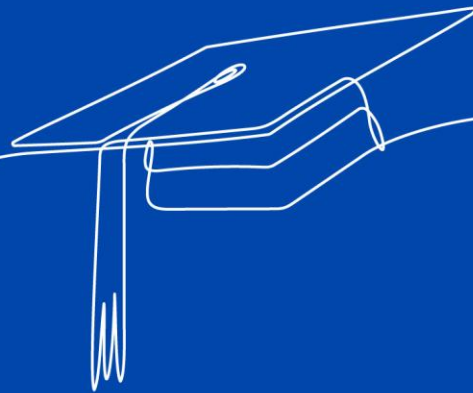


Physical education curriculum overview



Physical education at Tenbury High Ormiston Academy

Key stage 3 and 4 core, Years 7, 8, 9, 10 and 11

Our KS3 and KS4 core PE curriculum aims to inspire pupils to lead healthy, active lives and to develop a lifelong enjoyment of physical activity. Pupils take part in a broad range of sports and physical activities, building competence, confidence, and resilience. They learn key skills such as teamwork, communication, leadership, and tactical awareness, along with knowledge of the body.

We also teach pupils about the importance of fitness, wellbeing, and healthy lifestyle choices. Through competitive and cooperative activities, pupils develop respect, fairness, and a strong sense of sportsmanship. Our intent is for pupils to leave KS3 with the physical literacy, motivation, and understanding needed to stay active and healthy throughout their lives, enthusiastic for further study in PE and sport science, and to continue into KS4 strengthening their regard for sport and physical activity.

Key stage 4 GCSE, Years 10 and 11

Our KS4 PE curriculum is designed to prepare pupils for success in Physical Education GCSE using the Pearson Edexcel exam board.

Building on strong foundations from KS3, pupils will learn to contextualise theory and to develop and apply their knowledge, understanding and quality of performances in practical assessments, while engaging with key issues and themes relating to contemporary global influences on physical education and sport.

As well as leaving KS4 with a strong qualification in GCSE PE, our intent is that this curriculum sets pupils up with the skills that will allow them to pursue a future in many related careers.

GCSE course information

Exam board	Pearson Edexcel
Course	GCSE Physical Education (1PE0)
Specification and resources	https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html

Year 7

In Year 7, PE promotes a fundamental understanding of health and various types of sport and games. All pupils have the opportunity to participate in a wide range of sports and activities.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rugby Handball/Netball	Basketball Table Tennis	Health Related Fitness Badminton	Trampolining Outdoor Adventurous Activities (OAA)	Athletics	Cricket Softball

Assessments will take place in January and June and we will share revision information a few weeks before each assessment.

Year 8

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rugby Handball/Netball	Basketball Table Tennis	Health Related Fitness Badminton	Trampolining Outdoor Adventurous Activities (OAA)	Athletics	Cricket Softball

Assessments will take place in January and June and we will share revision information a few weeks before each assessment.

Year 9

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rugby Handball/Netball	Basketball Table Tennis	Health Related Fitness Badminton	Trampolining Outdoor Adventurous Activities (OAA)	Athletics	Cricket Softball

Assessments will take place in January and June and we will share revision information a few weeks before each assessment.

Year 10 core

At KS4, PE builds on KS3 foundations by developing pupils' tactical awareness, strategic decision making, and performance analysis. Pupils learn to apply and adapt tactics in both team and individual activities, making informed decisions under pressure. They evaluate performance, and understand how physical preparation links to strategic choices.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rugby Handball/Netball	Basketball Table Tennis	Health Related Fitness Badminton	Trampolining Outdoor Adventurous Activities (OAA)	Athletics	Cricket Softball

Year 11 core

At KS4, PE builds on KS3 foundations by developing pupils' tactical awareness, strategic decision making, and performance analysis. Pupils learn to apply and adapt tactics in both team and individual activities, making informed decisions under pressure. They evaluate performance, and understand how physical preparation links to strategic choices.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rugby Handball/Netball	Basketball Table Tennis	Health Related Fitness Badminton	Trampolining Outdoor Adventurous Activities (OAA)	Athletics	Cricket Softball

Year 10 GCSE

During year 10, pupils learn about the important bodily systems that affect health and physical activity, they learn about type and benefits of exercise and start to delve into advanced training methods.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
The structure and functions of the musculo-skeletal system Movement analysis	The structure and function of the cardio-respiratory system.	Aerobic and anaerobic exercise & the short- and long-term effects of exercise.	The relationship between health and fitness, the components of fitness & fitness testing	Warm up and cool down, methods of training & principles of training.	Factors to consider for training, PARQ, & the use of SMART targets to increase performance

Assessments will take place in April and we will share revision information a few weeks before each assessment.

Year 11 GCSE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Physical, emotional and social health, fitness and wellbeing. The consequences of a sedentary lifestyle. Energy use, diet, nutrition and hydration. Classification of skills (basic/complex/open/closed).	The use of goal setting and SMART targets to improve and/ or optimize performance. Guidance and feedback on performance. Mental preparation for performance. Engagement patterns of different social groups in physical activity.	Commercialization of physical activity and sport. Ethical and socio-cultural issues in physical activity and sport. Use of data.	NEA PEP	<i>Exams</i>	<i>Exams</i>

Mocks will take place in November and February and we will share revision information a few weeks before each assessment.