

CURRICULUM SUMMARY – PE (Girls) (KS3, KS4 Core and GCSE)

YEAR 7

TERM 1	TERM 2	TERM 3
CONTENT Fitness Netball badminton	CONTENT Football Volleyball Gymnastics	CONTENT Athletics Rounders
ASSESSMENTS <ul style="list-style-type: none"> - Formal end of unit practical assessment: practical and written tests. - Continued lesson observation and assessment - Fitness guided self-assessment lesson. 	ASSESSMENTS <ul style="list-style-type: none"> - Formal end of unit practical assessment: practical and written test - Continued lesson observation and assessment 	ASSESSMENTS <ul style="list-style-type: none"> - Formal end of unit practical assessment: practical and written tests - Continued lesson observation and assessment
HOW PARENTS CAN SUPPORT LEARNING <ul style="list-style-type: none"> - By encouraging students to participate in lessons and extra-curricular activities; lunch and after school clubs. - Ensuring that students have correct PE kit, including trainers. 	HOW PARENTS CAN SUPPORT LEARNING <ul style="list-style-type: none"> - By encouraging students to participate in lessons and extra-curricular activities and Lunch and after school clubs - Ensuring that students have correct PE kit, including trainers. 	HOW PARENTS CAN SUPPORT LEARNING <ul style="list-style-type: none"> - By encouraging students to participate in lessons and extra-curricular activities: lunch and after school clubs. - Ensuring that students have correct PE kit, including trainers.

YEAR 8

TERM 1	TERM 2	TERM 3
CONTENT Fitness Netball Volley	CONTENT Football and/or Basketball /volleyball Gymnastics/dance	CONTENT Rounders Athletics
ASSESSMENTS <ul style="list-style-type: none"> - Formal end of unit practical assessment - Continued lesson observation and assessment - Fitness guided self-assessment lesson. 	ASSESSMENTS <ul style="list-style-type: none"> - Formal end of unit practical assessment - Continued lesson observation and assessment 	ASSESSMENTS <ul style="list-style-type: none"> - Formal end of unit practical assessment - Continued lesson observation and assessment
HOW PARENTS CAN SUPPORT LEARNING <ul style="list-style-type: none"> - By encouraging students to participate in lessons and extra-curricular activities. - Ensuring that students have correct PE kit, including trainers. 	HOW PARENTS CAN SUPPORT LEARNING <ul style="list-style-type: none"> - By encouraging students to participate in lessons and extra-curricular activities. - Ensuring that students have correct PE kit, including trainers. 	HOW PARENTS CAN SUPPORT LEARNING <ul style="list-style-type: none"> - By encouraging students to participate in lessons and extra-curricular activities. - Ensuring that students have correct PE kit, including trainers.

YEAR 9 – CORE PE

TERM 1	TERM 2	TERM 3
CONTENT Fitness testing and training Netball/football/volleyball Fitness And Body Systems - Anatomy and Physiology	CONTENT Basketball Gymnastics Dance Fitness and body systems – Movement	CONTENT Rounders Athletics
ASSESSMENTS <ul style="list-style-type: none"> - Continued lesson observation and assessment based on effort and participation. 	ASSESSMENTS <ul style="list-style-type: none"> - Continued lesson observation and assessment based on effort and participation. 	ASSESSMENTS <ul style="list-style-type: none"> - Continued lesson observation and assessment based on effort and participation.
HOW PARENTS CAN SUPPORT LEARNING <ul style="list-style-type: none"> - By encouraging students to participate in lessons and extra-curricular activities. - Ensuring that students have correct PE kit, including trainers. 	HOW PARENTS CAN SUPPORT LEARNING <ul style="list-style-type: none"> - By encouraging students to participate in lessons and extra-curricular activities. - Ensuring that students have correct PE kit, including trainers. 	HOW PARENTS CAN SUPPORT LEARNING <ul style="list-style-type: none"> - By encouraging students to participate in lessons and extra-curricular activities. - Ensuring that students have correct PE kit, including trainers.

YEAR 10 CORE PE

TERM	TERM	TERM 3
CONTENT Volleyball Badminton	CONTENT Basketball Dance	CONTENT Athletics Rounders
ASSESSMENTS - Continued lesson observation and assessment based on effort and participation.	ASSESSMENTS - Continued lesson observation and assessment based on effort and participation.	ASSESSMENTS - Continued lesson observation and assessment based on effort and participation.
HOW PARENTS CAN SUPPORT LEARNING - By encouraging students to participate in lessons and extra-curricular activities. - Ensuring that students have correct PE kit, including trainers.	HOW PARENTS CAN SUPPORT LEARNING - By encouraging students to participate in lessons and extra-curricular activities. - Ensuring that students have correct PE kit, including trainers.	HOW PARENTS CAN SUPPORT LEARNING - By encouraging students to participate in lessons and extra-curricular activities. - Ensuring that students have correct PE kit, including trainers.

