



## ***'Supporting pupils to be active and healthier at school and for life beyond'***

PE is a study of the mind and body. PE is a subject that focuses on improving your health and well-being as well as key life skills such as communication, creativity, resilience and teamwork. PE is also a gateway to meet and understand people from different cultures and backgrounds through clubs, gyms and sports teams.

During KS3, PE allows students to explore an array of different sports ranging from team sports such as Rugby and Netball or individual sports such as Athletics and Tennis. As well as sports the students also get the opportunity to explore a range of different fitness activities. We believe that this is a well-rounded curriculum which helps build the foundations for students to explore sports further as they get older. As students' progress through the school into KS4 and KS5 they have the opportunity to specialise in sports they have a keen interest in as they get to explore sports to a deeper level through GCSE PE and Health and fitness. Although PE is very practical the students get the opportunity to explore PE in a classroom capacity where they learn how the body works, how the mind works and why people participate in physical activity.

As a department we also offer extra-curricular clubs which gives the students the opportunity to participate in sport and physical activity outside of a classroom setting. It can be a relaxed approach where students can play for fun or they can take a different approach where they can hone their skills through smaller group teaching. At Little Heath School we also offer the students the chance to participate in sports matches against other schools both locally and nationally. As a department we hope that all of these experiences help to shape the sporting lives of our students and give them an insight into the world of sport and exercise and play sports when they leave Little Heath School.

Through studying Physical Education we aim to develop students that:

- Enjoy activity and understand the benefits it can have both physically and mentally
- lead healthy, active lives
- are physically active for sustained periods of time
- develop competence to excel in a broad range of physical activities
- engage in competitive sports and activities
- use a range of tactics to overcome opponents In individual and team situations
- are able to develop techniques and performances
- can master physical challenges
- Be able to work effectively in teams
- Analyse performances, suggesting strengths, weaknesses and ways to improve
- Take part in competitive sports and activities outside school through community links or sports clubs.
- have a strong subject knowledge needed for academic and vocational success



## KS3 Physical Education Curriculum Overview (Year 7 & 8)

At KS3 we follow the National Curriculum. All students have 4 lessons, an hour each, in Years 7 and 8 over the two week timetable. These practical lessons are delivered by a specialist PE staff. Students can expect a range of activities which work around the seasons and the facilities available at Little Heath. These include; Football, Basketball, Rugby, Netball, Hockey, Athletics, Cross Country, Gymnastics, Dance, Badminton, Tennis, Table Tennis, Cricket, Rounders and Health Related Fitness. These activity areas are usually taught in 4 week blocks.

Example of Year 7 PE Timetable:

Date	Group 1	Group 2	Group 3	Group 4	Group 5
4 September	Intro	Intro	Intro	Intro	Intro
16 September	Rugby	Rugby	Basketball	Netball	Hockey
21 October	Football	Football	Rugby/Netball	Hockey	Gym/Dance
25 November	Basketball	Cross Country/ HRF	Football	Gym/Dance	CrossCountry/ HRF
6 January	Gym	Basketball	Hockey	Football	Netball
3 February	Hockey	Gym	CrossCountry/ HRF	Basketball	Football
9 March	CrossCountry/ HRF	Hockey	Gym/Dance	CrossCountry/ HRF	Basketball
20 April	Cricket	Athletics	Badminton/ Tennis	Rounders	Rounders
11 May	Athletics	Athletics	Athletics	Athletics	Athletics
1 June	Athletics	Cricket	Cricket/Rounders	Badminton/ Tennis	Badminton/ Tennis
22 June	Badminton/ Tennis	Badminton/ Tennis	Athletics	Athletics	Athletics

Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand the long-term benefits of physical activity.



## KS4 Physical Education Curriculum Overview (Year 9, 10 & 11)

At Key Stage 4 we follow the National Curriculum. All students take part in Core PE where they have 3 lessons over a 2 week period, 1 hour long each. They are practical lessons delivered by specialist members of PE staff. Students take part in a range of activities using the facilities available at the school. They include netball, football, basketball, badminton, athletics, hockey, cross country, tennis, dance, gymnastics and trampolining, table tennis and dance. The activities taught compliment those studied at GCSE level as well as offering an exciting range to those not taking an exam course. Each sport is studied in a 4 week block. At Key Stage 4 the focus is more on tactics and strategies, developing their technique for competition, evaluating their performance to achieve at a higher level and continuing to take part in activities outside school.

