



Physical Education

CURRICULUM MAP

PE Intent

The PE curriculum is designed to be broad, balanced, and inclusive, ensuring that all students can engage in a variety of sports and activities that foster their physical development and well-being. By providing opportunities for skill development, personal choice, and theoretical knowledge, our provision aims to build students' confidence, encourage lifelong interest in physical activity, and prepare them for further studies in physical education, such as GCSE, A-level and Higher Education courses.

Key stage 3

At Key Stage 3, the PE curriculum aims to provide students with a broad, balanced, and progressive foundation in physical education. Across Years 7 to 9, students develop core physical skills, tactical understanding, and personal attributes such as resilience, teamwork, and independence. By engaging in a diverse range of activities, they build confidence and competence in physical literacy, fostering a positive attitude toward lifelong participation in physical activity. The curriculum ensures students are equipped with the knowledge and skills to transition smoothly to Key Stage 4, with opportunities for leadership, self-reflection, and preparation for further studies in physical education or recreational pursuits.

This intent ties together the progression from foundational skills in Year 7 to independent application and leadership in Year 9, emphasizing both physical and personal growth.

Key stage 4

The Year 10 and 11 Core PE curriculum is designed to meet the diverse interests and needs of students by offering tailored pathways: Competitive, Recreational, and Health & Well-Being.

- **Competitive Pathway:** This pathway fosters a deeper understanding of advanced techniques, tactics, and strategies, encouraging students to compete at higher levels while developing leadership, teamwork, and resilience.
- **Recreational Pathway:** Focused on enjoyment and active participation, this pathway promotes a love for physical activity through accessible and varied sports, building confidence and fostering social connections.
- **Health & Well-Being Pathway:** Centered on personal fitness and mental health, this pathway equips students with the knowledge and skills to maintain a healthy lifestyle, exploring activities like yoga, fitness training, and mindfulness exercises.

By offering these distinct pathways, the curriculum empowers students to take ownership of their physical activity journey, develop lifelong habits, and appreciate the importance of physical and mental well-being in different contexts.

YEAR 7	Focus: Broadening Exposure and Fundamental Skills Development Intent: The Year 7 PE curriculum introduces students to a wide variety of sports and physical activities, emphasizing foundational skills, teamwork, and an understanding of basic tactics and strategies. Students will begin developing their physical literacy, confidence, and interest in lifelong physical activity while exploring core movements such as agility, balance, and coordination.
Key Knowledge	- Fundamental physical skills: coordination, balance, and agility. - Understanding of basic rules and tactics for a variety of sports (e.g. handball, netball, football, cricket). - Awareness of safety in physical activity and how to participate respectfully in teams.
Key Subject Skills	- Develop motor skills, including throwing, catching, and running techniques. - Learn to communicate effectively in teams and apply strategies in basic gameplay. - Follow instructions, manage equipment, and maintain active participation.
Personal development: - RSE - Online safety - Enrichment	- Build confidence in trying new activities and taking risks in a safe environment. - Foster resilience through overcoming challenges in skill acquisition. - Understand respectful interactions and online safety linked to sports communities.
Connections with careers	- Introduce careers such as coaching, refereeing, and sports event organization. - Highlight how foundational skills lead to roles in sports and physical recreation.
Home support	- Encourage participation in local sports teams or clubs. - Support active play, such as practicing throwing or catching at home. - Discuss positive experiences related to teamwork and sportsmanship.

Y7	Boys 1		Boys 2		Group 3		Girls 2		Girls 1	
Term	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2
1	HANDBALL	OAA (ORIENTEERING)	OAA (ORIENTEERING)	HANDBALL	CRICKET	DANCE	TABLE TENNIS	TRAMPOLINING	TRAMPOLINING	TABLE TENNIS
2	TRAMPOLINING	TABLE TENNIS	TABLE TENNIS	TRAMPOLINING	YOGA	NETBALL	HANDBALL	FOOTBALL	FOOTBALL	HANDBALL
3	RUGBY	BASKETBALL	BASKETBALL	RUGBY	OAA (ORIENTEERING)	FOOTBALL	NETBALL	DANCE	DANCE	NETBALL
4	DANCE	FOOTBALL	FOOTBALL	DANCE	TABLE TENNIS	TRAMPOLINING	OAA (ORIENTEERING)	BADMINTON	BADMINTON	OAA (ORIENTEERING)
5	ATHLETICS 1	CRICKET	CRICKET	ATHLETICS 1	ROUNDERS	BADMINTON	ROUNDERS	ATHLETICS 3	ATHLETICS 2	ROUNDERS
6	SOFTBALL	ATHLETICS 1	ATHLETICS 1	SOFTBALL	TENNIS (SHORT)	ATHLETICS 2	CRICKET	ATHLETICS 3	ATHLETICS 2	CRICKET

