

## PE

### Key Stage 3 overview:

Pupils will follow a varied curriculum covering team sports, individual sports, fitness and dance. On top of this we will be delivering games sessions with roles and responsibilities built in to them to develop a range of interpersonal skills as well as allowing pupils to demonstrate their understanding of sport.

### Boys – years 7-9

Term 1	<b>Basketball, Handball</b>
Term 2	<b>Rugby</b>
Term 3	<b>Table tennis, fitness, cross country games, badminton</b>
Term 4	<b>Badminton, Netball, fitness, football</b>
Term 5	<b>Athletics, football, cricket</b>
Term 6	<b>Athletics</b>
	<b>Striking and fielding games</b>

### Girls - Year 7-9

Term 1	<b>Netball, football, basketball, hockey</b>
Term 2	<b>Netball, football, basketball, hockey</b>
Term 3	<b>Cross country games, fitness, badminton, table tennis</b>
Term 4	<b>Dance, badminton, Fitness</b>

Term 5	<b>Athletics, rounders</b>
Term 6	<b>Athletics</b>
	<b>Striking games</b>

### **Key Stage 4 Overview:**

The New GCSE in Physical Education covers anatomy and physiology, Biomechanics, Psychology, Health and Fitness, Training for sport and cultural influences. These will be taught through a mixture of theory based classroom lessons and practical based theory lessons.

### **Year 10**

<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>
Fitness testing	Anatomy and physiology	Use of data	Planes and levers	psychology	Health and fitness

### **Year 11**

<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>
Cultural influences	Coursework	Anatomy and physiology revision	Planes and levers revision	Use of data revision	

### **Key Stage 5 (Sixth Form) Overview:**

A Level PE covers anatomy and physiology, psychology and culture and sport. Pupils need to be practically able offering one sport participated in to a high level.

### **Year 12**

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Cardiovascular system	Neuromuscular system	Analysis of movement	Preparation and training methods	Linear motion and angular motion	revision
Skill continuums	Structure of practise for learning	Guidance and feedback	Aggression, motivation and social facilitation	Information processing and memory	
Globalisation of sport pre industrial	Post WW2	Sociology of sport	Sport England		
Respiratory system	Muscular skeletal system	Diet and nutrition	Biomechanical principles and levers	The role of technology	
Transfer of skills	Theories of learning	Personality, attitudes, arousal and anxiety	Group dynamics, goal setting		
Industrial and post industrial	Rationalisation	Social action theory	The role of technology		

### Year 13

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Projectile motion	Energy systems	Energy systems	Specialist training methods	Revision coursework	
Information processing and memory	Achievement motivation theory	Self efficacy and confidence	Stress management		
Concepts of	Ethics in	Drugs in	Impact of		

physical activity and sport	sport	sport	commercialisation		
Fluid mechanics	Attribution theory	Factors affecting VO2	Injury		
Schmidts schema theory	Violence in sport	Leadership	Revision		
Development of elite performers		Sport and the law	Coursework		

**Homework Useful Websites/Recommended Revision Texts:**

<b>BBC bitesize</b>
<b><a href="http://www.brianmac.co.uk">www.brianmac.co.uk</a></b>
<b><a href="http://www.pe4learning.com">www.pe4learning.com</a></b>
<b><a href="http://www.mypeexam.org">www.mypeexam.org</a></b>

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