

KS3 PE Curriculum Narrative

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

This curriculum of learning has been designed to build upon the experiences encountered at Key Stage 2 at and the [curriculum](#) taught at Primary school.

The KS3 PE curriculum at Manor follows a activity based model where we try to cover a wide range of activities and sports during the first three years of the pE curriculum. The curriculum works in a spiral design so each year students should be building on their skill and knowledge base as they revisit activities. The emphasis in Year 7 is to embed skills, movements, knowledge and to start to apply these to structured competitive situations. The Year 8 curriculum aims to refine students skills, knowledge and application with a focus on improving consistency and accuracy. In Year 9 the focus shifts to developing students' ability to apply skills, develop tactics/strategies and problem solve within small-sided, adapted and full context competitive situations.

Underpinning these activities all students will also study a health related fitness programme which will give them skills and understanding on how to assess their own fitness, develop their fitness levels through a variety of training methods and evaluate their progress to improve their own fitness levels.

KS3 PE Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Introduction activities and multi skill tasks Invasion games skills through sports such as Football and Netball.	Invasion games skills through sports such as Hockey, Rugby and Basketball. Performance activities skills through Gymnastics or Trampolining	Boys – OAA activities through Orienteering performance skills through Gymnastics activities. Girls – Invasion games skills through Football and Introduction to Health Related Fitness	Boys – Invasion games skills through Hockey and Introduction to Health Related Fitness Girls – OAA activities through Orienteering and Performance skills through activities such as Gymnastics or Trampolining	Boys – Net/Wall Games skills through Tennis Girls – Strike and Fielding games skills through Rounders Improvement against personal best achievements through Athletics	Boys – Strike and Fielding games skills through Cricket Girls – Net/Wall Games skills through Tennis Improvement against personal best achievements through Athletics

<p>Year 8</p>	<p>Invasion games skills through sports such as Hockey, Rugby and Netball.</p> <p>Introducing Net/Wall Games skills through Badminton</p>	<p>Invasion games skills through sports such as Hockey, Rugby, Football and Basketball.</p>	<p>Boys – Improving Health and Fitness through recording and target setting and introducing Net/wall games skills through Badminton</p> <p>Girls – Invasion games skills through Football and OAA skills through Orienteering</p>	<p>Improvement against personal best achievements through Athletics</p> <p>Boys – OAA skills through Orienteering</p> <p>Girls – Performance activities skills through Gymnastics.</p>	<p>Improvement against personal best achievements through Athletics</p> <p>Boys – Net/Wall Games skills through Tennis</p> <p>Girls – Strike and Fielding games skills through Rounders</p>	<p>Boys – Strike and Fielding games skills through Cricket and Performance activities skills through trampolining .</p> <p>Girls – Net/Wall Games skills through Tennis and performance activities skills and Improving Health and Fitness through recording and target setting</p>
<p>Year 9</p>	<p>Invasion games skills through sports such as Hockey and Netball.</p> <p>Boys -Improving Health and Fitness through sampling a variety of training methods and</p> <p>Girls - Net/wall and Game skills through Badminton.</p>	<p>Invasion games skills through sports such as Hockey, Rugby and Basketball.</p> <p>Improving Health and Fitness through sampling a variety of training methods</p>	<p>Boys - Invasion games skills through sports such as Football and Net/Wall Games skills through Badminton</p> <p>Girls – Invasion games skills through Football and development of Sports Leadership skills.</p>	<p>Boys – Net/Wall Games skills through Tennis and development of Sports Leadership skills.</p> <p>Girls – Performance activities skills through Trampolineing and Invasion games skills through Rugby.</p>	<p>Improvement against personal best achievements through Athletics</p> <p>Boys – Strike and Fielding games skills through Rounders</p> <p>Girls – Net/Wall Games skills through Tennis</p>	<p>Improvement against personal best achievements through Athletics</p> <p>Boys – Strike and Fielding games skills through Cricket</p> <p>Girls – Strike/Field and invasion team game skills through Rounders, Rugby and Basketball</p>

