

Curriculum Coverage in the Department of Physical Education - PE

	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn Term 1	<p>Topic: Invasion</p> <p>Knowledge: Students will understand the rules and regulations within each activity.</p> <p>Skills: Students will be able to apply skills to conditioned scenarios within game based situations.</p> <p>Core Value: Students will demonstrate the core value of Respect in each activity.</p> <p>Fit For's developed throughout</p>	<p>Topic: Invasion</p> <p>Knowledge: Students will be able to analyse skills used, reviewing scenarios within game based situations.</p> <p>Skills: Students are taught the application of skills in competitive situations within this area.</p> <p>Core Value: Students will demonstrate the core value of discipline in each activity.</p> <p>Fit For's developed throughout</p>	<p>Topic: Invasion</p> <p>Knowledge: Students will be able to Evaluate skills used reviewing scenarios within game based situations discussing the impact the skills used have had on the outcomes within the games.</p> <p>Skills: Students will analyse the rules and regulations and review the appropriateness of their own decision within each activity.</p> <p>Core value: Students will demonstrate the core value of Team Work in each activity. When reviewing performance students will need to work together in order to aid development.</p> <p>Fit For's developed throughout</p>	<p>Topic: Invasion</p> <p>Knowledge: Students are taught how to respond to self and peer evaluation and create new ideas and methods of training to develop in competitive situations within this area.</p> <p>Skills: Students will create new ways to apply rules and review their previous performances to ensure the game flows more freely</p> <p>Core Values: Students will demonstrate the core value of Sportsmanship in each activity</p> <p>Fit For's developed throughout</p>	<p>Topic: Invasion</p> <p>Knowledge: Students are taught how to respond to self and peer evaluation and create new ideas and methods of training to develop in competitive situations within this area.</p> <p>Skills: Students will create new ways to apply rules and review their previous performances to ensure the game flows more freely</p> <p>Core Values: Students will demonstrate the core value of Sportsmanship in each activity</p> <p>Fit For's developed throughout</p>
Autumn Term 2	<p>Topic: Fitness</p> <p>Knowledge: Students will understand the basic components of physical fitness that contribute to successful performance.</p> <p>Skills: Students will use the full range of equipment and adhere to health and safety expectations within the fitness environment.</p> <p>Core Value: students will enjoy the benefits of exercise and will also remember the short term effects of exercise.</p> <p>Fit For's developed throughout</p>	<p>Topic: Fitness</p> <p>Knowledge: Students will be able to apply the different types of equipment and the health and safety expectations within the fitness environment.</p> <p>Skills: Students will Apply the correct technique for front crawl and back stroke they will be able to duplicate the technique required, and be able to swim at least 1 length of the pool.</p> <p>Core Value: students will remember the benefits of exercise and will also remember the short term effects of exercise.</p> <p>Fit For's developed throughout</p>	<p>Topic: Fitness</p> <p>Knowledge: students will Analyse the basic components of physical fitness that contribute to successful performance. They will also improve their own components of fitness.</p> <p>Skills: students will create a training plan to develop others performance based on a sport of their choice.</p> <p>Core Value: students will demonstrate the core value of discipline, through adherence to a specific training plan.</p> <p>Fit For's developed throughout</p>	<p>Topic: Fitness</p> <p>Knowledge: students will evaluate the basic components of physical fitness that contribute to successful performance. They will implement these into their training sessions and choose the most appropriate exercise for each</p> <p>Skills: students will evaluate how they have benefited their own fitness levels through a range of exercises and will now recommend ways to develop their own performance</p> <p>Core Value: students will develop enjoyment as a core value.</p> <p>Fit For's developed throughout</p>	<p>Topic: Fitness</p> <p>Knowledge: students will evaluate the basic components of physical fitness that contribute to successful performance. They will implement these into their training sessions and choose the most appropriate exercise for each</p> <p>Skills: students will evaluate how they have benefited their own fitness levels through a range of exercises and will now recommend ways to develop their own performance</p> <p>Core Value: students will develop enjoyment as a core value.</p> <p>Fit For's developed throughout</p>
Spring Term 1	<p>Topic: Swimming</p> <p>Knowledge: Students will remember/ understand the correct technique for front crawl and back stroke they will be able to duplicate the techniques demonstrated and will swim at least 2 width of the pool.</p>	<p>Topic: Swimming</p> <p>Knowledge: students will reflect on others performance and demonstrate a deep understanding of the skills required to perform effectively within two strokes. Students will evaluate the effectiveness of the stroke and make</p>	<p>Topic: Net and wall</p> <p>Knowledge: Students will evaluate peers performance in table tennis, badminton and volleyball, they will feedback to improve performance and then students will act upon feedback</p>	<p>Topic: Gymnastics</p> <p>Knowledge: students will Evaluate a range of skills in order to develop a performance in gymnastics. Students will use a range of equipment to change height and direction of previously learnt skills, transitional</p>	<p>Topic: Gymnastics</p> <p>Knowledge: students will Evaluate a range of skills in order to develop a performance in gymnastics. Students will use a range of equipment to change height and direction of previously learnt skills, transitional</p>

