

## PHYSICAL EDUCATION

### INTENT- KS3

Positive student/teacher relationships in PE create a strong and safe environment to develop and succeed as a youth adult. We create bespoke curriculum topics that support our students to grow and demonstrate how to use their environment to their advantage. Students will develop physical, technical and tactical sporting skills; enhanced by an embedded focus on mental skills such as resilience, determination and confidence. In KS3 we focus on building strong, confident students who have a love for activity. We encourage positive perceptions of PE and remove barriers to participation. We explore a range of sports, including disability activities to expose our students to new and exciting experiences. Student learn that there is more to sport than being an athlete. We encourage students to take on roles in all aspect of sport- leadership, officiating, coaching and assisting. Extra curriculum provision is provided with a strong inter-house system and external fixtures, which suit both participation and performance in sport. Strong links with community clubs encourage good attitudes and support for our community. SEND/PP students have access to PE classes, they have access to the same knowledge and skills, but tailored to help them succeed in a class environment and supporting them individually.

### SKILLS AND KNOWLEDGE

	Students will develop their KNOWLEDGE of	Students will develop their SKILLS in
7	<ul style="list-style-type: none"> <li>basic skills, techniques and tactics used in sports and physical activities</li> <li>fundamental rules and regulations for a range of sports and the need for officials</li> <li>the components of a warm up and cool down</li> <li>the immediate effects of exercise of body and basic training methods to improve cardiovascular fitness</li> <li>Safety factors during physical activity and sport</li> <li>leading fit and healthy lifestyles including extracurricular sports clubs</li> </ul>	<ul style="list-style-type: none"> <li>racquets/striking and fielding/invasion games/athletics/dance/outdoor and adventurous activities/health related exercise</li> <li>Teamwork</li> <li>fundamental techniques in a range of sports in isolation and simple drills</li> <li>overcoming opponents in competitive situations in team and individual games (e.g. rugby/netball/badminton/tennis).</li> <li>decision making in competitive sports</li> <li>simple reasoning and questioning in attempting to solve problems</li> <li>identifying strengths and weaknesses of their own and others' work</li> <li>leadership of warm ups and cool downs</li> <li>officiating low stakes practices in some sports</li> </ul>
8	<ul style="list-style-type: none"> <li>More advanced skills, techniques and tactics used in sports and physical activities</li> <li>Rules and regulations for a range of sports and the roles of different types of officials</li> <li>The components of an activity session (warm up, main activity, conditioned practice, cool down).</li> <li>The immediate and some long-term effects of exercise on the body and training methods to improve at least two components of fitness.</li> <li>Safety factors during physical activity and sport for more advanced activities (e.g. scrummaging in rugby).</li> <li>The benefits of leading fit and healthy lifestyles including extracurricular sports clubs</li> </ul>	<ul style="list-style-type: none"> <li>Racquets/striking and fielding/invasion games/athletics/dance/outdoor and adventurous activities/health related exercise.</li> <li>Teamwork.</li> <li>Techniques in a range of sports in increasingly complex drills under pressure.</li> <li>Overcoming challenging opponents in competitive situations in team and individual games (e.g. rugby/netball/badminton/tennis).</li> <li>Pressured decision making in competitive sports, including some analysis of opponents' strategies.</li> <li>Reasoning, questioning and listening to the contributions of others in order to solve problems.</li> <li>Identifying strengths and weaknesses of their own and others' work and suggesting improvements.</li> <li>Leadership of warm ups, basic drills and cool downs.</li> <li>Officiating with competence in a greater range of sports and roles</li> </ul>
9	<ul style="list-style-type: none"> <li>advanced strategies, tactics and skills used in sports and physical activities.</li> <li>rules and regulations for a range of sports and the roles of different types of officials.</li> <li>short and long-term effects of exercise on the body to muscular, cardiovascular and respiratory systems.</li> <li>safety factors during physical activity and for more advanced activities.</li> <li>the components of fitness and how you can improve them by using methods of training and principles of training.</li> <li>the benefits of leading a healthy active lifestyle – through exercise and diet, to also include physical activity outside of school.</li> </ul>	<ul style="list-style-type: none"> <li>advanced strategies, tactics and skills used in sports and physical activities.</li> <li>rules and regulations for a range of sports and the roles of different types of officials.</li> <li>short and long-term effects of exercise on the body to muscular, cardiovascular and respiratory systems.</li> <li>choreographed dances with advanced ideas.</li> <li>safety factors during physical activity and for more advanced activities.</li> <li>the components of fitness and how you can improve them by using methods of training and principles of training</li> <li>the benefits of leading a healthy active lifestyle – through exercise and diet, to also include physical activity outside of school.</li> </ul>

## INTENT- KS4

During our KS4 curriculum we build on the strong foundations we have developed in KS3, students feel confident with the knowledge and skills they have developed and are successful applying this into theoretical contexts and sporting situations. Their ability to thrive in sport continues and they are now encouraged to apply more scientific knowledge into their practice.

