

CORE PHYSICAL EDUCATION CURRICULUM PATHWAY

Assessment Framework	Year 7	Year 8	Year 9	Year 10	Year 11
	<p>Students will explore a variety of sports/activities:</p> <p>Football</p> <p>Rugby</p> <p>Netball</p> <p>Basketball</p> <p>Table Tennis</p> <p>Badminton</p> <p>Fitness</p> <p>Rounders</p> <p>Kurling</p> <p>Boules</p> <p>Cricket</p> <p>Tennis</p> <p>Yoga/Dance</p>	<p>Students will explore a variety of sports/activities:</p> <p>Football</p> <p>Rugby</p> <p>Netball</p> <p>Basketball</p> <p>Table Tennis</p> <p>Badminton</p> <p>Fitness</p> <p>Rounders</p> <p>Kurling</p> <p>Boules</p> <p>Cricket</p> <p>Tennis</p> <p>Yoga/Dance</p>	<p>Students will explore a variety of sports/activities:</p> <p>Football</p> <p>Rugby</p> <p>Netball</p> <p>Basketball</p> <p>Table Tennis</p> <p>Badminton</p> <p>Fitness</p> <p>Dodgeball</p> <p>Rounders</p> <p>Kurling</p> <p>Boules</p> <p>Cricket</p> <p>Tennis</p> <p>Yoga/Dance</p>	<p>Students will explore a variety of sports/activities:</p> <p>Football</p> <p>Rugby</p> <p>Netball</p> <p>Basketball</p> <p>Table Tennis</p> <p>Badminton</p> <p>Fitness</p> <p>Dodgeball</p> <p>Rounders</p> <p>Kurling</p> <p>Boules</p> <p>Cricket</p> <p>Tennis</p> <p>Yoga/Dance</p>	<p>Students will explore a variety of sports/activities:</p> <p>Football</p> <p>Rugby</p> <p>Netball</p> <p>Basketball</p> <p>Table Tennis</p> <p>Badminton</p> <p>Fitness</p> <p>Dodgeball</p> <p>Rounders</p> <p>Kurling</p> <p>Boules</p> <p>Cricket</p> <p>Tennis</p> <p>Yoga/Dance</p>

Lead healthy, active lifestyles	<ul style="list-style-type: none"> • Understand how to exercise safely • Describe how their body feels during an activity • Give reasons why warming up is important • Give reasons why physical activity is good for health. 	<ul style="list-style-type: none"> • Explain and apply basic safety principles in preparing for exercise • Describe what effects exercise has on their bodies and why it is important to health. 	<ul style="list-style-type: none"> • Explain and apply basic safety principles in preparing for exercise • Describe what effects exercise has on their bodies and why it is important to health. 	<ul style="list-style-type: none"> • Continue to take part regularly in competitive sports and activities after school or through community links or sports clubs. 	<ul style="list-style-type: none"> • Continue to take part regularly in competitive sports and activities after school or through community links or sports clubs.
Develop competence to excel in a broad range of physical activities	<ul style="list-style-type: none"> • Copy, remember and repeat core skills and actions with control and coordination • Link actions that suit activities • Select and use basic skills, actions and ideas. 	<ul style="list-style-type: none"> • Link and apply core skills, techniques and ideas accurately and appropriately • Attempt some complex skills and use them successfully on occasion • Show some precision, control and fluency 	<ul style="list-style-type: none"> • Link and apply advanced skills, techniques and ideas accurately and appropriately • Attempt some advanced skills and use them successfully on occasion • Show some precision, control and fluency 	<ul style="list-style-type: none"> • Use and develop a variety of tactics and strategies to overcome opponents in team and individual games (for example, badminton, basketball, cricket, football, netball, rounders, rugby and tennis) 	<ul style="list-style-type: none"> • Use and develop a variety of tactics and strategies to overcome opponents in team and individual games (for example, badminton, basketball, cricket, football, netball, rounder's, rugby and tennis)
Use a range of tactics and strategies to overcome opponents in direct competition	<ul style="list-style-type: none"> • Identify the difference between attack and defence in different activities • Begin to show some understanding of simple tactics and basic compositional ideas. 	<ul style="list-style-type: none"> • Understand tactics and composition • Vary their response in defence and attack 	<ul style="list-style-type: none"> • Understand tactics and composition • Vary their response in defence and attack 	<ul style="list-style-type: none"> • Develop their technique and improve their performance in conditioned games and regulation games. 	<ul style="list-style-type: none"> • Develop their technique and improve their performance in conditioned games and regulation games.

<p>Analyse and evaluate own performance and demonstrate improvement across a range of physical activities to achieve personal best</p>	<ul style="list-style-type: none"> • Describe and comment on their own and others actions • Use this understanding to improve theirs and others' performance. 	<ul style="list-style-type: none"> • Compare and comment on skills, techniques and ideas used in their own and others work • Understand how to improve their performance. 	<ul style="list-style-type: none"> • Compare and comment on skills, techniques and ideas used in their own and others work • Understand how to improve their performance 	<ul style="list-style-type: none"> • Evaluate their performances compared to previous performance and demonstrate improvement across a range of physical activities to achieve their personal best • Link transferable skills and tactics across similar sport, for example, passing in football, basketball and rugby (speed and trajectory) 	<ul style="list-style-type: none"> • Evaluate their performances compared to previous performance and demonstrate improvement across a range of physical activities to achieve their personal best • Link transferable skills and tactics across similar sport, for example, passing in football, basketball and rugby (speed and trajectory)
--	---	---	--	---	---

GCSE PHYSICAL EDUCATION CURRICULUM PATHWAY

	Autumn 1 & 2		Spring 1 & 2		Summer 1	Summer 2
Year 10	Topic 1- Anatomy and Physiology Topic 2- Movement Analysis		Topic 3- Physical Training		Topic 3- Physical Training	Topic 3 - Physical Training Personal Exercise Programme
Year 11	Personal Exercise Programme	Topic 4- Health and Wellbeing	Topic 5- Sports Psychology	Topic 6- Socio-cultural influences Practical Moderation	Revision Exam Season - 2 papers	

Accreditation

Bespoke Open Award Accreditation; Developing a Healthy Lifestyle, Healthy Living, Participation in Team Sports, Health and Fitness, Developing a Personal Exercise Programme

Short admissions AQA Unit Awards ; Attending Fitness Sessions in the Gym, Weight Training for Fitness, Basic skills in Golf, Badminton (Unit 1/2/3), Basic Basketball Skills, Basic Table Tennis Skills With Support, Introduction to Table Tennis, Basic Boxing Skills, Introduction to New Age Curling, Introduction to the French game of Boules, Introduction to short tennis, Cricket Skills, Introduction to Exercise, Introduction to Association Football, Introduction to Tag Rugby, Participating in a Basic Yoga Session, Gymnastics: Travelling, Balancing and Jumping, Basic Archery Skills, Basic skills in Pool.

GCSE PE in line with the student's Home School provision

Post 16 Options

Long Stay Post 16 – Bespoke Open Award Accreditation - EL1 – L2 bespoke qualification pathways

Short admissions AQA Unit Awards