YEAR 8	Focus: Skill Consolidation and Tactical Awareness Intent: Building on the foundational skills introduced in Year 7, the Year 8 curriculum focuses on refining techniques and applying them in more complex scenarios. Students are encouraged to deepen their tactical understanding, learn the value of structured practice, and enhance their teamwork and communication abilities in both individual and team settings. The year emphasizes adaptability and resilience.
Key Knowledge	- Develop an understanding of more advanced techniques and how to apply tactics effectively. - Explore structured practice to improve skills and self-assessment techniques. - Gain a deeper understanding of teamwork dynamics in sports.
Key Subject Skills	- Enhance decision-making and adaptability in competitive settings. - Refine teamwork, leadership, and communication skills in small and large groups. - Begin to analyse personal performance and set improvement goals.
Personal development: - RSE - Online safety - Enrichment	- Encourage empathy and collaboration in diverse team activities. - Build resilience through more challenging physical tasks and feedback. - Continue focusing on respectful interactions and personal well-being.
Connections with careers	- Explore roles like physiotherapy, physical education teaching, and sports analytics. - Emphasize the importance of structured training in professional sports careers.
Home support	- Encourage reflection on performance and goal-setting in sports. - Support involvement in more competitive or structured sports activities. - Provide opportunities to watch or discuss sports for tactical understanding.

Y8	Boys 1		Boys 2		Group 3		Girls 2		Girls 1	
Term	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2
1	HANDBALL	OAA (ORIENTEERING)	OAA (ORIENTEERING)	HANDBALL	CRICKET	DANCE	TABLE TENNIS	TRAMPOLINING	TRAMPOLINING	TABLE TENNIS
2	TRAMPOLINING	TABLE TENNIS	TABLE TENNIS	TRAMPOLINING	YOGA	NETBALL	HANDBALL	FOOTBALL	FOOTBALL	HANDBALL
3	RUGBY	BASKETBALL	BASKETBALL	RUGBY	OAA (ORIENTEERING)	FOOTBALL	NETBALL	DANCE	DANCE	NETBALL
4	DANCE	FOOTBALL	FOOTBALL	DANCE	TABLE TENNIS	TRAMPOLINING	OAA (ORIENTEERING)	BADMINTON	BADMINTON	OAA (ORIENTEERING)
5	ATHLETICS 1	CRICKET	CRICKET	ATHLETICS 1	ROUNDERS	BADMINTON	ROUNDERS	ATHLETICS 3	ATHLETICS 2	ROUNDERS
6	SOFTBALL	ATHLETICS 1	ATHLETICS 1	SOFTBALL	TENNIS (SHORT)	ATHLETICS 2	CRICKET	ATHLETICS 3	ATHLETICS 2	CRICKET

YEAR 9	Focus: Advanced Application and Independence Intent: Year 9 focuses on the application of advanced techniques and strategies in competitive and recreational settings. Students are encouraged to take ownership of their learning, explore leadership roles, and reflect on personal fitness and well-being. This year bridges the gap between foundational learning and preparation for GCSE-level PE or lifelong participation in physical activities.
Key Knowledge	• Mastery of advanced techniques and strategies in both competitive and recreational settings. • Introduction to principles of fitness and personal training. • Insights into how sports can impact physical and mental well-being.
Key Subject Skills	• Take responsibility for personal performance and independently plan practice sessions. • Explore leadership roles, such as organizing team activities or acting as a captain. • Evaluate tactics and adjust strategies during gameplay.
Personal development: • RSE • Online safety • Enrichment	• Foster independence and self-reflection in physical activity choices. • Emphasize responsibility in maintaining fitness and mental health. • Reinforce resilience and adaptability in challenging activities.
Connections with careers	• Highlight careers in sports psychology, fitness training, and sports management. • Discuss how physical education supports roles in health and wellness industries.
Home support	• Encourage participation in leadership roles, such as team captaincy in local clubs. • Provide resources for personal fitness routines or encourage outdoor activities. • Discuss career aspirations related to sports and well-being.