The transition from participants to leaders is vital during this stage. Students will take ownership of their curriculum and the sessions within it.

We aim to ensure all students leave the school possessing the skills, motivation and knowledge to enjoy a lifelong engagement with sport and physical activity. Removing barriers to participation to prolong the enjoyment of sport into adulthood and promote positive associations with PE.

Opportunities to explore the careers they can access through the new skills and knowledge developed within PE. Exposing students to pathways to succeed in a sporting role from universities, apprenticeships and volunteer roles that can be accessed alongside other careers. Students will have opportunities to complete additional qualifications to strengthen their employability in sport such as referee qualifications and coaching levels.

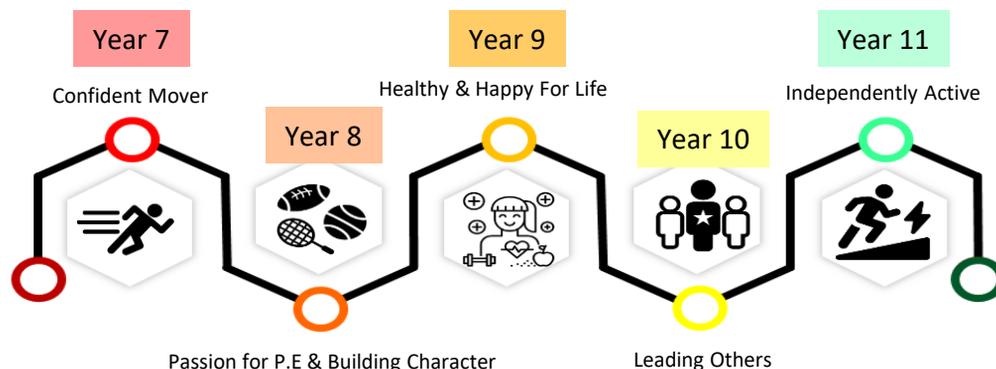
	Students will develop their KNOWLEDGE of	Students will develop their SKILLS in
1 0 & 1 1	<ul style="list-style-type: none"> <li>• understanding that physical activity contributes to the healthy functioning of the body and mind as part of a healthy active lifestyle.</li> <li>• recalling and selecting components of fitness, methods of training and principles of training linking, being able to link to a variety of sports.</li> <li>• understanding the rules, regulations and scoring systems for selected scores.</li> <li>• knowing attributes associated with successful sports leadership.</li> <li>• knowing how to plan and review a sports activity, implementing changes for future sessions</li> </ul>	<ul style="list-style-type: none"> <li>• investigating and applying fitness testing to determine fitness levels, showing awareness of normative values for their own age groups.</li> <li>• demonstrating practical skills, techniques and tactics in selected sports, applying them to produce effective outcomes.</li> <li>• being able to review sports performance, using ICT to develop feedback methods.</li> <li>• designing, implementing and reviewing a personal fitness training programme</li> </ul>

## OVERVIEW

### Qualification gained by the end of year 11: BTEC Level 2 Tech Award in Sport

Whole school vision links developed in this subject	After school destinations linked to this subject	
<ul style="list-style-type: none"> <li>• Community links with local clubs</li> <li>• International sporting opportunities to promote languages</li> <li>• British values through sportsmanship</li> <li>• Outdoor and adventurous activity</li> <li>• Promotion of high ambition from university visits.</li> <li>• Inclusive for all- same setting but adapted work.</li> <li>• Opportunities outside of the school community</li> <li>• Working with local providers</li> </ul>	<ul style="list-style-type: none"> <li>• PE teacher</li> <li>• Sports coach</li> <li>• Sports journalist</li> <li>• Physiotherapy</li> <li>• Data analysis referee</li> <li>• Sports statistician</li> <li>• Sports product developer</li> <li>• Sports development officer</li> </ul>	<ul style="list-style-type: none"> <li>• Outdoor education</li> <li>• Commentator</li> <li>• Leisure manager</li> <li>• Gym instructor</li> <li>• Professional athlete</li> <li>• Photographer</li> <li>• Nutritionist</li> <li>• Marketing</li> <li>• Bio mechanist</li> </ul>

## PE CURRICULUM THEMES



### Cross Curriculum links in PE

- Geography- navigating maps
- Maths- grids and scoring systems
- Drama- reading movements
- History- British sports/ development of exercise.
- Science- anatomy & lifestyle
- English- Officiating language
- CA- local outdoor education
- Music- interruption in dance/gym

**“DREAM BIG, WORK HARD, DON'T QUIT”**

# Core PE Curriculum Year 7

## KS2 recap

Running, jumping, throwing and catching in isolation and in combination. Play competitive games and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement.