YEAR 10 GCSE - EDEXCEL 1PE0

TERM 1	TERM 2	TERM 3
CONTENT THEORY Fitness and Body Systems – Physical Training PRACTICAL Individual skills/team activities Fitness And Body Systems - Anatomy and Physiology PRACTICAL Options	CONTENT THEORY Health and Performance – Health, Fitness and Wellbeing Revision and mid GCSE examination PRACTICAL Individual skills/team activities THEORY Fitness and body systems – Movement Analysis PRACTICAL Options	CONTENT THEORY Health and Performance - Sport Psychology Personal Exercise Plans and Practical Analysis PRACTICAL EXAMINATION Performing PEP
ASSESSMENTS - End of section assessments - Practical – assessments in areas of practical performance covered.	ASSESSMENTS - End of Year 10 assessment - Practical – assessments in areas of practical performance covered.	ASSESSMENTS - End of section assessments - Practical – assessments in areas of practical performance covered.
HOW PARENTS CAN SUPPORT LEARNING - By ensuring students complete homework - By encouraging students to attend 2 extra-curricular activities per week - <u>Students must participate in one sport outside of school.</u>	HOW PARENTS CAN SUPPORT LEARNING - By ensuring students complete homework - By encouraging students to attend 2 extra-curricular activities per week - <u>Students must participate in one sport outside of school.</u>	HOW PARENTS CAN SUPPORT LEARNING - By ensuring students complete homework - By encouraging students to attend 2 extra-curricular activities per week - <u>Students must participate in one sport outside of school.</u>

YEAR 11 CORE PE

TERM 1	TERM 2	TERM 3
CONTENT Fitness Testing and Training/optional activities	CONTENT Optional activities	CONTENT Optional activities
ASSESSMENTS <ul style="list-style-type: none"> - Continued lesson observation and assessment based on effort and participation. 	ASSESSMENTS <ul style="list-style-type: none"> - Continued lesson observation and assessment based on effort and participation. 	ASSESSMENTS <ul style="list-style-type: none"> - Continued lesson observation and assessment based on effort and participation.
HOW PARENTS CAN SUPPORT LEARNING <ul style="list-style-type: none"> - By encouraging students to participate in lessons and extra-curricular activities. - Ensuring that students have correct PE kit, including trainers. 	HOW PARENTS CAN SUPPORT LEARNING <ul style="list-style-type: none"> - By encouraging students to participate in lessons and extra-curricular activities. - Ensuring that students have correct PE kit, including trainers. 	HOW PARENTS CAN SUPPORT LEARNING <ul style="list-style-type: none"> - By encouraging students to participate in lessons and extra-curricular activities. - Ensuring that students have correct PE kit, including trainers.

Year 11 GCSE - EDEXCEL 1PE0

TERM 1	TERM 2	TERM 3
CONTENT THEORY Revision lessons – focus on exam technique. Start preparation for Analysis of performance (AOP) interview PRACTICAL Refine activities being chosen for final practical performance	CONTENT THEORY Feedback from Mock exam – revision lessons & Examination practice. PRACTICAL Refining skills in activities	CONTENT Revision
ASSESSMENTS <ul style="list-style-type: none"> - Mock theory X 2 papers 	ASSESSMENTS <ul style="list-style-type: none"> - Final Practical assessment 40% (March) 	ASSESSMENTS <ul style="list-style-type: none"> - Final Theory – 2 X Exam papers (60%)
HOW PARENTS CAN SUPPORT LEARNING <ul style="list-style-type: none"> - By ensuring students complete homework - By continuing to encouraging students to attend two extra-curricular activities per week - <u>Students must participate in one sport outside of school.</u> 	HOW PARENTS CAN SUPPORT LEARNING <ul style="list-style-type: none"> - By ensuring students complete homework - By continuing to encouraging students to attend two extra-curricular activities per week - To encourage students to attend revision sessions. - <u>Students must participate in one sport outside of school.</u> 	HOW PARENTS CAN SUPPORT LEARNING <ul style="list-style-type: none"> - Ensuring students have a work area at home where they can revise. - To encourage students to attend revision sessions. - <u>Students must participate in one sport outside of school.</u>