	<p>Skills: Students will reflect on others performance and demonstrate understanding of the skills required to perform effectively within two strokes. Students will apply this understanding to their performance.</p> <p>Core Value: students will demonstrate the core value of Team work in the activity as students will be working in groups or with partners for all tasks.</p> <p>Fit For's developed throughout</p>	<p>recommendations to improve the technique.</p> <p>Skills: Students will Apply the correct technique for front crawl and back stroke they will be able to duplicate the technique required, and be able to swim at least 1 length of the pool.</p> <p>Core Value: students will demonstrate the core value of Team work in this activity as students will be working together to improve their performance.</p> <p>Fit For's developed throughout</p>	<p>Skills: Students will be able to perform a serve, a rally, defensive shots and attacking shots, all to a competent level and make a positive contribution to a competitive game</p> <p>Core Value: Students will need to respect their peers here as their safety to an extent is in the hands of each other and they rely on their peers to support them in specific positions when performing.</p> <p>Fit For's developed throughout</p>	<p>moves will be used to add flow and a smooth transition between individual's moves.</p> <p>Skills: students will be working in groups of students where they will collaborate to create routines and spot each other's technique</p> <p>Core Value: team work is an essential core value within this activity area</p> <p>Fit For's developed throughout</p>	<p>moves will be used to add flow and a smooth transition between individual's moves.</p> <p>Skills: students will be working in groups of students where they will collaborate to create routines and spot each other's technique</p> <p>Core Value: team work is an essential core value within this activity area</p> <p>Fit For's developed throughout</p>
Spring term 2	<p>Topic: Net and wall</p> <p>Knowledge: Students will understand the basic rules within table tennis, volleyball and badminton. Students will understand how to serve, and have two or more shots that they can use during a rally.</p> <p>Skills: students will develop leadership skills through officiating and apply the rules within the role of an official.</p> <p>Core Value: students will demonstrate the core value of sportsmanship through games and competition.</p> <p>Fit For's developed throughout</p>	<p>Topic: Net and wall</p> <p>Knowledge: students will apply the components of fitness to demonstrate a deep knowledge of attributes required to make an exceptional performer within net and wall activities.</p> <p>Skills: students will develop leadership skills through officiating and apply the rules within the role of an official. They will reflect on their application of the rules and be able to reflect on the impact they had within a game identifying areas they could have improved.</p> <p>Core value: students will develop the core value of team work within this block of activity.</p> <p>Fit For's developed throughout</p>	<p>Topic: Gymnastics</p> <p>Knowledge: students will understand a range of fundamental skills in order to develop a basic performance in gymnastics. Students will develop the knowledge of techniques for the forward roll, cartwheel and a range of static balances. This will enable students to start the creation of basic routines.</p> <p>Skills: students will improve their own level of fitness specifically core strength and flexibility. This will then be applied to developing routines and improve technique and finesse within the final routine.</p> <p>Core value: team work is an essential core value within this activity area.</p> <p>Fit For's developed throughout</p>	<p>Topic: Net and wall</p> <p>Knowledge: students will officiate a competitive game. They will consistently allow the game to flow demonstrating a broad knowledge of rules but also have the ability to evaluate the situation and quickly process rules and regulations to make an informed and accurate decision, they will also lead a skill and tactical based development session where they will direct students identifying areas to improve upon.</p> <p>Skills: Students will create new skills sessions to improve peers performance in table tennis, badminton and volleyball, they will evaluate the skills being developed to improve performance and then students will act upon feedback. Students will be able to perform a serve, a rally, defensive shots and attacking shots, all to a high level which can outwit an opponent in a competitive game</p> <p>Core Value: Students will be able to demonstrate the core value of discipline within this section as they will be focusing heavily on leadership.</p> <p>Fit For's developed throughout</p>	<p>Topic: Net and wall</p> <p>Knowledge: students will officiate a competitive game. They will consistently allow the game to flow demonstrating a broad knowledge of rules but also have the ability to evaluate the situation and quickly process rules and regulations to make an informed and accurate decision, they will also lead a skill and tactical based development session where they will direct students identifying areas to improve upon.</p> <p>Skills: Students will create new skills sessions to improve peers performance in table tennis, badminton and volleyball, they will evaluate the skills being developed to improve performance and then students will act upon feedback. Students will be able to perform a serve, a rally, defensive shots and attacking shots, all to a high level which can outwit an opponent in a competitive game</p> <p>Core Value: Students will be able to demonstrate the core value of discipline within this section as they will be focusing heavily on leadership.</p> <p>Fit For's developed throughout</p>
Summer Term 1	<p>Topic: Athletics</p> <p>Knowledge: Students will have a good knowledge of all activities categorised as athletics. They will perform a range</p>	<p>Topic: Athletics</p> <p>Knowledge: Students will manage themselves and others within all athletics activities, they will keep times, and apply the rules to varying</p>	<p>Topic: Athletics</p> <p>Knowledge: Students will manage themselves and others within all athletics activities, they will keep times. Students will lead sessions to</p>	<p>Topic: Athletics</p> <p>Knowledge: students will lead session to younger students and apply knowledge they have learnt in turn</p>	<p>Topic: Athletics</p> <p>Knowledge: students will lead session to younger students and apply knowledge they have learnt in turn</p>