KS4 GCSE PE Curriculum Narrative

At Manor, our GCSE syllabus follows the AQA specification and follows on from the practical skills and theoretical work that students have undertaken at Key Stage 3. This syllabus allows students to further develop and enhance their practical skills and knowledge in a range of practical sports based on invasion games, net and wall games, striking and fielding, dance and gymnastics and athletics. Students will be supported to improve the technical level of their skills as well as further understand and demonstrate effective tactical and strategic decisions in order to access the higher grading bands. Students are given the opportunity to be able to accurately and realistically analyse their own sporting performance and make appropriate suggestions to allow improvements to be made. This information then underpins their Unit 3 assessment, the non-examined component. At Key Stage 4, students also build on the knowledge they have developed at KS3 to understand the theoretical nature of sport and as well as the anatomy and physiology of the body. This helps them to develop their ability to explain how they can enhance their own performance and that of others. Finally, students will also look at the socio-cultural aspects of sport in detail and understand the role that psychology plays.

KS4 GCSE PE Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	Physical, mental and social well-being Somatotypes Sedentary lifestyle and obesity Energy Use and Diet Diet -The 6 Nutrients Diet and carbo loading Skill and ability	Skill Classifications (other continuums) Goal setting Basic Model of Information Processing Feedback Types of Guidance Arousal – Inverted U Theory Arousal continued –controlling arousal	Revision week – both papers Year 10 Exams Year 10 Exams Exam Review – Paper 1 & 2 Aggression & Personality Motivation	Engagement Patterns Barriers to Participation Commercialisation and Sponsorship Sport and the Media Applying Sport and media Technology Developments in Sport	Ethical Issues – PEDS Ethical issues - Etiquette, sportsmanship etc Spectator Behaviour and Hooliganism Begin NEA – Introduction & Identifying Fitness strengths Identifying Fitness weaknesses	Other element Selecting Training – Principles & methods Designing the training session Skills Strengths Skill weakness Applying to another component NEA – write up NEA - submission

Year 11	<p>Revisit Function of Skeletal & Bone classification</p> <p>Revisit Joints and Types of Movement</p> <p>Revisit muscular system – names / function</p> <p>Muscles, Movements and Antagonistic pairs</p> <p>Respiratory System, Gaseous Exchange/spirometer/Aerobic/Anaerobic</p> <p>CV system and heart (CO/SV)</p> <p>Blood and Blood vessels</p>	<p>Effects of exercise – CV (LT/ST)</p> <p>Health, Fitness and Components of fitness</p> <p>Fitness Testing</p> <p>High altitude training, warm up, cool down</p>	<p>Sports psychology revisit - skill and ability</p> <p>Skill continuums</p> <p>Info Processing Model</p> <p>Arousal - inverted U</p> <p>Goal setting - SMART</p> <p>Aggression and personality</p>	<p>PEDS</p> <p>Media and sport</p> <p>Technology and sport</p> <p>Sponsorship and sport</p> <p>2nd mock preparation and revision</p>	<p>AQA Revision</p> <p>Revision - Focus on multiple choice</p> <p>Revision - Focus on 2-4 mark questions</p> <p>Revision - Focus on 6-9 mark questions</p> <p>Tapering revision and prep towards exams</p>	<p>Exams</p>
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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Legacy Year 9 curriculum <i>To be incorporated in once 2 year GCSE cycle</i>	Skeletal System 1 - Intro & Bone and Function Skeletal system - Synovial Joints DIY joint Naming Muscles Muscles and Movement Getting to know our muscles	Isotonic/Isometric Respiratory System & Pathway of air Review/DIRT + Alveoli Gaseous Exchange/spirometer Aerobic/Anaerobic CV system	Exam – everything we have done so far Exam Review Blood and blood vessels Cardiac Cycle Effects of exercise – Cardio Vascular	Fit but not healthy Components of fitness - learning Components of fitness – applying Fitness Testing Principles of Training Methods of Training	Revision for MOCKS Mock Week Exam Review Linking sports to components/methods/principles High altitude training, warm up, cool down	Optimizing Training & Training Zones Analysing data Axis Planes Levers Revision week End of Year 9 Exam

KS4 CORE PE Curriculum Narrative

At Manor, our KS4 continues to explore our ethos of sport for all and aims to continue to give students a wide experience in a range of activities and sports. The Year 10 programme aims to introduce more advanced skills and techniques within a variety of team and individual games settings. The emphasis continues from Year 9 in terms of developing students' ability to select and apply the correct skills and knowledge to situations, to be able to adopt and implement a range of strategies and to start to transfer skills and strategies across the range of sports.. Added to this students will take more responsibility for officiating and scoring within their activities and experience a range of game contexts from small sided to full context to reflect and support the GCSE PE syllabus.

