

Subject: PE

Year group: 7

Exam board: N/A

Summer Term:

Topics Covered	Keywords	Useful Resources	Assessment opportunities
<ul style="list-style-type: none">• Athletics – track events• Athletics – field events	<ul style="list-style-type: none">• Sprinting• Middle distance running• Relay races• Shot put• Discus• Javelin• High jump• Long jump• Speed• Agility• Coordination• Endurance• Power• Stamina• Flexibility• Balance	<ul style="list-style-type: none">• YouTube channels dedicated to athletics tutorials and training exercises.• Websites offering instructional videos on various athletics events such as sprints, long jump, high jump, shot put, discus throw, etc.• Contact local athletics clubs or sports facilities that may offer coaching sessions or access to training equipment.• Attending school athletics club held every Tuesday after school.	<ul style="list-style-type: none">• Students receive peer and teacher assessment at the end of every lesson. A more formal assessment takes place at the end of each half term based upon the activities covered.• Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.• Students will be assessed on their understanding of concepts and skills within a unit of work.
<ul style="list-style-type: none">• Striking and fielding• Cricket	<p>Batting techniques</p> <ul style="list-style-type: none">• Grip• Stance• Swing• Follow-through• Timing• Footwork <p>Bowling techniques</p> <ul style="list-style-type: none">• Grip	<ul style="list-style-type: none">• YouTube channels dedicated to PE tutorials often offer valuable resources on striking and fielding techniques. Channels like "PE with Joe" or "The PE Umbrella" might have suitable content.• Local sports clubs and facilities may offer coaching sessions or workshops specifically focused on striking and fielding sports like	

<ul style="list-style-type: none"> Health related fitness 	<ul style="list-style-type: none"> Run-up Delivery Pace Spin Accuracy <p>Fielding techniques</p> <ul style="list-style-type: none"> Catching Ground fielding High catching Throwing Positioning <ul style="list-style-type: none"> Cardiovascular Endurance Flexibility Agility Balance Coordination Speed Resting Heart Rate Maximum Heart Rate Recovery Time Circuit Training Warm-Up Cool Down 	<p>cricket or rounders. These can provide hands-on learning experiences for students.</p> <ul style="list-style-type: none"> Students can attend rounders club (Wednesdays) or cricket club (Thursdays). <p>The Youth Sport Trust provides resources and guidance for teachers and students on physical education, including health-related fitness activities and programs.</p> <ul style="list-style-type: none"> https://www.youthsporttrust.org/ Various YouTube channels offer fitness-related videos and tutorials suitable for students, including channels such as PE with Joe (Joe Wicks). 	
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Subject: PE

Year group: 8

Exam board: N/A

Summer Term:

Topics Covered	Keywords	Useful Resources	Assessment opportunities
<ul style="list-style-type: none"> • Athletics – track events • Athletics – field events 	<ul style="list-style-type: none"> • Sprinting • Middle distance running • Relay races • Shot put • Discus • Javelin • High jump • Long jump 	<ul style="list-style-type: none"> • YouTube channels dedicated to athletics tutorials and training exercises. • Websites offering instructional videos on various athletics events such as sprints, long jump, high jump, shot put, discus throw, etc. • Contact local athletics clubs or sports facilities that may offer coaching sessions or access to training equipment. • Attending school athletics club held every Tuesday after school. 	<ul style="list-style-type: none"> • Students receive peer and teacher assessment at the end of every lesson. A more formal assessment takes place at the end of each half term based upon the activities covered. • Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. • Students will be assessed on their understanding of concepts and skills within a unit of work.
<ul style="list-style-type: none"> • Striking and fielding • Cricket 	<p>Batting techniques</p> <ul style="list-style-type: none"> • Grip • Stance • Swing • Follow-through • Timing • Footwork <p>Bowling techniques</p> <ul style="list-style-type: none"> • Grip • Run-up 	<ul style="list-style-type: none"> • YouTube channels dedicated to PE tutorials often offer valuable resources on striking and fielding techniques. Channels like "PE with Joe" or "The PE Umbrella" might have suitable content. • Local sports clubs and facilities may offer coaching sessions or workshops 	