Y9	Boys 1		Boys 2		Group 3		Girls 2		Girls 1	
Term	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2
1	HANDBALL	RUGBY	RUGBY	HANDBALL	ATHLETICS 1	CRICKET	TRAMPOLINING	TABLE TENNIS	TABLE TENNIS	TRAMPOLINING
2	TRAMPOLINING	TABLE TENNIS	TABLE TENNIS	TRAMPOLINING	NETBALL	FITNESS	HANDBALL	NETBALL	NETBALL	HANDBALL
3	FOOTBALL	BADMINTON	BADMINTON	FOOTBALL	DANCE	RUGBY (TAG)	FOOTBALL	FITNESS	FITNESS	FOOTBALL
4	VOLLEYBALL	FITNESS	FITNESS	VOLLEYBALL	TABLE TENNIS	TRAMPOLINING	DANCE	RUGBY (TAG)	RUGBY (TAG)	DANCE
5	ATHLETICS 1	CRICKET	CRICKET	ATHLETICS 1	VOLLEYBALL	HANDBALL	ATHLETICS 2	ROUNDERS	ROUNDERS	ATHLETICS 2
6	SOFTBALL	ATHLETICS 1	ATHLETICS 1	SOFTBALL	ROUNDERS	TENNIS (SHORT)	ATHLETICS 2	CRICKET	CRICKET	ATHLETICS 2

YEAR 10 & 11	Focus: Enjoyment, Health and Lifelong Physical Activity Intent: By offering distinct pathways, the curriculum empowers students to take ownership of their physical activity journey, develop lifelong habits, and appreciate the importance of physical and mental well-being in different contexts.
Key Knowledge	- Understanding of personalized pathways (Competitive, Recreational, and Health & Well-being). - Explore lifelong fitness principles and sports psychology. - Gain insight into advanced techniques and mental resilience strategies.
Key Subject Skills	- Specialize in chosen pathways, developing mastery in sports techniques or fitness routines. - Improve focus on personal and team goals in chosen activities. - Apply analytical skills to assess performance and set realistic goals.
Personal development: - RSE - Online safety - Enrichment	- Strengthen responsibility for personal health and fitness. - Foster lifelong habits of participation in physical activity. - Develop a mindset of perseverance and self-motivation.
Connections with careers	Introduce benefits Health and Fitness has on careers from all areas, highlighting positive impact on careers.
Home support	- Encourage engagement in fitness activities suited to chosen pathways. - Discuss opportunities for further education or careers in sports. - Support participation in school or community fitness and sports events.

Y10Y	Competitive Boys	Competitive Girls	Recreational Boys	Recreational Girls	Health & Well-Being
Block	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
1	TABLE TENNIS	NETBALL	BASKETBALL	TRAMPOLINING	FITNESS
2	BASKETBALL	TRAMPOLINING	ULTIMATE FRISBEE	ZUMBA / HIIT	TABLE TENNIS
3	RUGBY	FITNESS	FOOTBALL	BADMINTON	YOGA
4	HANDBALL	FOOTBALL	FITNESS	NETBALL	DANCE
5	FOOTBALL	BADMINTON	TABLE TENNIS	FITNESS	TRAMPOLINING
6	ATHLETICS 1	ATHLETICS 2	SOFTBALL	ROUNDERS	BADMINTON
7	SOFTBALL	ROUNDERS	GOLF	VOLLEYBALL	ROUNDERS

