

Curriculum Overview 6 week – 6 lesson blocks						
	Autumn Term		Spring Term		Summer Term	
Year 7	<p><u>Outwitting an opponent</u>; Football Emerging tactical awareness; decision making; technical proficiency linked to specific sport (football)</p> <p>Links to other topics – Health and wellbeing</p>	<p><u>Exploring Emotions through movement</u>; Dance Emerging body awareness; emotional awareness; expression and creativity.</p> <p>Links to other topics – Health & wellbeing</p>	<p><u>Health & wellbeing</u>; HRF Emerging an understanding of the importance of leading a healthy and active lifestyle. Developing habits that promote physical and mental wellbeing can enhance performance and overall quality of life.</p>	<p><u>Net and wall</u>; Badminton Emerging hand eye coordination; footwork; timing.</p> <p>Links to other topics – Health & wellbeing</p>	<p><u>Performing at maximum levels</u>; Athletics Emerging skill acquisition for the different track/field events.</p> <p>Links to other topics – Health & wellbeing</p>	<p><u>Striking & Fielding</u>; Cricket/Rounders Emerging striking skills; batting footwork; hand eye coordination; timing; Emerging fielding skills: catching; throwing; positioning.</p> <p>Links to other topics – Health & wellbeing</p>
Year 8	<p><u>Outwitting an opponent</u>; Football Developing tactical awareness; decision making; technical proficiency linked to specific sport (football); psychological resilience; observational skills.</p> <p>Links to other topics – Yr7 Football Health and wellbeing</p>	<p><u>Outwitting an opponent</u>; Handball Developing tactical awareness; decision making; technical proficiency linked to specific sport (handball)</p> <p>Links to other topics – Yr7 Football Health and wellbeing</p>	<p><u>Health & Wellbeing</u>; HRF Developing maintain a good level of physical fitness, including cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition</p>	<p><u>Net and wall</u>; Badminton Developing hand eye coordination; footwork; timing; power and strength; accuracy; agility and speed</p> <p>Links to other topics – Health and wellbeing</p>	<p><u>Performing at maximum levels</u>; Athletics Developing skill acquisition for the different track/field events; technical proficiency; tactical understanding.</p> <p>Links to other topics – Yr7 Athletics Health and wellbeing</p>	<p><u>Striking & fielding</u>; Cricket/Rounders Developing striking skills; batting footwork; hand eye coordination; timing; decision making; shot selection. Emerging fielding skills: catching; throwing; positioning; communication; agility</p> <p>Links to other topics – Yr7 Striking and fielding Health and wellbeing</p>

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Year 9	<p><u>GCSE PE Paper 1</u> <u>Anatomy and Physiology</u> 1.1.b. The structure and function of the muscular system 1.1.a. The structure and function of the skeletal system 1.1.c. Movement analysis Applied anatomy and physiology, focusing on the skeletal and muscular systems, joint types and movements, and movement analysis. It includes the structure, function, and applications of bones and muscles, lever types in the human body, planes and axes of movement, and the biomechanical principles for sports performance and injury prevention. J587/04 Practical Performances</p>	<p><u>Anatomy and Physiology</u> 1.1.d. The cardiovascular and respiratory systems 1.1.e. The effects of exercise on the body systems Students will learn about the cardiovascular and respiratory systems' exploring the structure and function include the heart, blood vessels, and blood components. Students will understand oxygen transport and waste removal. Learners will understand how exercise impacts these systems by increasing heart rate, breathing rate, and oxygen uptake, looking at both the short- and long-term effects of exercise. Links to 1.1.b. The structure and function of the muscular system J587/04 Practical Performance</p>	<p><u>Physical Training</u> J587/01 Physical factors affecting performance 1.2.a Components of fitness 1.2.b. Applying the principles of training In Physical Training, students learn about fitness components (cardiovascular endurance, muscular endurance, strength, flexibility, speed, body composition) and their roles in performance. They study training principles (specificity, progression, overload, reversibility, tedium) and explore methods like continuous, interval, Fartlek, circuit, weight, plyometrics, and flexibility training to optimize fitness. Links to 1.1e - The effects of exercise on the body systems J587/04 Practical Performances</p>	<p>1.2.b. Applying the principles of training Students will learn to design tailored training programs using various methods and principles, ensuring balanced and effective plans. They will also gain skills in evaluating these programs, monitoring progress, and making necessary adjustments based on feedback and performance data to optimize effectiveness. Links to 1.2a - Components of fitness J587/04 Practical Performances</p>	<p>1.2.c. Preventing injury in activity and training Students learn to prevent injuries through proper warm-ups and cool-downs, using protective equipment, and maintaining correct techniques. Emphasis is on recognizing individual needs, tailoring programs safely, and conducting risk assessments to identify hazards and manage risks effectively during physical activities. Links to 1.1e - The effects of exercise on the body systems J587/04 Practical Performances</p>	<p>Recap of AFD based on QLA data J587/04 Practical Performances</p>