	<p>of throws, jumps and running events, with a basic knowledge of technique.</p> <p>Skills: Students will manage themselves and others within all athletics activities, they will keep times, and apply skill and rules to varying events.</p> <p>Core Value: discipline will be develop within all activities.</p> <p>Fit For's developed throughout</p>	<p>events. Students will give feedback to peers aiding progression</p> <p>Skills: Students will have the ability to demonstrate all activities categorised as athletics. They will perform a range of throws, jumps and running events, with a sound application of technique.</p> <p>Core value: students will be able to distinguish which events require specific components of fitness and be able to explain why they are needed.</p> <p>Fit For's developed throughout</p>	<p>develop techniques in isolated practices focusing on areas in need of improvement.</p> <p>Skills: Students will have the ability to apply learnt skills to increase their performance across a range of athletics activities. They will perform a range of throws, jumps and running events, with an excellent application of technique.</p> <p>Core value: Student will demonstrate the core value of discipline</p> <p>Fit For's developed throughout</p>	<p>they will develop a range of leadership attributes.</p> <p>Skills: Students will have the ability to apply learnt skills to increase their performance across a range of athletics activities. They will perform a range of throws, jumps and running events, with an excellent application of technique. Students will have the ability to self-develop, through video and peer analysis, they will then perform a skills audit to recommend areas to improve upon.</p> <p>Core Value: Student will demonstrate the core value of discipline, team work and respect.</p> <p>Fit For's developed throughout</p>	<p>they will develop a range of leadership attributes.</p> <p>Skills: Students will have the ability to apply learnt skills to increase their performance across a range of athletics activities. They will perform a range of throws, jumps and running events, with an excellent application of technique. Students will have the ability to self-develop, through video and peer analysis, they will then perform a skills audit to recommend areas to improve upon.</p> <p>Core Value: Student will demonstrate the core value of discipline, team work and respect.</p> <p>Fit For's developed throughout</p>
<p>Summer Term 2</p>	<p>Topic: Striking and Fielding</p> <p>Knowledge: students will have a good understanding of rounder's, softball and cricket. They will know a range of throwing and catching techniques and know the rules for each sport.</p> <p>Skills: students will develop a number of decision making skills, where to field the ball most effectively and where to strike the ball when batting, students will develop the core value of enjoyment within this activity area by drawing of previously learnt skills and applying them to a competitive yet enjoyable activity area.</p> <p>Fit For's developed throughout</p>	<p>Topic: Striking and Fielding</p> <p>Knowledge: students will have an ability to differentiate tactics within rounder's, softball and cricket, making decisions of who to position in key areas of the field.</p> <p>Skills: They will perform competently a range of throwing and catching techniques and know and apply the rules for each sport.</p> <p>Core value: students will develop the core value of enjoyment within this activity area by drawing of previously learnt skills and applying them to a competitive yet enjoyable activity area.</p> <p>Fit For's developed throughout</p>	<p>Topic: Striking and Fielding</p> <p>Knowledge: students will be able to lead a conditioned practice to their peers, analysing the impact players have on the team's performance, they will be able to use a range of communication strategies which impact a game positively. They will also reflect on their delivery methods and make recommendations for future sessions</p> <p>Skills: students will have an ability to analyse the effectiveness of tactics applied within rounders', softball and cricket, making alternations of who to place in key areas of the field. They will perform a range of throwing and catching techniques and know and apply the rules for each sport and have the ability to officiate a game with confidence and control.</p> <p>Core Value: students will develop the core value of enjoyment within this activity area by drawing on previously learnt skills and evaluating them to impact performance to a competitive yet enjoyable activity area.</p> <p>Fit For's developed throughout</p>	<p>Topic: Striking and Fielding</p> <p>Knowledge: students will be able to lead a competitive practice to their peers, evaluating the impact players have on the team's performance, they will be able to use a range of attributes to impact a game's outcome focusing on strategy.</p> <p>Skills: students will have an ability to create new tactics and discuss the effectiveness of tactics applied within rounders', softball and cricket, they will be able to perform serial skills autonomously and will impact a game positively.</p> <p>Core Value: students will develop the core value of enjoyment within this activity area by drawing on previously learnt skills and creating new plays to impact performance to a competitive yet enjoyable activity area. Students will evaluate what components of fitness suit specific positions within each sport.</p> <p>Fit For's developed throughout</p>	<p>Topic: Striking and Fielding</p> <p>Knowledge: students will be able to lead a competitive practice to their peers, evaluating the impact players have on the team's performance, they will be able to use a range of attributes to impact a game's outcome focusing on strategy.</p> <p>Skills: students will have an ability to create new tactics and discuss the effectiveness of tactics applied within rounders', softball and cricket, they will be able to perform serial skills autonomously and will impact a game positively.</p> <p>Core Value: students will develop the core value of enjoyment within this activity area by drawing on previously learnt skills and creating new plays to impact performance to a competitive yet enjoyable activity area. Students will evaluate what components of fitness suit specific positions within each sport.</p> <p>Fit For's developed throughout</p>