## Football

Getting to show off skills and improve the basics to ensure students have the correct technique and confidence to compete and succeed. Aware of key positions and the rules of the game.

## Cardiovascular

### Training

Our bespoke federation training programme replaces your usual cross country. We learn how to control our body and improve our fitness. There's more than just one way to train the body in this unit teaches us how. Key life skills in order to lead a health life beyond school.

## Rugby/Hockey

Student will start with tag rugby to learn the rules and tactic. indoor hockey is delivered in keep the pace fast and the intensity high. All genders will get these opportunities.

## Rounders/Tennis & Badminton

Students will develop their understanding and love for these sports in the summer months. Showing them variations to keep them interest and highly successful. Key sports for developing those batting skills.

## Athletics

Students will explore all disciplines in athletics, building on their technique from the previous year, measuring they attempts and pushing to improve. Our alternative sports day is a fantastic opportunity for all to have a go.

## Gym Instruction

Our third bespoke unit for KS3 PE is our gym instruction unit. Learn how to design a training programme and improve an element of your sport. Find out which exercise work which parts of our bodies. Lets learn more about science in action in PE.

## Cycling/Mountain Biking

Students also have access to a fully stocked bike club in which mountain and road cycling is delivered. Bike maintenance is also delivered as part of the course.

# Cumbria Futures Federation

This is a taste of the sports students will get regular access to. Students will also have opportunities with less usual sports such as lacrosse, Frisbee & Judo

## Swimming Fundamentals award

Building on skills develop in KS2, this course is designed to strengthen the skills needed to be a confident swimmer. Builds our community links with facilities.

## Bench ball /Netball & basketball

Learning the key rules and regulations of these sports leads to an extremely active session. Developing tactics to improve performance and putting them into play.

## Trampoline

Students will get a block of trampoline session, learning about trampoline safety and the three fundamental moves in trampoline- tuck, straddle and pike. Straight arms and pointed toes to ensure performance is high quality and students form good habits.

## Kwik Cricket

Student will have new opportunities to continue their learning of sports they may not have been exposed to yet. Kwik cricket is the faster paced game that gets everyone involved. Working on co-ordination and developing different throwing techniques to see which is most affective.

## Orienteering

Combining map reading in geography and data recording in math our orienteering courses are challenging yet fun. The use of electronic gates make the run exciting and fun.

## Progressing into year 8

Students will build on skills developed in year 7. Performances will be come more demanding and challenging. New sports will be introduced and students will start to master regular sports.



# Core PE Curriculum Year 8

## Year 7 recap

Students will have opportunities to build on previous knowledge in competitive game situations, training session and drill practices. Students get access to a different range of sports on the two year cycle plan.

## Football

Developing on from learning the basics in year 7, you will now learn the tactics and set plays to further advance your skills. Lets visit stadiums and compete in the national league as a federation.

## Cardiovascular Training

Our bespoke federation training programme replaces your usual cross country. Here you advance your skill and knowledge by learning what role your body systems play in keeping you active? How do you find your own training zones? How do you measure heart rate?

## Rugby/Hockey

All students will progress from tag rugby in year 7 onto contact rugby in year 8/9. They will have opportunities to develop their techniques and be encouraged to start officiating the games.

## Rounders/Tennis & Badminton

Students will develop their use of batting and hand-eye co-ordination during this sport. They will start to develop techniques and apply the rules to their advance to score more points. Team work is key and rotating positions to gain confident in all elements.

## Athletics

Students will explore all disciplines in athletics, building on their technique from the previous year, measuring they attempts and pushing to improve. Our alternative sports day is a fantastic opportunity for all to have a go.

## Gym Instruction

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## Swimming survival award

Taking those basic swimming skills learnt in year 7 and turning them into life saving skills if you are ever in a situation to save a life.

## Bench ball /Netball & basketball

You will learn the importance of team play and invading space during these sessions, how can you ensure you have the recipe to win? What types of passes are best used in which situations?