<ul style="list-style-type: none"> • Dance 	<ul style="list-style-type: none"> • Delivery • Pace • Spin • Accuracy <p>Fielding techniques</p> <ul style="list-style-type: none"> • Catching • Ground fielding • High catching • Throwing • Positioning <ul style="list-style-type: none"> • Choreography • Rhythm • Flexibility • Balance • Coordination • Dance Styles 	<p>specifically focused on striking and fielding sports like cricket or rounders. These can provide hands-on learning experiences for students.</p> <ul style="list-style-type: none"> • Students can attend rounders club (Wednesdays) or cricket club (Thursdays). <ul style="list-style-type: none"> • BBC Teach Dance Mat • Dance Plug • YouTube Channels • Local Dance Studios 	
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Subject: PE

Year group: 9

Exam board: N/A

Summer Term:

Topics Covered	Keywords	Useful Resources	Assessment opportunities
Athletics – track Athletics – field	<ul style="list-style-type: none">• Sprinting• Middle distance running• Relay races• Shot put• Discus• Javelin• High jump• Long jump• Speed• Agility• Coordination• Endurance• Power• Stamina• Flexibility• Balance	<ul style="list-style-type: none">• YouTube channels dedicated to athletics tutorials and training exercises.• Websites offering instructional videos on various athletics events such as sprints, long jump, high jump, shot put, discus throw, etc.• Contact local athletics clubs or sports facilities that may offer coaching sessions or access to training equipment.• Attending school athletics club held every Tuesday after school.	<ul style="list-style-type: none">• Students receive peer and teacher assessment at the end of every lesson. A more formal assessment takes place at the end of each half term based upon the activities covered.• Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.• Students will be assessed on their understanding of concepts and skills within a unit of work.
<ul style="list-style-type: none">• Striking and fielding• Cricket	<p>Batting techniques</p> <ul style="list-style-type: none">• Grip• Stance• Swing• Follow-through• Timing• Footwork <p>Bowling techniques</p> <ul style="list-style-type: none">• Grip• Run-up	<ul style="list-style-type: none">• YouTube channels dedicated to PE tutorials often offer valuable resources on striking and fielding techniques. Channels like "PE with Joe" or "The PE Umbrella" might have suitable content.• Local sports clubs and facilities may offer coaching sessions or workshops	

<ul style="list-style-type: none"> • Health related fitness 	<ul style="list-style-type: none"> • Delivery • Pace • Spin • Accuracy <p>Fielding techniques</p> <ul style="list-style-type: none"> • Catching • Ground fielding • High catching • Throwing • Positioning <ul style="list-style-type: none"> • Cardiovascular Endurance • Flexibility <ul style="list-style-type: none"> • Agility • Balance • Coordination • Speed • Resting Heart Rate • Maximum Heart Rate • Recovery Time <ul style="list-style-type: none"> • Circuit Training • Warm-Up • Cool Down 	<p>specifically focused on striking and fielding sports like cricket or rounders. These can provide hands-on learning experiences for students.</p> <ul style="list-style-type: none"> • Students can attend rounders club (Wednesdays) or cricket club (Thursdays). 	
<ul style="list-style-type: none"> • Leadership 	<ul style="list-style-type: none"> • Teamwork • Communication • Responsibility • Organisation • Respect • Fairness • Problem-solving 	<ul style="list-style-type: none"> • The Youth Sport Trust offers a range of resources and programs aimed at developing leadership skills in young people through physical education and sports. Their website provides access 	

		<p>to various guides, toolkits, and training materials.</p> <ul style="list-style-type: none">• Joining school sports teams and clubs.	
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Subject: PE

Year group: 10 Core

Exam board: N/A

Summer Term:

Topics Covered	Keywords	Useful Resources	Assessment opportunities
<ul style="list-style-type: none">Athletics – trackAthletics – field	<ul style="list-style-type: none">SprintingMiddle distance runningRelay racesShot putDiscusJavelinHigh jumpLong jumpSpeedAgilityCoordinationEndurancePowerStaminaFlexibilityBalance	<ul style="list-style-type: none">YouTube channels dedicated to athletics tutorials and training exercises.Websites offering instructional videos on various athletics events such as sprints, long jump, high jump, shot put, discus throw, etc.Contact local athletics clubs or sports facilities that may offer coaching sessions or access to training equipment.Attending school athletics club held every Tuesday after school.	<ul style="list-style-type: none">Students receive peer and teacher assessment at the end of every lesson. A more formal assessment takes place at the end of each half term based upon the activities covered.Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.Students will be assessed on their understanding of concepts and skills within a unit of work.
<ul style="list-style-type: none">Rounders/Cricket	<p>Batting techniques</p> <ul style="list-style-type: none">GripStanceSwingFollow-throughTimingFootwork <p>Bowling techniques</p> <ul style="list-style-type: none">GripRun-up	<ul style="list-style-type: none">YouTube channels dedicated to PE tutorials often offer valuable resources on striking and fielding techniques. Channels like "PE with Joe" or "The PE Umbrella" might have suitable content.Local sports clubs and facilities may offer coaching sessions or workshops	