Curriculum Coverage in the Department of Physical Education - CamNat

	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn Term 1				<p>Topic: Performance and Leadership</p> <p>Assessment: Set Assignment 3</p> <p>In this unit, you will have the opportunity to enhance your abilities as both a performer and a leader in two distinct sporting activities. You will develop a wide range of transferable skills, including teamwork, communication, and leadership. Through both independent and collaborative work, you will engage in performing under pressure, while honing your leadership skills by guiding others in various settings. You will learn to adapt quickly, solve problems, and make decisions in dynamic environments.</p> <p>Key topics include:</p> <ul style="list-style-type: none"> • Core components of performance in sports • Applying practice methods to improve performance • Organizing and planning a sports activity session • Leading a sports activity session • Reflecting on and evaluating your own performance in planning and leading a session 	<p>Sports and the Media</p> <p>Assessment: Set Assignment 2 + 3</p> <p>In this unit, you will explore the dynamic relationship between sport and the media, analysing various media platforms and how they cover sporting events. You will examine real-world examples to better understand the influence of media on sport and vice versa. Additionally, you will investigate how advances in technology are transforming the way sports are consumed, enabling viewers to watch, replay, and discuss events anytime and anywhere. You will also develop skills to critically evaluate and interpret the different representations of sport across media.</p> <p>Key topics include:</p> <ul style="list-style-type: none"> • Various media sources that cover sport • The positive impact of media on sport • The negative impact of media on sport
Autumn Term 2				<p>Topic: Performance and Leadership</p> <p>Assessment: Set Assignment 4 + 5</p> <p>In this unit, you will have the opportunity to enhance your abilities as both a performer and a leader in two distinct sporting activities. You will develop a wide range of transferable skills, including teamwork, communication, and leadership. Through both independent and collaborative work, you will engage in performing under pressure, while honing your leadership skills by guiding others in various settings. You will learn to adapt quickly, solve problems, and make decisions in dynamic environments.</p>	

