

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

**YEAR 7**

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

**YEAR 8**

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

## YEAR 9 – CORE PE

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

## YEAR 10 CORE PE

TERM	TERM	TERM 3
<b>CONTENT</b> Volleyball Badminton	<b>CONTENT</b> Basketball Dance	<b>CONTENT</b> Athletics Rounders
<b>ASSESSMENTS</b> - Continued lesson observation and assessment based on effort and participation.	<b>ASSESSMENTS</b> - Continued lesson observation and assessment based on effort and participation.	<b>ASSESSMENTS</b> - Continued lesson observation and assessment based on effort and participation.
<b>HOW PARENTS CAN SUPPORT LEARNING</b> - By encouraging students to participate in lessons and extra-curricular activities. - Ensuring that students have correct PE kit, including trainers.	<b>HOW PARENTS CAN SUPPORT LEARNING</b> - By encouraging students to participate in lessons and extra-curricular activities. - Ensuring that students have correct PE kit, including trainers.	<b>HOW PARENTS CAN SUPPORT LEARNING</b> - 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
<b>CONTENT THEORY</b> Fitness and Body Systems – Physical Training <b>PRACTICAL</b> Individual skills/team activities <b>Fitness And Body Systems - Anatomy and Physiology</b> <b>PRACTICAL</b> <b>Options</b>	<b>CONTENT THEORY</b> Health and Performance – Health, Fitness and Wellbeing Revision and mid GCSE examination <b>PRACTICAL</b> Individual skills/team activities <b>THEORY</b> Fitness and body systems – Movement Analysis <b>PRACTICAL</b> Options	<b>CONTENT THEORY</b> Health and Performance - Sport Psychology Personal Exercise Plans and Practical Analysis <b>PRACTICAL EXAMINATION</b> Performing PEP
<b>ASSESSMENTS</b> - End of section assessments - Practical – assessments in areas of practical performance covered.	<b>ASSESSMENTS</b> - End of Year 10 assessment - Practical – assessments in areas of practical performance covered.	<b>ASSESSMENTS</b> - End of section assessments - Practical – assessments in areas of practical performance covered.
<b>HOW PARENTS CAN SUPPORT LEARNING</b> - By ensuring students complete homework - By encouraging students to attend 2 extra-curricular activities per week - <b><u>Students must participate in one sport outside of school.</u></b>	<b>HOW PARENTS CAN SUPPORT LEARNING</b> - By ensuring students complete homework - By encouraging students to attend 2 extra-curricular activities per week - <b><u>Students must participate in one sport outside of school.</u></b>	<b>HOW PARENTS CAN SUPPORT LEARNING</b> - By ensuring students complete homework - By encouraging students to attend 2 extra-curricular activities per week - <b><u>Students must participate in one sport outside of school.</u></b>

## YEAR 11 CORE PE

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

## Year 11 GCSE - EDEXCEL 1PE0

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