



Curriculum Overview – PHYSICAL EDUCATION

The PE curriculum allows all students to succeed regardless of their background or experience with assessment strands covering **Techniques and Skills, Knowledge and Understanding** and **Fitness**. The curriculum develops in a way which takes account of all prior learning and involves more complex levels through the years. As students progress through KS3, they are slowly introduced to more activities and are given an increasing amount of choice. For example, all Year 7 students complete a block of work called 'game skills' introducing basic skills and principles of different types of games after which they begin to experience and specialise in many sports. The curriculum is supported by an outstanding level of extra-curricular provision to allow them to continue to work and develop and gain the multitude of benefits competitive sports brings them. In addition to a thriving set of house sports, team practices occur every lunchtime and after school with many midweek and Saturday fixtures against both state and independent schools.

During KS4, a pleasing number of students opt to study AQA GCSE PE. The Pate's curriculum to this point, and during this time, supports students with the theoretical, practical and coursework elements of the course. The two papers are taught separately by two different teachers to ensure high quality Teaching and Learning as well as recall for students. The frequency, quantity and timings of assessments (including coursework) are carefully considered to work alongside students' other pressures. The core PE and games curriculum continues for all students, with increased choice and individual responsibility for learning.

By the time they reach the 6th Form, students have the opportunity to study A level PE, assessed through OCR. Studying GCSE PE is beneficial but not essential for this course which is delivered by three members of staff, each delivering their area of expertise to the one group. In addition to A level PE, all Y12 (and many Y13) students take part in one games lesson per week. This continues the arc of the curriculum as there is now a completely free choice of a wide range of activities, including some seen for the first time within the curriculum.

Key Stage 3

Year 7		Year 8		Year 9	
Boys	Girls	Boys	Girls	Boys	Girls
Rugby	Hockey	Rugby	Hockey	Rugby	Hockey
Gymnastics	Netball	Gymnastics	Netball	Basketball	Netball
Games skills – Invasion games Volleyball Badminton Football Hockey	Games skills – Invasion games Handball	Games skills – Netball Handball Badminton Table tennis	Games skills – Football Rugby	Volleyball	Gymnastics
Athletics	Dance	Athletics	Dance	Hockey	Fitness
Cricket	Gymnastics	Cricket	Gymnastics	Football	Basketball
	Rounders		Rounders	Fitness	Dance
	Tennis		Tennis	Athletics	Rounders
	Athletics		Athletics	Cricket	Tennis
					Athletics

Key Stage 4 – Core PE

Year 10		Year 11	
Boys	Girls	Boys	Girls
Rugby	Hockey	Rugby	Hockey
Basketball	Netball	Basketball	Netball
Hockey	Gymnastics	Hockey	Fitness
Football	Dance	Football	Strength and conditioning
Fitness	Fitness	Fitness	Basketball
Badminton	Basketball	Strength and conditioning	Badminton
Volleyball	Badminton	Badminton	Volleyball
Athletics	Volleyball	Volleyball	Zumba
Cricket	Rounders	Athletics	Yoga
Softball	Tennis	Cricket	Rounders
	Athletics	Softball	Tennis
			Athletics

Key Stage 4 – AQA GCSE Exam Board

Year 10	Year 11
Structure and functions of the musculoskeletal system	Principles of training and application to personal exercise programmes
Structure and functions of cardio-respiratory system	How to optimise training and prevent injury
Anaerobic and aerobic exercise	Effective use of warm up and cool down
Short and long term effects of exercise	Use of data
Lever systems and their mechanical advantage	Ethical and socio-cultural issues in physical activity and sport
Planes and axes of movement	Physical, emotional and social health, fitness and well-being
Relationship between health and fitness and role of exercise	The consequences of a sedentary lifestyle
Components of fitness, benefits of sport and how fitness is measured and improved	Energy use, diet, nutrition and hydration
Classification of skills	
Use of goal setting and SMART targets	Non-examined assessment coursework – 10% of the course
Basic information processing	
Guidance and feedback on performance	Exam preparation and revision
Mental preparation for performance	
Engagement patterns of different social groups in sport	
Commercialisation of physical activity and sport	

Key Stage 5 – Core PE

Year 12		Year 13
Boys	Girls	Optional GAMES afternoon with same activities as Year 12
Options in GAMES afternoon	Options in GAMES afternoon	
Rugby	Hockey	
Basketball	Netball	
Hockey	Fitness	
Football	Strength and conditioning	
Rugby 7s	Basketball	
Fitness	Badminton	
Strength and conditioning	Zumba	
Badminton	Yoga	
Athletics	Rounders	
Cricket	Tennis	
Softball	Athletics	
	Softball	

Key Stage 5 – OCR A Level

Year 12	Year 13
Skeletal and muscular systems	Preparation and training methods
Cardiovascular and respiratory systems	Injury prevention and rehabilitation of injury
Diet and nutrition and their effect on physical activity	Biomechanical principles: Newton's laws of motion, force and the use of technology
Recovery, altitude and heat	Biomechanical principles: stability and lever systems
Classification of skills	Linear motion
Types and methods of practice	Angular motion
Transfer of skills	Fluid dynamics and projectile motion
Learning theories	Leadership in sport
Stages of learning, guidance and feedback	Stress management to optimise performance
Memory models	Group and team dynamics and goal setting in sport
Sports psychology: Individual differences	Sport in the twenty-first century
Attribution in sport	Global sporting events
Confidence and self-efficacy in sports performance	Energy for exercise
Emergence and evolution of modern sport	
Ethics and deviance in sport	
Commercialisation and media	
Routes to sporting excellence in the UK	
Modern technology in sport	