An example of a typical timetable for Key Stage 4 Core PE:

Date	Group 1	Group 2	Group 3	Group 4	Group 5
4 September	Rugby	Rugby	Basketball	Netball	Gym
16 September	Football	Football	Rugby/Netball	Basketball	Netball
21 October	Basketball	Hockey	Football	Gym	Dance
25 November	XC	Basketball	Gym/Dance	Hockey	Football
6 January	HRF	Gym	Hockey	Football	Basketball
3 February	Gym	XC	Badminton	Dance	Hockey
9 March	Hockey	HRF	XC/HRF	HRF	Badminton
20 April	Athletics	Cricket	Athletics	Badminton	HRF
11 May	Badminton	Tennis	Cricket	Rounders	Rounders
1 June	Cricket	Badminton	Tennis	Tennis	Athletics
22 June	Tennis	Athletics	Rounders	Athletics	Tennis

GCSE Physical Education is studied in Years 9, 10 and 11. We follow the OCR Physical Education specification which is an exciting and varied course that explores Applied Anatomy and Physiology, Physical Training, Socio-cultural Influences, Sports Psychology and Health, Fitness and Well-being. The course is designed to be appealing and exciting and provide pupils with relevant information relating to everyday life and how sports has become part of our day to day routine. The coursework aspect of PE theory relates to in depth knowledge of a particular sport and links in all areas of the course. Students are also expected to perform to a high level in 3



different sporting activities; 1 team sport, 1 individual sport and 1 other. The students will have 5 lessons over a 2 week period. In Year 9 2 will be theory based and 3 will be practical. In Year 10 the focus will change and become 3 theory lessons and 2 practical lessons. In practical lessons students are expected to participate in a range of sports such as football, netball, badminton, basketball, athletics, cricket etc. The teacher will then discuss with the student which 3 sports are likely to receive the highest practical score. Students are also expected to regularly take part in extra curricular sports sessions in school and at private clubs.

## YEAR 9

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
TOPIC	Applied Anatomy and Physiology	Physical Training	Socio-cultural Influences	Sports Psychology	Health, Fitness and Well-being	Writing skills and coursework preparation
KEY CONCEPTS	An overview of the skeletal, muscular, cardiovascular and respiratory systems and how these body systems are affected by sport	A look at different types of training, principles of training, how to apply principles of training and how to prevent injury in sport	This topic looks at engagement patterns of individuals in sport, commercialisation of sport and ethical issues within sport such as drug use. Staff will also introduce the concept of longer answer questions with students and will begin to structure their answers to exam board criteria	An overview of the main Sport Psychology processes – classification of skills, goal setting, mental preparation and feedback and why these are important in sport	This topic looks at the benefits of exercise – socially, emotionally and physically as well as diet and nutrition in sport	This term we look at 1 of our sports and begin to plan our coursework  We look at what makes a successful sports person and link it to the areas of PE we have studied
ASSESSMENT	Exam questions  End of topic test	Exam questions  End of topic test	Exam questions  End of topic test  Longer answer questions	Exam questions  End of topic test	Exam questions  End of topic test	Exam questions  End of topic test  PPE: Paper 1 and Paper 2



## YEAR 10

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
TOPIC	Applied Anatomy and physiology	Applied Anatomy and Physiology	Preparation for PPEs	Revision of weaker areas	Coursework focus	Coursework write up
KEY CONCEPTS	<p>Here we look in more detail at the different types of joints in the body, types of movement at these joints and other components of a joint</p> <p>We also look at Movement Analysis linking to sport</p>	<p>This area covers the long term and short term affects that exercise has on each of our 4 body systems</p>	<p>During this term, students will use exam questions and revision materials to re-cap major topics across PE to enable them to link practical examples with exam based theory</p>	<p>Staff will recognise weaker areas from PPE and will ensure these are recapped in lessons to ensure a greater level of understanding</p>	<p>During this term, students will begin to research their coursework based on 1 of their practical activities. It will allow for independent research into their sport and links with the topic areas they have covered</p>	<p>This term will allow students to write up their final coursework in timed conditions and will require them to link their sport to areas covered in the specification</p>
ASSESSMENT	<p>Exam questions</p> <p>End of topic test</p>	<p>Exam questions</p> <p>End of topic test</p>	<p>Exam questions</p> <p>PPE: Paper 1, Paper 2 and Paper 3</p>	<p>Exam questions</p> <p>End of topic test</p>	<p>Research handed in</p>	<p>Completed coursework handed in and marked</p>



## YEAR 11

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
TOPIC	Preparation for PPE in November	Exam technique and longer answer questions and preparation for PPE	Exam technique and longer answer questions and preparation for 2 <sup>nd</sup> PPE	Revision	Revision	
KEY CONCEPTS	Staff will identify areas that need more work on for Nov PPE and these will be studied and exam questions completed	This term, staff will ensure students are clear on writing longer answers as well as being able to maximise marks in shorter answer questions	Staff will have identified any areas of weakness and will ensure these topics are re-covered and students are comfortable in answering all types of questions	Any areas of weakness that have been identified by the teacher will be re-covered	Any areas of weakness that have been identified by the teacher will be re-covered	
ASSESSMENT	Exam questions	Exam questions End of topic test PPE: Paper 1 and Paper 2	Exam questions End of topic test PPE: Paper 3	Exam questions Walking talking mocks	Exam questions Walking talking mocks	

## KS4 Physical Education NCFE Curriculum Overview (Year 9, 10 & 11)

NCFE Health and Fitness is studied in Years 9, 10 and 11. We follow the Level 1/2 specification which is an exciting and relevant course that explores many aspects of Health and Fitness. This includes the bodies systems, training methods and components of fitness. The course is designed to be engaging both practically and theoretically. This will provide students with valuable and useful fitness skills that will aid them in their pursuit of work in the fitness industry.