<ul style="list-style-type: none"> • Leadership 	<ul style="list-style-type: none"> • Delivery • Pace • Spin • Accuracy <p>Fielding techniques</p> <ul style="list-style-type: none"> • Catching • Ground fielding • High catching • Throwing • Positioning <ul style="list-style-type: none"> • Teamwork • Communication • Responsibility • Organisation • Respect • Fairness • Problem-solving 	<p>specifically focused on striking and fielding sports like cricket or rounders. These can provide hands-on learning experiences for students.</p> <ul style="list-style-type: none"> • Students can attend rounders club (Wednesdays) or cricket club (Thursdays). <ul style="list-style-type: none"> • The Youth Sport Trust offers a range of resources and programs aimed at developing leadership skills in young people through physical education and sports. Their website provides access to various guides, toolkits, and training materials. • Joining school sports teams and clubs. 	
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Subject: PE

Year group: 10 GCSE

Exam board: OCR

Summer Term:

Topics Covered	Keywords	Useful Resources	Assessment opportunities	Revision ideas
Commercialisation of sport <ul style="list-style-type: none">• Understand the influence of the media on the commercialisation of physical activity and sport.• Different types of media – social, internet, TV/visual and newspapers/magazines.• Know the meaning of commercialisation, including sport, sponsorship and the media.• Understand the influence of sponsorship.• Positive and negative effects of sponsorship.	<ul style="list-style-type: none">• Commercialisation• Sponsorship• Golden triangle• Media	<ul style="list-style-type: none">• OCR GCSE textbook• OCR website - specification• Past papers, marks schemes and examiner reports.• Revision guides• On line video resources• Educational websites – Bitesize• Flash cards/mind maps	<ul style="list-style-type: none">• End of unit tests• Homework• Y10 exams	<ul style="list-style-type: none">• Key terminology – create flashcards/glossary of terms.• Practice exam questions.• Class discussions on topics covered.• Case studies - Compile a list of case studies related to commercialisation in sports. Study how various sports have been commercialised over time and the impact it has had on the sport itself, athletes, and fans.• Revision guides
Ethics in sport <ul style="list-style-type: none">• The value of sportsmanship.• The reasons for gamesmanship and deviance.	<ul style="list-style-type: none">• Sportsmanship• Etiquette• Gamesmanship• Deviance• Anabolic steroids			

<ul style="list-style-type: none">• Drugs in sport• The types of drugs that can effect performance.• Impact of drug use in sport.• Violence in sport.	<ul style="list-style-type: none">• Beta blockers• Stimulants• Violence			
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Subject: PE

Year group: 11 GCSE

Exam board: OCR

Summer Term:

Topics Covered	Keywords	Useful Resources	Assessment opportunities	Revision ideas
<ul style="list-style-type: none"> Revision 	<ul style="list-style-type: none"> Applied anatomy and physiology – skeletal, muscular, cardiovascular, respiratory and movement analysis. Physical training – components of fitness, principles of training and injury prevention. Socio-cultural influences – social groups, commercialisation and ethical and socio-cultural issues. Sports psychology – classification of skills, goal setting, mental preparation and types of guidance and feedback. Health, fitness and well-being – diet and nutrition. 	<ul style="list-style-type: none"> OCR GCSE textbook OCR website - specification Past papers, marks schemes and examiner reports. Revision guides On line video resources Educational websites – Bitesize Flash cards/mind maps 	<ul style="list-style-type: none"> Practical moderation day Summer examination 	<ul style="list-style-type: none"> Key terminology – create flashcards/glossary of terms. Practice exam questions. Class discussions on topics covered. Case studies - Compile a list of case studies related to commercialisation in sports. Study how various sports have been commercialised over time and the impact it has had on the sport itself, athletes, and fans. Revision guides.