## Trampoline

We deliver regular trampoline sessions each year. This year you will build on the basic shapes you developed in year 7. You will use these shapes to combine them into a routine and polish your perform by focusing on aesthetical elements of your performance.

## Kwik Cricket

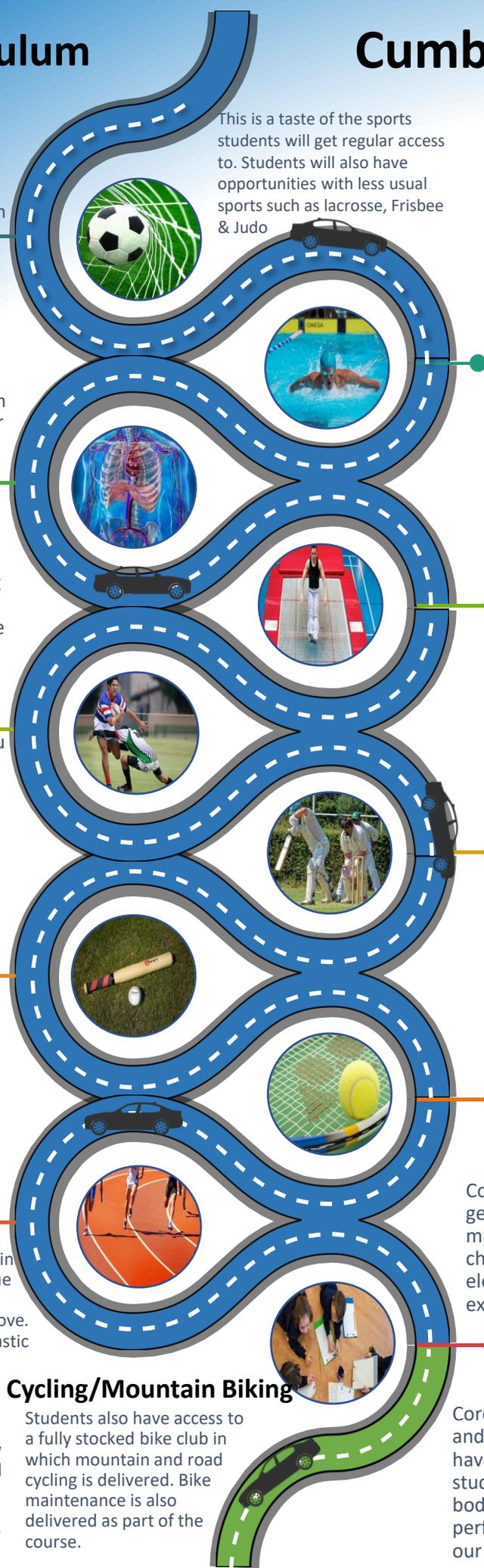
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## Progressing into year 9

Core PE will still continue in year 9 and through into KS4. Students now have the added experience of studying BTEC. Exploring how our bodies work and reviewing our performances to further improve our skills.



# Core PE Curriculum Year 9

## Year 7 recap

Students will have opportunities to build on previous knowledge in competitive game situations training session and drill practices. Students get access to a different range of sports on the two year cycle plan.

## Football

Developing on from learning the basics in year 7, you will now learn the tactics and set plays to further advance your skills. Lets visit stadiums and compete in the national league as a federation.

## Cardiovascular Training

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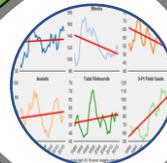
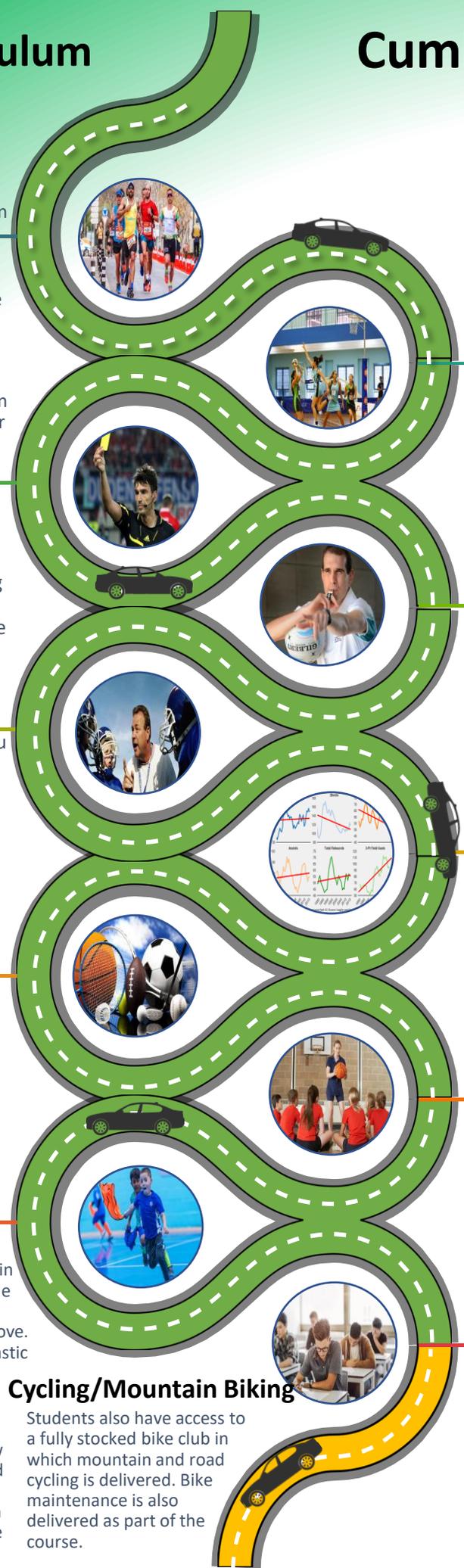
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## Orienteering