				<p>Key topics include:</p> <ul style="list-style-type: none"> • Core components of performance in sports • Applying practice methods to improve performance • Organizing and planning a sports activity session • Leading a sports activity session • Reflecting on and evaluating your own performance in planning and leading a session 	
Spring Term 1				<p>Topic: Performance and Leadership</p> <p>Assessment: Set Assignment 1+2</p> <p>In this unit, you will have the opportunity to enhance your abilities as both a performer and a leader in two distinct sporting activities. You will develop a wide range of transferable skills, including teamwork, communication, and leadership. Through both independent and collaborative work, you will engage in performing under pressure, while honing your leadership skills by guiding others in various settings. You will learn to adapt quickly, solve problems, and make decisions in dynamic environments.</p> <p>Key topics include:</p> <ul style="list-style-type: none"> • Core components of performance in sports • Applying practice methods to improve performance • Organizing and planning a sports activity session • Leading a sports activity session • Reflecting on and evaluating your own performance in planning and leading a session 	<p>Contemporary Issues in Sport Assessment: Exam</p> <p>In this unit, you will explore a variety of contemporary issues in sport, gaining an understanding of current trends, challenges, and debates. You will examine factors influencing participation, including barriers to engagement in sports, and how values and ethical behaviours are promoted within the sporting world. The unit also covers the impact of high-profile sporting events, the role of National Governing Bodies (NGBs), and the integration of technology in sports.</p> <p>Key topics include: Factors affecting participation in sport The role of sport in promoting values and ethics The implications of hosting major sporting events for cities or countries The role of National Governing Bodies (NGBs) in the development of sports The use of technology to enhance sports performance and management</p>
Spring term 2				<p>Topic: Performance and Leadership</p> <p>Assessment: Set Assignment 1 + 2</p> <p>In this unit, you will have the opportunity to enhance your abilities as both a performer and a leader in two distinct sporting activities. You will develop a wide range of transferable skills, including teamwork, communication, and leadership. Through both independent and</p>	

				<p>collaborative work, you will engage in performing under pressure, while honing your leadership skills by guiding others in various settings. You will learn to adapt quickly, solve problems, and make decisions in dynamic environments.</p> <p>Key topics include:</p> <ul style="list-style-type: none"> • Core components of performance in sports • Applying practice methods to improve performance • Organizing and planning a sports activity session • Leading a sports activity session • Reflecting on and evaluating your own performance in planning and leading a session 	
Summer Term 1				<p>Contemporary Issues in Sport</p> <p>Assessment: Exam</p> <p>In this unit, you will explore a variety of contemporary issues in sport, gaining an understanding of current trends, challenges, and debates. You will examine factors influencing participation, including barriers to engagement in sports, and how values and ethical behaviours are promoted within the sporting world. The unit also covers the impact of high-profile sporting events, the role of National Governing Bodies (NGBs), and the integration of technology in sports.</p> <p>Key topics include:</p> <p>Factors affecting participation in sport The role of sport in promoting values and ethics The implications of hosting major sporting events for cities or countries The role of National Governing Bodies (NGBs) in the development of sports The use of technology to enhance sports performance and management</p>	
Summer Term 2				<p>Sports and the Media</p> <p>Assessment: Set Assignment 1</p> <p>In this unit, you will explore the dynamic relationship between sport and the media, analysing various media platforms and how they cover sporting</p>	

				<p>events. You will examine real-world examples to better understand the influence of media on sport and vice versa. Additionally, you will investigate how advances in technology are transforming the way sports are consumed, enabling viewers to watch, replay, and discuss events anytime and anywhere. You will also develop skills to critically evaluate and interpret the different representations of sport across media.</p> <p>Key topics include:</p> <ul style="list-style-type: none">• Various media sources that cover sport• The positive impact of media on sport• The negative impact of media on sport	
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