The courses allows students to apply their knowledge in both exam (40%) and coursework (60%) based assessment. This gives them a strong footing to understand the importance of health and fitness and how to apply it.



## YEAR 9

Year 9 Exam Preparation:

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
TOPIC	Skeletal System Muscular	Respiratory System	CV system and Energy Systems	Health and Fitness – Components of fitness Principles of Training		
ASSESSMENT	End of unit assessments completed throughout					

## YEAR 10

Year 10 Exam (Nov) and Coursework Preparation:

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
TOPIC	Recap of Year 9 Revision	Lifestyle Factors	Fitness Testing and Training Methods	The structure of a Health and Fitness Programme	Health and Safety – Walk through of whole coursework assessment	
ASSESSMENT	Mock exam at the end of term 1 First exam taken by students in November Coursework assessments made throughout terms 3-6 With complete coursework run through in term 6					

## YEAR 11

Year 11 Exam (Nov) and Coursework Assessment (Dec):

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
TOPIC	Mock Coursework	Assessment Revision	Coursework	Coursework	Re Submission	
ASSESSMENT	Mock coursework assessment at the start of term 1 Second take of exam in November week 3 Final coursework task given to students in December First draft handed in March. Resubmission after Easter					



## KS5 Physical Education A level Curriculum Overview (Year 12 & 13)

We follow the OCR exam board as this course offers a diverse insight into the world of sport. The content is split into 3 exams covering a range of interesting and relevant topics from anatomy and physiology to social cultural issues in sport.

Through 3 exams, this course offers students a range of content to motivate and inspire them to study and follow a future career in the sport and leisure industry. Our A' Level PE course can lead to higher education at college and university such as Sport and Exercise science, Leisure and recreation, sports development and physiotherapy, all with aims to increase levels of understanding of participation, health and mental wellbeing.

The coursework section of the course requires students to take part in practical performance or coaching. All students take part in this element of the course. Practical sport is recorded in a log book and identifies the competitive level of the student. We want all students to compete at any level appropriate to them, even recreationally. Being physically active benefits the body and the mind and is important for young adults in their physical and social development.

01. EXAM	02. EXAM	03. EXAM	04. COURSEWORK
Applied anatomy and physiology	Skill acquisition	Sport and society	Performance or Coaching
Exercise physiology	Sports psychology	Contemporary issues in physical activity and sport	Evaluation and Analysis of Performance for Improvement (EAPI)
Biomechanics			

## KS5 BTEC Sport - Level 3 Extended Certificate Curriculum Overview (Year 12 & 13)

BTEC courses are widely accepted in many higher education institutes and we want to ensure all our students have every opportunity to access further education. Our level 3 sports course is an Extended Certificate which is the equivalent to 1 A Level.

It allows for students to work under pressure in exam conditions, but also to access practical experience of planning and coaching lessons to younger members of the school. Theory is a large element to this course and students are encouraged to use independent skills to research around key topics to add to their prior knowledge. The exam sections help students to develop skills under pressure and recall information as required, whereas coursework provides opportunities to research in more depth and explain content in their own words.

Some sections of the coursework allow for a practical element. This aims to encourage students to think more dynamically about what they have written in order to assess how their written work would be implemented in real life. This also helps to enhance communication and organisation skills as well as opportunities to reflect and upgrade their theory based on the results of their practical. Through practical elements of the course we aim to encourage students to express independence, push themselves out of their comfort zones and solve problems through guided feedback.





01	02	03	04
Skeletal System	The effects of lifestyle choices	Sports career development	The roles, qualities and characteristics
Muscular System	Fitness principles and theory	The recruitment and selection process	The importance of psychological factors
Respiratory System	Interpret screening information		
Cardiovascular System			
Energy Systems			

## Enrichment Activities

We strongly believe in sport for all and offer a huge variety of sports clubs, House competitions and sports trips. We also organise an extensive array of league, cup and tournament sport. Sports clubs are organised for lunch time and after school, we offer dance, trampolining, netball, football, table tennis, badminton and many more.

House competitions run annually for rounders, basketball, rugby, badminton, cross country and athletics which culminates in our whole school sports day.

We are proud to organise a variety of sports trips such as the PGL netball weekend, water sports trip to France, football tours to Europe and school ski trips.

Finally, we enter local, county and national tournaments, cups and leagues in a variety of sports: such as, football, netball, rugby, basketball, athletics, cross country, table tennis and badminton.