

Curriculum Overview | Physical Education HCS



What will my child learn in Physical Education

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6			
	This is a rotation (6 lessons) they will learn each activity, but the order will vary due to the classes.					Summer rotations			
Year 7	Hockey Skills development Tactics Rules Resilience Teamwork Reliance Health benefits	Indoor Games Skills development Tactics Rules Resilience Teamwork Reliance Health benefits	Football Skills development Tactics Rules Resilience Teamwork Reliance Health benefits	Gymnastics Skills development Sequence development Resilience Teamwork Reliance Health benefits	Netball/Rugby Skills development Tactics Rules Resilience Teamwork Reliance Health benefits	Fitness Skills Planning Resilience Teamwork Reliance Health benefits	Athletics Skills development Tactics Rules Resilience Reliance Health benefits	Strike & Field Skills development Tactics Rules Resilience Teamwork Reliance Health benefits	Tennis Skills development Tactics Rules Resilience Teamwork Reliance Health benefits
	Sports Science knowledge								
	What is health?		Skeletal	Components of fitness	Muscles	Cardio-respiratory	Components of fitness		
	8 lesson rotations					Summer rotations			
Year 8	Hockey Skills development Tactics Rules Resilience Teamwork Reliance Health benefits	Indoor Games Skills development Tactics Rules Resilience Teamwork Reliance Health benefits	Football Skills development Tactics Rules Resilience Teamwork Reliance Health benefits	Gymnastics Skills development Sequence development Resilience Teamwork Reliance Health benefits	Netball/Rugby Skills development Tactics Rules Resilience Teamwork Reliance Health benefits	Fitness Skills Planning Resilience Teamwork Reliance Health benefits	Athletics Skills development Tactics Rules Resilience Reliance Health benefits	Strike & Field Skills development Tactics Rules Resilience Teamwork Reliance Health benefits	Tennis Skills development Tactics Rules Resilience Teamwork Reliance Health benefits
	Sports Science knowledge								
	What is health?		Skeletal	Target setting	Muscles	Cardio-respiratory	Components of fitness		
	8 lesson rotations					Summer rotations			
Year 9	Hockey Skills development Tactics Rules Resilience Teamwork Reliance Health benefits	Indoor Games Skills development Tactics Rules Resilience Teamwork Reliance Health benefits	Football Skills development Tactics Rules Resilience Teamwork Reliance Health benefits	Indoor Games Skills development Tactics Rules Resilience Teamwork Reliance Health benefits	Netball/Rugby Skills development Tactics Rules Resilience Teamwork Reliance Health benefits	Fitness Skills Planning Resilience Teamwork Reliance Health benefits	Athletics Skills development Tactics Rules Resilience Reliance Health benefits	Strike & Field Skills development Tactics Rules Resilience Teamwork Reliance Health benefits	Tennis Skills development Tactics Rules Resilience Teamwork Reliance Health benefits
	Sports Science knowledge								
	What is health?		Skeletal	Target setting	Muscles	Cardio-respiratory	Components of fitness		

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What will my child learn in Core Physical Education

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6	
Students will be grouped by their choice into competitive, recreational, fitness or wellbeing groups who will rotate around the spaces available and study different activities.							
Year 10	Choices in sports hall Badminton Basketball Volleyball	Choices in small hall Volleyball Benchball Dodgeball	Choices in ATP/Field Football Hockey Capture the flag Rugby	Choices in Fitness Suite Just Dance Circuits Walking/running Gym	Choices on Hard court Netball Handball	Choices on ATP Cricket Tennis Ultimate frisbee	Choices on Field Athletics Rounders Baseball/Softball Cricket
	Sports Science						
	What is health?		What is energy balance?			Hygiene	
Year 11	Choices in sports hall Badminton Basketball Volleyball	Choices in small hall Volleyball Benchball Dodgeball	Choices in ATP/Field Football Hockey Capture the flag Rugby	Choices in Fitness Suite Just Dance Circuits Walking/running Gym	Choices on Hard court Netball Handball	Choices on ATP Cricket Tennis Ultimate frisbee	Choices on Field Athletics Rounders Baseball/Softball Cricket
	Sports Science						
	What is health?			What is energy balance?		Hygiene	

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What will my child learn in Examination Physical Education

GCSE	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10	Applied anatomy and physiology Bones, Structure of the skeleton Functions of the skeleton Muscles of the body Structure of a joint Antagonist pairs	Movement Analysis Levers Mechanical advantage Analysis of basic movements. Planes and axes of movement	Applied anatomy and physiology The pathway of air Gaseous exchange Blood vessels Structure of the heart The cardiac cycle Mechanics of breathing	Aerobic and anaerobic exercise Aerobic and anaerobic exercise EPOC Recovery Short- and Long-term effects of exercise Immediate effects Short-term effects Long-term effects	Physical Training Health and fitness/The components of fitness/Fitness testing The principles of training Types of training Advantages and disadvantages Calculating intensities Injury prevention Specific training techniques Seasonal aspects Warming up and cooling down	Sports psychology Skill and ability Classifications of skill Definitions of goals SMART targets Basic information processing model Guidance Feedback
Year 11	Sports psychology contd Arousal Direct and indirect aggression Personality types Intrinsic and extrinsic motivation Coursework	Socio-cultural Engagement patterns Commercialisation Sponsorship and Media/Technology Ethics Conduct/Prohibited substances Spectators' behaviour	Health, fitness and wellbeing Physical, Social and Mental health Sedentary lifestyle Obesity Somatotypes Energy/Nutrition/Water Balance	Revision and Exam preparation		
Y10/11	In the practical lessons a variety of activities will be studied over the 2 years to find a top 3 activities: Badminton, basketball, volleyball, table tennis, hockey, netball, handball, football, rugby and others can be videoed outside of school hours.				Summer activities: Cricket, athletics, tennis and softball.	
CAMNAT	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10	Performance and leadership in sports activities (R185) Key components of performance Applying practice methods to support improvement in a sporting activity Coursework Unit	Performance and leadership in sports activities (R185) Organising and planning a sports activity session Coursework Unit	Performance and leadership in sports activities (R185) Leading a sports activity session Coursework Unit	Performance and leadership in sports activities (R185) Reviewing your own performance in planning and leading of a sports activity session Coursework Unit	Sport and the Media (R186) The different sources of media that cover sport Positive effects of the media in sport Negative effects of the media in sport Coursework Unit	Sport and the Media (R186) Coursework: independent work (Externally assessed) Coursework Unit
Year 11	Contemporary issues in sport (R184) Issues which affect participation in sport The role of sport in promoting values Exam Unit	Contemporary issues in sport (R184) The implications of hosting a major sporting event for a city or country The role National Governing Bodies (NGBs) play in the development of their sport Exam Unit	Contemporary issues in sport (R184) The use of technology in sport Exam Unit	Contemporary issues in sport (R184) Revision and Exam preparation Exam Unit		
Y10/11	In the practical lessons Pupils choose their strongest sport to develop practical and to coach: Badminton, basketball, volleyball, table tennis, hockey, netball, handball, football, rugby and others can be videoed outside of school hours				Summer activities: Cricket, athletics, tennis and softball.	

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