A health related exercise element underpins the curriculum at KS4 with designated units of work to give students experiences of 'Healthy activities for life' which encompasses teaching a range of fitness styles and techniques with a view to encouraging lifelong participation.

KS4 CORE Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	<p>Invasion games through Rugby, Basketball and Hockey.</p> <p>Self defence and martial arts optional unit for Girls</p>	<p>Leadership skills developed through invasion games such as football, Netball, Rugby and Hockey.</p> <p>Net/wall game skills in Badminton</p> <p>Fitness for Life - Unit 1 - Strength and conditioning</p>	<p>Boys - Net/wall game skills in Badminton and OAA skills through extended Orienteering courses. Martial Arts Thai boxing optional unit</p> <p>Girls - Invasion game skills through Rugby.</p> <p>Fitness for life unit 2 - Boxercise/Zumba</p>	<p>Boys - invasion skills through Hockey and net/wall skills through Table Tennis.</p> <p>Girls - Performance skills through Trampolining and invasion skills through Football.</p>	<p>Improvement against personal best achievements through Athletics</p> <p>Net/wall skills introduction through Volleyball and Tennis</p> <p>Strike Field skills through rounders and softball</p>	<p>Improvement against personal best achievements through Athletics</p> <p>Net/wall and invasion skills introduction through Volleyball and Benchball</p> <p>Strike/field skills through Rounders/Softball/Cricket</p> <p>Experiences of alternative sports curriculum such as frisbee, lacrosse, Danish longball</p>

Year 11	3 week short blocks of invasion games through football, rugby and Hockey Net/Wall games through Badminton Health related fitness through circuit training/boxercise/yoga	3 week short blocks of invasion games through football, rugby and Hockey Net/Wall games through Badminton Health related fitness through circuit training/boxercise/yoga	Students to choose an activity to take part in with a view to recreational enjoyment and stress relief	Students to choose an activity to take part in with a view to recreational enjoyment and stress relief	GCSE Exams and Exam revision time	
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KS4 GCSE PRACTICAL PE Curriculum Map

**Year 10
and Year
11**

YEAR 10 GCSE PROGRAMME (2 hours) PRACTICAL 2021-22

Practical – Mon P3 (33 teaching weeks) / Theory – Weds P4
(Year 10 exams – 10th & 17th Jan 2022)

Rotation No. and w/c	Boys		Girls	Weeks	NEA Week
	Group 1	Group 2	Group 3		
1 06/09	Football	Handball	Netball	6	18/10
2 01/11	Hockey (Option)	Rugby (Option)	Hockey	6	13/12
3 24/01	Handball	Football	Football	5	28/02
4 07/03	Fitness (AS) – focus on different methods	Badminton	Fitness (AS) – focus on different methods	5	04/04
5 25/04	Athletics	Fitness (AS) – focus on different methods	Badminton	5	06/06
6 13/06	Badminton	Athletics	Athletics	6	18/07

YEAR 11 GCSE PROGRAMME PRACTICAL 2021-22

Theory – Tues 3 / Practical – Thurs 3

Theory – 30 weeks / Practical – 22-24 weeks (4x 5/6s or 5x4s)

Date				C/A Week	Notes
1 14/09 5 weeks	Athletics		Bad	12 th Oct	Stadium assessment day w/c
	Route 1	Route 2	Girls		
2 19/10 5 weeks	Badminton	Badminton	Netball	7 th Dec	
3 14/12 5 weeks	Rugby	Hockey	Football	24 th Jan	Submission of video evidence by 25 th March 2022
4 31/01 4 weeks	Handball	Foot	Hockey	28 th Mar	Mocks
08/03 & 15/03	2 nd Mocks – limited access				
22/03 & 29/03	Free weeks / catch up / final sports selection				
w/c 04/04	Internal Moderation Week			-	All students complete 2 sports
	Easter Hols.				
25/04	External moderation Day - Remote work sent off			-	Exam board selected sports
	Revision in Theory Groups				