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## Progressing into year 10

Students will enter the year they can tailor their own education journey. We offer BTEC Sport as an option for students wishing to expand their knowledge and have an interest in sport.



# BTEC PE Curriculum Year 10 (2022 Spec)

# Cumbria Futures Federation

## Year 9 recap

Students have had a wide variety of sporting experiences and have developed a passion for sports. They want to know more and could be considering it as a future career.



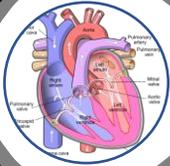
## Component 2: Taking Part and Improving Other Participants Sporting Performance

**Learning outcome A:** Understand how different components of fitness are used in different physical activities.

**Learning outcome B:** Be able to participate in sport and understand the roles and responsibilities of officials

**Learning outcome C:** Demonstrate ways to improve participants sporting techniques

**Assessment Window: October 2024**



## Component 3: developing fitness to improve other participant's performance in sport and physical activity

**Learning outcome A-** Explore the importance of fitness for sports performance

**Learning outcome B-** Investigate fitness testing to determine fitness levels

**Learning outcome C:** Investigate different fitness training methods

**Learning outcome D:** Investigate fitness programming to improve fitness and sports performance

**Assessment Window: January 2024**



## Component 1: Preparing participants to take part in sport and physical activity

**Learning outcome A:** Explore types and provision of sport and physical activity for different types of participants

**Learning outcome B:** Examine equipment and technology required for participants to use when taking part in sport and physical activity

**Learning outcome C:** Be able to prepare participants to take part in physical activity

**Assessment Window: February-April 2023**

## Progressing into year 11

Students will have already completed one assessment towards their final grade.

Assessments for component two and three will go ahead this year.

# BTEC PE Curriculum Year 11 (2018 Spec)

# Cumbria Futures Federation

## Year 10 Recap

Unit 3- Training for exercise. Successfully completed a 6 week training programme that improves one component of fitness.

Unit 2- practical sports performance continues

Unit 1- fitness for exercise completed.

## Assignment 6A- Leaders in sport

Prepare a report about the attributes and responsibilities of sports leaders. Compare two leaders in sport and explain why they are successful.

## 6B- Planning a successful sports session

Undertake the planning and leading of sports activities in two different sports. One of these sessions will be delivered to a class and your performance will be assessed.

## Assignment 6C- Reviewing a session

PLAN, DO, REVIEW. Its time to assess your performance as a coach. How did your session go? Write a report that outlines your strengths and weaknesses. Create a plan to improve

## 6C- Create a development plan

Think about some short and long term goals that can help you become a better coach. How can you achieve these?

## Unit 6- Leadership in sport (overview)

A- know the attributes associated with successful sports leadership

B- undertake the planning and leading of sports activities

C- review the planning and leading of sports activities

## Assignment 6B- Planning and leading a session

For this assignment you are required to plan and deliver a sports session. You must show what you have learnt in terms of being a positive leader.

## 6B-Lead a successful sports activity

Choose the session you are most comfortable with, you will have to deliver the session using your plan and display all your good qualities to show the positive leadership skills you have learnt.

## 6C- Review your session

Watch back the footage from your session and read your feedback from your peers/teacher. What did you do well and what could you do better?

## Potential destinations

- Sports Coach
- PE Teacher
- Physiotherapist
- Sports Therapy
- Sports Journalist