

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.

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

'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

4 hours per fortnight of PE continues throughout all KS4 lessons

KS4 begins

YEAR 11

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.

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

YEAR 10

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.

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



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.

YEAR 8

Tactical awareness

Mental preparation

Influences on participation in extra-curricular sport

Sporting behaviours explored

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

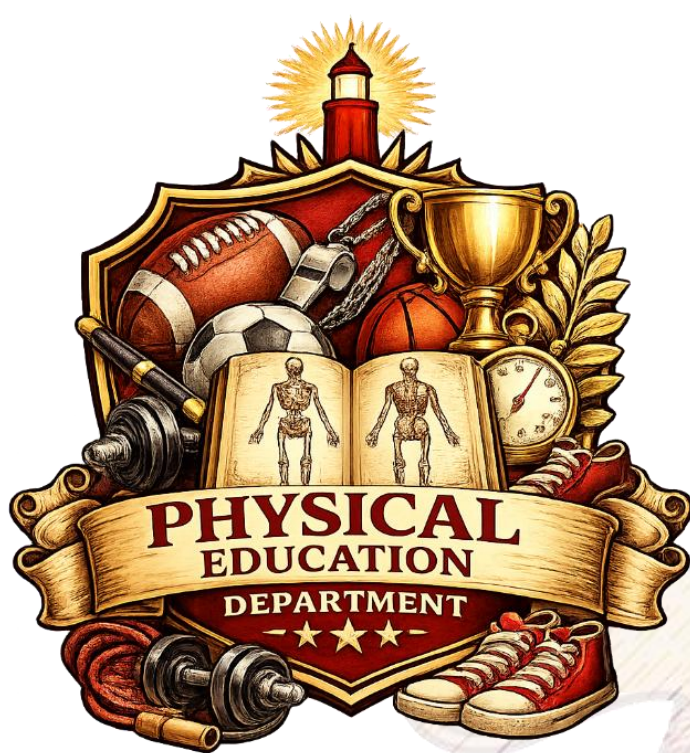
Baseline Health, fitness and wellbeing - Winter Fitness

Transition to PE at St John Henry Newman

YEAR 7

Winter and Summer sports programme reflect cycles of the year

All activities have increasingly complex techniques



KS4: YEAR 10



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

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.

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.

SUMMER
3:2

SUMMER
3:1

SPRING
2:2

SPRING
2:1

AUTUMN
1:2

AUTUMN
1:1

Term 3:

3.3 The principles of training and their application to personal exercise/ training programmes
3.4 The long-term effects of exercise

Term 2:

Topic 2, Movement analysis

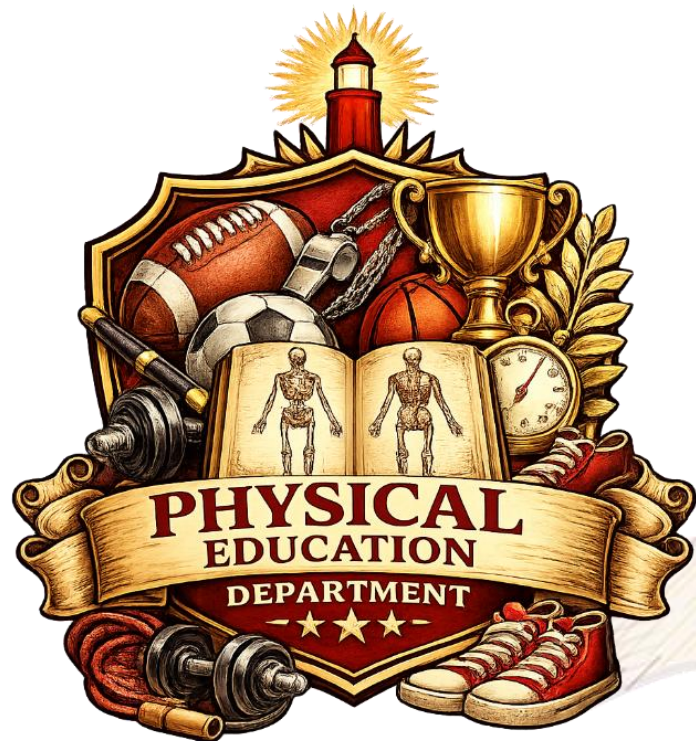
2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement
2.2 Planes and axes of movement

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



KS4: YEAR 11



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.

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

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

SUMMER 3:2

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 3:1

SPRING 2:2

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 2:1

AUTUMN 1:2

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.

AUTUMN 1:1