

## Physical Education Curriculum Overview

### Subject Curriculum Intent Statement

The Physical Education curriculum at South Nottinghamshire Academy strives to inspire and motivate pupils to participate in physical activity and promote lifelong engagement and participation. We aim to develop teamwork, creativity, decision making and leadership skills through providing enjoyable and challenging lessons in the pursuit of sporting excellence and lifelong participation in physical activity.

In PE this will be achieved through:

- A high-quality PE curriculum helping pupils gain a coherent knowledge and understanding of a variety of team and individual sports, dance, gymnastics and fitness related activities.
- Equipping pupils with a deep understanding of the rules, tactics and fitness components needed for each activity.
- Challenging lessons that provide opportunities for all pupils to engage with physical activity in whatever form it takes.
- Preparing pupils for life – long participation in sport and physical activity to maintain health and well-being.

### Physical Education Curriculum Offer @ SNA

- **Year 7 – Core PE** – four periods a fortnight – all students
- **Year 8 – Core PE** – four periods a fortnight – all students
- **Year 9 – Core PE** – four periods a fortnight – all students
- **Year 10 – Core PE** – two periods a fortnight – all students
- **Year 11 – Core PE** – two periods a fortnight – all students

In addition, we offer the following optional courses:

#### **Key Stage 4 – Years 9-11**

- **BTEC First Award in Sport** – five periods a fortnight – selected students
- **AQA GCSE PE** – five periods a fortnight – selected students
- **BTEC Health and Social Care** – five periods a fortnight – selected students

#### **Key Stage 5 - Years 12-13**

- **BTEC National Extended Diploma in Sport** – 20 periods a fortnight – Selected students
- **OCR A-Level PE** – 8 periods a fortnight – Selected students



Physical Education Curriculum Map

Core PE					
Autum Term	Year 7	Year 8	Year 9	Year 10 (Options)	Year 11 (Options)
	Rotation of Activities: Handball, Rugby, Netball, Dance, Tabletennis	Rotation of Activities: Handball, Rugby, Netball, Gymnastics, Tabletennis	Rotation of Activities: Handball, Rugby, Netball, Basketball, Tabletennis	Opt into an activity to include: Handball, Rugby, Badminton, Tabletennis, Dance or gym	Opt into an activity to include: team sports, Dance/Gym, Fitness, Tabletennis
Spring Term					
	Rotation of Activities: Fitness and Adventure, Health Related Exercise, Fitness.	Rotation of Activities: Fitness and Adventure, Health Related Exercise, Fitness.	Rotation of Activities: Fitness and Adventure, Health Related Exercise, Fitness.	Opt into an activity to include: Fitness, circuit training, X-country, orienteering, Problem Solving.	Opt into an activity to include: team sports, Dance/Gym, Fitness, badminton
Summer Term					
	Rotation or Activities: Athletics, Cricket, Rounders, Badminton	Rotation or Activities: Athletics, Cricket, Rounders, Badminton	Rotation or Activities: Athletics, Cricket, Rounders, Badminton	Opt into an activity to include: Fitness, circuit training, X-country, orienteering, Problem Solving.	

		Component 1: Preparing Participants to Take Part in Sport and Physical Activity & Component 2: Taking Part and Improving Other Participants Sporting Performance.	Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity
	<b>Preparation</b>		
<b>1st Half Term</b>	Fitness Testing for Sport and Exercise	Explore types and provision of sport and physical activity for different types of participant.	Explore the importance of fitness for sports performance.
<b>2nd Half Term</b>	Practical Warm Ups Justification of a warm up	Examine equipment and technology required for participants to use when taking part in sport and physical activity.	Investigate fitness testing to determine fitness levels.
<b>3rd Half Term</b>	Planning and leading a warm up	Be able to prepare participants to take part in physical activity.	Investigate different fitness training methods.
<b>4th Half Term</b>	Practical Sports Performance	Understand how different components of fitness are used in different physical activities.	Investigate fitness programming to improve fitness and sports performance.
<b>5th Half Term</b>	Planning and leading a coaching session	Be able to participate in sport and understand the roles and responsibilities of officials.	Revision / Resit Opportunity.
<b>6th Half Term</b>	Training methods	Planning drills and conditioned practices to develop participants' sporting skills.	Revision / Resit Opportunity.

