

**St Bede's Catholic Voluntary Academy**  
**Curriculum Overview: Physical Education**

Year 7		
4 lessons per fortnight	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><b>Physical Me</b> - Run, throw, catch and jump with control, perform basic skills in isolation</p> <p><b>Healthy Me</b> - Dress appropriately, complete short periods of exercise with good effort, describe why do we warm up and name some major muscles</p> <p><b>Thinking Me</b> – Follow simple instructions, know simple tactics, outline what is good and bad in a performance</p> <p><b>Personal Me</b> – Control behaviour, be positive and confident</p> <p><b>Social Me</b> – work well with others, set out equipment</p>	
	Advent and Lent	Pentecost
	<p><b>Practical skills will be developed in the following activities;</b></p> <p>Gymnastics, netball, hockey, badminton, basketball, OAA</p>	<p><b>Practical skills will be developed in the following activities;</b></p> <p>Athletics, tennis, cricket, rounders</p>

## Year 8

<b>4 lessons per fortnight</b>	<p><b>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.</b></p> <p style="text-align: center;"> <b>Physical Me</b> - Combine skills with control and coordination  <b>Healthy Me</b> - Be active for longer periods of time, take part in extra-curricular activities  <b>Thinking Me</b> – Suggest how an activity can be made more challenging  <b>Personal Me</b> – Show fair play, respect and support, ask for help  <b>Social Me</b> – Work collaboratively with others, join in even when it is difficult, lead small groups         </p>	
	<b>Advent and Lent</b>	<b>Pentecost</b>
	<p><b>Practical skills will be developed in the following activities;</b></p> <p>Gymnastics, football, netball, hockey, badminton, basketball,</p>	<p><b>Practical skills will be developed in the following activities;</b></p> <p>Athletics, tennis, cricket, rounders</p>

## Year 9

<p><b>3 lessons per fortnight</b></p> <p><b>1 lesson – games activities</b></p> <p><b>1 lesson – student choice pathway</b></p>	<p><b>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</b></p> <p><b>Physical Me</b> – Perform, link and combine more complex skills and change tactics to suit changing situations</p> <p><b>Healthy Me</b> – Demonstrate healthy lifestyle habits, improve fitness and know the importance of a balanced lifestyle</p> <p><b>Thinking Me</b> – Be imaginative and creative, reflect and act on feedback</p> <p><b>Personal Me</b> – Support others in their learning, manage challenging situations</p> <p><b>Social Me</b> – Provide constructive feedback to others, set realistic and challenging targets</p> <p><b>Competitive pathway</b> – Further develop complex skills and tactics</p> <p><b>Creative/fitness pathway</b> – Be imaginative and know how to improve fitness</p> <p><b>Leadership pathway</b> – Lead others with little support</p>	
	<b>Advent and Lent</b>	
	<p><b>Practical skills will be developed in the following activities;</b></p> <p>Gymnastics, football, netball, badminton, basketball, table tennis</p>	
	<b>Pentecost</b>	
	<p><b>Practical skills will be developed in the following activities;</b></p> <p>Athletics, tennis, cricket, rounders</p>	

**KS4 PE**

**Students will make informed choices on being active, improving fitness, developing practical skills and holistic qualities**

**Advent and Lent****Pentecost**

**1 lesson each week**

**Development of skills and application in context****Development of skills and application in context**

Basketball, badminton, hockey, netball, football, table tennis

Athletics, rounders, softball, cricket and tennis

**Activities delivered to meet the strength of the groups/cohort**

**GCSE PE**

	<b>Advent 1</b>	<b>Advent 2</b>	<b>Lent</b>	<b>Pentecost</b>
<b>Year 10 - Theory</b>  <b>3 lessons per fortnight</b>	<b>Components of fitness and fitness testing</b>  Links to sports, justification of requirements and discussion of relevance	<b>Types of training and the principles of training</b>  Application, relevance and advantages and disadvantages	<b>Sports psychology</b>  Skill Goal setting Guidance and feedback Arousal and aggression Personality and motivation  Application to performers and impact	<b>Re-cap Year 10 content</b>  <b>NEA – analysis and evaluation</b>
<b>Practical</b>  <b>2 lessons per fortnight</b>	<b>Development of skills and application in context</b>  Basketball, badminton, hockey, netball, football, table tennis  <b>Activities delivered to meet the strength of the groups/cohort</b>			<b>Development of skills and application in context</b>  Athletics, cricket and tennis  <b>Activities delivered to meet the strength of the groups/cohort</b>

**OCR Sports Studies**

	<b>Advent and Lent</b>	<b>Pentecost</b>
<b>Year 10 – Sport and the Media</b>  <b>2 lessons per fortnight</b>	<b>Different sources of media, positive and negative effects of the media</b> Completion of assessed tasks	
<b>Performance and leadership in sports activities</b>  <b>3 lessons per fortnight</b>	<b>Key components of performance</b>  Basketball, badminton, <b>Activities delivered to meet the strength of the groups/cohort</b>	<b>Key components of performance</b>  Athletics <b>Activities delivered to meet the strength of the groups/cohort</b>  <b>Organising and planning a sports activity</b>



**GCSE PE**

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

**OCR Sports Studies**

	<b>Advent and Lent</b>	<b>Pentecost</b>
<b>Year 11 – Contemporary Issues in Sport</b>  <b>2 lessons per fortnight</b>	<b>Different sources of media, positive and negative effects of the media</b> Completion of assessed tasks	
<b>Performance and leadership in sports activities</b>  <b>3 lessons per fortnight</b>	<b>Applying Practice Methods</b>  Basketball, badminton, <b>Activities delivered to meet the strength of the groups/cohort</b>	





