledge, understanding and skills of the principles of Sport and Physical Activity. The students will gain an insight into the sector as they investigate opportunities for delivering sport and physical activity to a wide range of participants, whether it is to mobilise sedentary people to improve their health and wellbeing or to support regular participants to improve their performance and fitness, all done in a safe and professional environment. In Year 12, we focus entirely on the mandatory units of the course.	<p>Unit 1: Develop an understanding of the structures and functions of the key body systems, how these support and impact performance in sport and physical activity and the effects that physical activity, training and lifestyle can have on them.</p> <p>Unit 3: Develop an understanding of the organisations involved in sport in the UK, their roles and responsibilities and how they work together.</p>	<p>Unit 1: This unit is externally assessed by an OCR set and marked examination.</p> <p>Unit 3: This unit is externally assessed by an OCR set and marked examination.</p>
Year 13	Students will begin taking the optional units of the course. There are a wide variety of units and provide a great experience before life in the sport sector or further University study. The students will practically apply their skills and knowledge in preparation for further study, apprenticeship or the workplace. The students will also develop professional, personal and social skills through interaction with peers, stakeholders and clients, as well as theoretical knowledge and understanding to underpin these skills. These support the transferable skills required by employers such as communication, problem solving, time management, research and analytical skills.	<p>Unit 2: Gain an understanding behind the theory of what makes good sports coaches and activity leaders and methods that can be employed to improve the performance of participants.</p> <p>Optional Units (maximum two):</p> <ul style="list-style-type: none"> • Organisation of Sports Events • Practical Skills in Sport and Physical Activities • Performance Analysis in Sport and Exercise • Sports Injuries and Rehabilitation • Sport and Exercise Psychology <p>Others are available.</p>	<p>Unit 2: This unit is internally assessed (coursework) and externally moderated by OCR.</p> <p>As the units are optional, the assessment is dependent upon the units that are taken.</p>