GCSE PE						
	Year 9 GCSE		Year 10 GCSE		Year 11 GCSE	
Autum Term	Paper 1	Paper 2	Paper 1	Paper 2	Paper 1	Paper 2
	Structure & function of skeleton/Joints & movment analysis.	Physical, emotional & social health and well-being and fitness	Measuring fitness components/collecting data/Principles of training	Arousal/goal setting/information processing/feedback & guidance	Cardiovascular system/structure/vessels/CO/SV/HR	Social groups/Factors affecting participation
Spring Term	Structure & Function of the muscular system/antagonistic pairs/types of lever/mechanical	Consequences of a sedentary lifestyle, somatotypes, energy use	Types of training/warming up/cooling down/calculating intensity.	Aggression/Motivation/Personality	Exam preparation/extended answers techniques/practical moderation	Impact of technology on sport/Ethical conduct by performers/Perform
Summer	Components of fitness/Linking activity/Fitness testing	Skill & ability, Classification of skill	The respiratory system Gaseous exchange/mechanics of breathing/spirometer	KPC	Practical Moderation Prep/Final Exam Preparation	

### Assessment Approach

Within our curriculum, we look at a variety of methods to assess our students. Below is the assessment plan which gives an overview of our assessment approaches with each year group.

Assessment Approach	Description	Year 7	Year 8	Year 9	Year 10	Year 11
Practical Assessment	Pupils will demonstrate practical skills in a variety of physical activities.					
Low Stakes Quizzing	Short answer quiz questions					
The Everlearner	Online assessment based on knowledge learnt through lessons.					
Past Paper Booklets	Booklets created from past papers to enable pupils to practice exam technique					
Exam Questions	Specific exam questions used to assess knowledge.					

### Cross Curricular links

Our PE curriculum offers a variety of opportunities for cross curricular links, that benefits students at all levels. Our cross curricular links are as follows;

- Literacy - Students are able to write extended pieces of work on a variety of different topics to enable them to gain the highest possible qualification. They are also introduced to subject specific language.
- Numeracy – Students are able to transfer skills from maths to effectively keep score, work out mathematical equations to work out biomechanics in sport.
- ICT – students have access to some of the latest software and ICT equipment to help support teaching and learning during lessons,
- Science - Students are able to apply knowledge developed in biology lessons to help gain a greater understanding of how the body works.
- PSHE – Students are exposed to a variety of different PSHE topics during PE lessons. These can include diet and nutrition, healthy activity lifestyles, body image, physical and psychological benefits of physical activity.

### Preparing for Life

Our PE curriculum supports and further develops the following skills within students to prepare them for life beyond school and the world of work. These include:

- **Problem Solving** – Students are able to activity problem solve during PE lessons to be successful.
- **Creativity** – Pupils use their creativity skills to develop skills in all physical activity areas but this is perhaps seen most during dance and gymnastic lessons.
- **Listening/Speaking** – Students are given space to speak during lessons; to voice an opinion, express an preference or to solve a problem helping to develop their oracy skills.
- **Team work** – All PE lessons encourage team work. Pupils are encouraged during team sports to work together to be a successful team, or during individual activities to provide each other with effective feedback to improve performance or in theory lessons pupils are encourage to work as a team to solve a challenge or improve an answer.
- **Staying positive** – PE lessons encourage pupils to stay positive throughout. They are encouraged to continue to try even when a task is difficult or things go wrong. PE lessons provide pupils with a safe space to take a risk when appropriate even when a risk of failure is present.



- **Leadership** – PE lessons at all levels provide pupils with leadership opportunities. Leadership opportunities include leading warm-ups, officiating activities and providing effective feedback to others to help them make improvements.

#### Co-Curricular

At KS3 our pupils are offered a variety of physical activities to participate outside of the normal school hours. These clubs include sports that are offered during the PE curriculum that perhaps pupils want to represent SNA at or want to be involved further in. We also try to offer some sports that we cannot fit into our PE curriculum to help encourage students to try something new or different.

At KS4 we offer activities to help improve GCSE and BTEC PE sports scores. We also offer activities that hopefully allow our KS4 students to develop a life-long love of physical activity.

SNA PE has many club links with a large variety of sports clubs in and around Nottingham, so we are able to offer our pupils pathways to further develop their practical ability and to continue participating in sport and physical activity away from the school setting.