Year 10	<p><u>GCSE PE Paper 2</u> <u>Socio-cultural issues and sports psychology</u> 2.1.a. Engagement patterns of different social groups in physical activities and sports 2.1.b. Commercialisation of physical activity and sport Students explore UK participation trends in physical activity and sport, examining barriers faced by different social groups and initiatives to increase involvement. They study the commercialisation of sport, including media, sponsorship, and advertising impacts, and the benefits and drawbacks for athletes, teams, and the public. J587/04 Practical Performances</p>	<p>2.1.c. Ethical and socio-cultural issues in physical activity and sport 2.2 Sports psychology Students learn about ethical and socio-cultural issues in sports, including the importance of fair play, the impact of performance-enhancing drugs, and anti-doping measures. They also study causes and prevention of violence in sports. In sports psychology, they classify skills (simple, complex, open, closed) and their impact on training and performance. Links to – 2.1b - commercialisation of physical activity and sport & 2.1a engagement patterns of different social groups in physical activities and sports J587/04 Practical Performances</p>	<p>2.2 Sports psychology continued In sports psychology, students learn about SMART goal setting, its importance, and strategies for setting and reviewing goals. They study mental preparation techniques like visualization and relaxation, as well as arousal and stress management theories and strategies. Motivation is explored, including intrinsic and extrinsic types, influences, and ways to enhance it. Links to 1.2b applying the principles of training</p>	<p>2.3 Health, fitness and well-being In Health, Fitness, and Well-being, students learn about a healthy diet, including macronutrients, micronutrients, and hydration. They explore diet's impact on performance and recovery, benefits of physical, emotional, and social well-being, and the importance of positive lifestyle choices like regular exercise and healthy eating while understanding the consequences of negative habits. Links to 1.1d - The cardiovascular and Respiratory systems</p>	<p>J587/05 Analysis and Evaluation of Performance This component draws upon the knowledge, understanding and skills a student has learnt and enables them to analyse and evaluate their own or a peer's performance in one activity. Links to 1.1a, 1.1b, 1.1c, 1.1d, 1.1e, 1.2a, 1.2b, 1.2c, 2.2, 2.1a J587/04 Practical Performances</p>	<p>J587/05 Analysis and Evaluation of Performance This component draws upon the knowledge, understanding and skills a student has learnt and enables them to analyse and evaluate their own or a peer's performance in one activity. J587/04 Practical Performances</p>
Year 11	<p>Retrieval of knowledge – GCSE PE Paper 1 J587/01 Physical factors affecting performance 1.1 Anatomy and Physiology Retrieval of understanding on the bones, skeleton, joints muscles, lever systems, planes, heart and respiratory topics. J587/04 Practical Performances Continue to prepare students for practical moderation, selected sports and specific drills to show understanding. Once per half term. J587/05 Analysis and Evaluation of Performance Students to act upon feedback for final submission.</p>	<p>Retrieval of knowledge – GCSE PE Paper 2 J587/02 Socio-cultural issues and sports psychology 2.1 Socio-cultural influences Retrieval of understanding on physical activity, participation, commercialisation, media, sponsorship, ethics, violence and drugs topics. J587/04 Practical Performances Students are fully aware of the skills needed for their practical moderation. They are practicing their selected sports and specific drills to show understanding. J587/05 Analysis and Evaluation of Performance Students to act upon feedback for final submission.</p>	<p>Retrieval of knowledge – GCSE PE Paper 1 J587/01 Physical factors affecting performance 1.2 Physical training Retrieval of understanding on components of fitness, principles of training, types of training, warm-ups and cool downs, injury prevention and hazards. J587/04 Practical Performances Students are aware of chosen x3 sports and grades entered to OCR.</p>	<p>Retrieval of knowledge – GCSE PE Paper 2 J587/02 Socio-cultural issues and sports psychology 2.2 Sports Psychology Retrieval of understanding on characteristics of skillful movements, skill classification, goal setting, mental preparation, guidance and feedback. 2.3 Health, fitness and well-being Retrieval of understanding on health, fitness, well-being, health benefits, sedentary, diet, nutrition, hydration. J587/04 Practical Performances Practical Moderation Window; March – May 2025</p>	<p>Retrieval of knowledge for both papers in preparation for exam June 2025. Revision Quizzes Exam Questions+ techniques Specification annotation Focusing on areas of weakness</p>	

