

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. 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 and describe why we warm up. 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	
	Advent and Lent	Pentecost
	Practical skills will be developed in the following activities; Gymnastics, netball, hockey, badminton, basketball, OAA	Practical skills will be developed in the following activities; Athletics, tennis, cricket, rounders

Year 8

4 lessons per fortnight	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.	
	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	
	Advent and Lent	Pentecost
	Practical skills will be developed in the following activities; Gymnastics, football, netball, hockey, badminton, basketball,	Practical skills will be developed in the following activities; Athletics, tennis, cricket, rounders

Year 9

3 lessons per fortnight 1 lesson – games activities 1 lesson – student choice pathway	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 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 Pathways include a choice of activity and the opportunity to a taste of exam PE	
	Advent and Lent	Pentecost
	Practical skills will be developed in the following activities; Gymnastics, football, netball, badminton, basketball, table tennis	Practical skills will be developed in the following activities; Athletics, tennis, cricket, rounders

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

	Advent 1	Advent 2	Lent	Pentecost
Year 10 - Theory 3 lessons per fortnight	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	Musculoskeletal system Location of bones and muscles, functions, application to sport NEA – analysis and evaluation
Practical 2 lessons per fortnight	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

OCR Sports Studies

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

GCSE PE

	Advent 1	Advent 2	Lent	Pentecost
Year 11 - Theory 3 lessons per fortnight	Recap of Y10 content Cardiorespiratory system Heart Breathing Respiration Movement analysis	Sociocultural factors Engagement factors, conduct of performers and commercialisation Health and well being Diet Hydration	Revision and intervention All content revisited	
Practical 2 lessons per fortnight	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			

OCR Sports Studies

	Advent and Lent	Pentecost
Year 11 – Contemporary Issues in Sport 2 lessons per fortnight	Exam content – Contemporary issues in Sport Completion of assessed tasks	
Performance and leadership in sports activities 3 lessons per fortnight	Applying Practice Methods Basketball, badminton, Activities delivered to meet the strength of the groups/cohort	