CORE PE LEARNING JOURNEY

OUR LEARNING JOURNEY

PHYSICAL EDUCATION DEPARTMENT

All students to leave Cardinal Newman with positive approach to their own Physical health and well being for life.

'Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does
-Nelson Mandela

KS4 begins

YEAR 10

- Learning through game play.
- Warm up and cool down led by students
- Training zones and thresholds explored with new technology
- Introduction to Hockey
- Dance- Girls' curriculum. Boys- Circuit training to develop physical training types
- F.I.T.T Principle used in Fitness suite to plan training
- Using a range of strategies and tactics to overcome opponents
- The short-term effects of exercise experienced in circuit training
- Game based assessments in full sized games.

YEAR 11

- 4 hours per fortnight of PE continues throughout all KS4 lessons
- Increasingly in-depth movement analysis to improve technique and biomechanical form
- OAA continue to be on offer throughout Year 11
- Methods of Physical training explored throughout KS4
- Making informed decisions about future Healthy active lifestyles
- Single gender groups continue throughout Year 11. To enable full game scenario to be explored.
- Students to play an increasing role in Officiating in all areas
- Review students personal training programmes and offer advice for future fitness goals
- Options Programme Begins

- Making informed choices about Healthy active lifestyles.
- Aerobic and anaerobic events explored and explained
- Basketball Volleyball
- Final Dance assessment for Boys
- Methods of running practiced
- Transition to KS4 begins
- Analyzing performance and comparing to previous ones
- Principles of Training in Winter fitness block
- Movement analysis in Gymnastics
- The long-term effects of exercise tracked in Winter fitness
- Winter fitness to include OAA
- The muscular system explored in Fitness suite

YEAR 9

FITNESS

- Health, fitness and wellbeing – Winter Fitness
- Skill development in invasion games
- Developing techniques and improving performances
- Development of self and peer assessment
- Review your performance in summer and winter sports.

- Tactical awareness
- Mental preparation
- Influences on participation in extra-curricular sport
- Sporting behaviours explored

All activities have increasingly complex techniques

YEAR 8

- Introduction to CN Dance
- Introduction to Gymnastics through Trampolining
- Recap of learning in KS2 and Baseline assessment

- End of year assessment
- Introduction to Cricket – Rounders – Athletics - Tennis
- Introduction to Invasion games. Football, Rugby, Netball
- Baseline Health, fitness and wellbeing – Winter Fitness
- Transition to PE at St John Henry Newman

YEAR 7

Winter and Summer sports programme reflect cycles of the year

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KS4: YEAR 10

OUR LEARNING JOURNEY

Year 10 - Term 1:
Paper 1 (36% of GCSE PE)
Topic 1, Applied anatomy and physiology
1.1 The structure and functions of the musculoskeletal system
1.2 The structure and functions of the cardiorespiratory system
1.3 Anaerobic and aerobic exercise
1.4 The short- and long- term effects of exercise
Practical assessment (30% of GCSE PE) Perform effectively in different physical activities by developing skills and techniques and selecting tactics, strategies and/or compositional ideas.

Term 2:
Topic 2, Movement analysis
2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement 2.2 Planes and axes of movement

Term 2.2:
Topic 3, Physical training
3.1 The relationship between health and fitness and the role that exercise plays in both
3.2 The components of fitness, benefits for sport and how fitness is measured and improved
Launch of PEP – Personal exercise programme (10% of GCSE PE). Develop their ability to analyse and evaluate to improve performance in physical activity and sport.

Term 3:
3.3 The principles of training and their application to personal exercise/ training programmes
3.4 The long-term effects of exercise
3.5 How to optimise training and prevent injury
3.6 Effective use of warm up and cool down
Topic 4, The use of data
4.1 Use of data

AUTUMN 1:1

AUTUMN 1:2

SPRING 2:1

SPRING 2:2

SUMMER 3:1

SUMMER 3:2

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KS4: YEAR 11

PHYSICAL EDUCATION DEPARTMENT

OUR LEARNING JOURNEY

Year 11 - Term 1:
Topic 1, Health, fitness and well-being (24% of GCSE PE).
Completion of PEP – Personal exercise programme (10% of GCSE PE). Develop their ability to analyse and evaluate to improve performance in physical activity and sport.

1.1 Physical, emotional and social health, fitness and well-being
1.2 The consequences of a sedentary lifestyle
1.3 Energy use,
diet, nutrition and hydration

AUTUMN 1:1

AUTUMN 1:2

SPRING 2:1

Practical assessment (30% of GCSE PE) Perform effectively in different physical activities by developing skills and techniques and selecting tactics, strategies and/or compositional ideas.

SPRING 2:2

Term 2:
Topic 2, Sport psychology
2.1 Classification of skills (basic/ complex, open/closed)
2.2 The use of goal setting and SMART targets to improve and/or optimise performance
2.3 Guidance and feedback on performance
2.4 Mental preparation for performance

SUMMER 3:1

Term 3: Topic 3, Socio-cultural influences
3.1 Engagement patterns of different social groups in physical activity and sport
3.2 Commercialisation of physical activity and sport
Completion and hand in of PEP – Personal exercise programme (10% of GCSE PE).

SUMMER 3:2

3.3 Ethical and socio-cultural issues in physical activity and sport
Topic 4, The use of data
4.1 Use of data
Practical assessment (30% of GCSE PE) External moderation assessment.

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