

St Bede's Catholic Voluntary Academy
Physical Education Curriculum Map

Year 7		
2 lessons each week	<p>Students will follow the 'Me in PE' curriculum model, which assesses practical ability in a range of activities, as well as assessing soft skills developed in a PE context.</p> <p style="text-align: center;">Physical Me - Run, throw, catch and jump with control, perform basic skills in isolation Healthy Me - Dress appropriately, complete short periods of exercise with good effort, describe why do we warm up and name some major muscles Thinking Me – Follow simple instructions, know simple tactics, outline what is good and bad in a performance Personal Me – Control behaviour, be positive and confident Social Me – work well with others, set out equipment</p>	
	Advent and Lent	Pentecost
	<p>Practical skills will be developed in the following activities;</p> <p>Gymnastics, dance, rugby (non-contact), football, netball, hockey, badminton, basketball, fitness, OAA</p>	<p>Practical skills will be developed in the following activities;</p> <p>Athletics, tennis, cricket, rounders</p>

Year 8		
2 lessons each week	<p>Students will continue to follow the 'Me in PE' curriculum model, developing practical skills in a range of activities and strengthening soft skills in a PE context.</p> <p style="text-align: center;">Physical Me - Combine skills with control and coordination Healthy Me - Be active for longer periods of time, take part in extra-curricular activities Thinking Me – Suggest how an activity can be made more challenging Personal Me – Show fair play, respect and support, ask for help Social Me – Work collaboratively with others, join in even when it is difficult, lead small groups</p>	
	Advent and Lent	Pentecost
	<p>Practical skills will be developed in the following activities;</p> <p>Gymnastics, dance, rugby, football, netball, hockey, badminton, basketball, fitness, OAA</p>	<p>Practical skills will be developed in the following activities;</p> <p>Athletics, tennis, cricket, rounders</p>

Year 9

<p>2 lessons each week</p> <p>1 lesson – games activities</p> <p>1 lesson – student choice pathway</p>	<p>Students will have the opportunity to continue to develop practical skills in a range of activities, further develop soft skills and make informed choices linked to participation in sport and physical activity</p> <p align="center"> Physical Me – Perform, link and combine more complex skills and change tactics to suit changing situations Healthy Me – Demonstrate healthy lifestyle habits, improve fitness and know the importance of a balanced lifestyle Thinking Me – Be imaginative and creative, reflect and act on feedback Personal Me – Support others in their learning, manage challenging situations Social Me – Provide constructive feedback to others, set realistic and challenging targets </p> <p align="center"> Competitive pathway – Further develop complex skills and tactics Creative/fitness pathway – Be imaginative and know how to improve fitness Leadership pathway – Lead others with little support </p>	
	<p>Advent and Lent</p>	
	<p>Pentecost</p>	
	<p>Practical skills will be developed in the following activities;</p> <p>Gymnastics, dance, rugby, football, netball, hockey, badminton, basketball, fitness</p>	<p>Practical skills will be developed in the following activities;</p> <p>Athletics, tennis, cricket, rounders</p>

Y10 & 11 PE

<p>1 lesson each week</p>	<p>Students will make informed choices on being active, improving fitness, developing practical skills and holistic qualities</p>	
	<p>Advent and Lent</p>	
	<p align="center">Development of skills and application in context</p> <p align="center">Basketball, badminton, hockey, netball, football, table tennis</p> <p>Activities delivered to meet the strength of the groups/cohort</p>	<p align="center">Pentecost</p> <p align="center">Development of skills and application in context</p> <p align="center">Athletics, rounders, softball, cricket and tennis</p>

GCSE PE

	Advent 1	Advent 2	Lent	Pentecost
Year 10 - Theory Advent 1 - 1 lesson Advent 2 – 2 lessons Lent - 1 lesson Pentecost 1 – 1 lesson Pentecost 2 – 2 lessons	Components of fitness and fitness testing Links to sports, justification of requirements and discussion of relevance	Types of training and the principles of training Application, relevance and advantages and disadvantages	Sports psychology Skill Goal setting Guidance and feedback Arousal and aggression Personality and motivation Application to performers and impact	Re-cap Year 10 content NEA – analysis and evaluation
Practical Advent 2 – 2 lessons Advent 2 – 1 lesson Lent – 2 lessons Pentecost 1 – 2 lessons Pentecost 2 – 1 lesson	Development of skills and application in context Basketball, badminton, hockey, netball, football, table tennis Activities delivered to meet the strength of the groups/cohort			Development of skills and application in context Athletics, cricket and tennis Activities delivered to meet the strength of the groups/cohort

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2	
Year 11 - Theory Advent 1 - 1 lesson Advent 2 – 2 lessons Lent 1 – 2 lessons Lent 2 - 1 lesson Pentecost – 3 lessons	Musculoskeletal system Location of bones and muscles, functions, application to sport Cardiorespiratory system Heart Breathing Respiration	Sociocultural factors Engagement factors, conduct of performers and commercialisation Health and well being Diet Hydration	Revision and intervention All content revisited				
Practical Advent 1 – lessons Advent 2 – 1 lesson Lent 1 – 1 lesson Lent 2 – 2 lessons	Development of skills and application in context Basketball, badminton, hockey, netball, football, table tennis Activities delivered to meet the strength of the groups/cohort Final assessments of activities and preparation for moderation						