Y11Y	Competitive Boys	Competitive & Rec Girls	Recreational Boys 1	Recreational Boys 2	Health & Well-Being
Block	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
1	TABLE TENNIS	NETBALL	BASKETBALL	TRAMPOLINING	FITNESS
2	BASKETBALL	TRAMPOLINING	ULTIMATE FRISBEE	FITNESS	TABLE TENNIS
3	RUGBY	FITNESS	FOOTBALL	BADMINTON	YOGA
4	HANDBALL	FOOTBALL	FITNESS	FOOTBALL	DANCE
5	FOOTBALL	BADMINTON	GOLF	TABLE TENNIS	TRAMPOLINING
6	SOFTBALL	ROUNDERS	SOFTBALL	CRICKET	BADMINTON

Key stage 4: GCSE PE

The intent of the AQA GCSE Physical Education curriculum is to provide students with a comprehensive understanding of physical education, combining both theoretical knowledge and practical skills. We aim to inspire a lifelong commitment to physical activity, encouraging students to lead healthy, active lives. Through engaging in a wide range of physical activities, students will develop their physical competence, understanding the impact of exercise on the body and mind.

The curriculum emphasizes the importance of health, fitness, and well-being, promoting the benefits of regular physical activity and healthy lifestyle choices. It equips students with the knowledge of anatomy, exercise physiology, the principles of training, and the role of mental health in performance. By developing practical skills across a variety of sports and activities, students will learn to assess their performance, set personal goals, and strive for continuous improvement.

We foster critical thinking by encouraging students to analyse their own and others' performances, applying theoretical principles to real-life situations. Additionally, the curriculum promotes the development of teamwork, leadership, and communication skills, helping students build confidence and respect for others. Ultimately, the AQA GCSE PE curriculum aims to empower students to make informed decisions about their health and well-being, equipping them with the skills, knowledge, and attitudes to maintain a physically active lifestyle throughout their lives.

YEAR 10	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theoretical Content	- Health, fitness, and well-being - Lifestyle choices and their impact on performance - Diet and nutrition for performance	- The structure and functions of the skeletal system - The structure and functions of the muscular system	- The cardiovascular system - The respiratory system	- Aerobic and anaerobic exercise - The short- and long-term effects of exercise	- Components of fitness - Principles of training (FITT and SPORT)	- Introduction to NEA coursework: - Analysis and Evaluation of Performance (AEP) - Initial research and planning for practical assessments
Key Knowledge	Understanding the components of fitness related to performance,	Understanding the axial and appendicular skeleton and their	Understanding the structure and function of the heart and blood vessels.	Understanding how the body uses oxygen and energy systems during	Understanding components of fitness such as cardiovascular	Understanding the requirements of the NEA, including how to structure the AEP

	including cardiovascular endurance, flexibility, and strength. Exploring the role of a balanced lifestyle. Understanding macronutrients, micronutrients, hydration, and their roles in physical performance. Exploring the relationship between energy balance and activity.	role in movement. Learning about types of joints, muscle types, and antagonistic muscle action.	Learning the mechanics of breathing and gas exchange in the alveoli.	exercise. Recognizing effects such as muscle hypertrophy and increased stroke volume.	endurance, muscular strength, flexibility, agility, and balance. Exploring principles of training.	and link theory to practical performance. Identifying strengths and weaknesses in performance.
Key Subject Skills	Applying advanced tactical understanding in team games. Evaluating personal fitness using fitness tests. Developing nutritional plans for optimal performance. Analysing and improving	Analysing movements in physical activities using anatomical knowledge. Developing teamwork and communication skills.	Using knowledge of aerobic and anaerobic respiration to enhance performance. Applying tactical understanding in activities.	Planning and performing fitness routines tailored to energy systems. Evaluating how exercise impacts performance.	Conducting fitness tests (e.g., bleep test) to measure components of fitness. Applying principles to improve performance.	Developing research, analysis, and evaluation skills. Creating an action plan to improve performance.

	individual sports skills.					
Personal development: • RSE • Online safety • Enrichment	RSE: Respectful communication and collaboration. Online Safety: Managing personal health data securely. Enrichment: Inter-school competitions. RSE: Self-discipline in personal habits. Online Safety: Avoiding dietary misinformation.	RSE: Exploring teamwork and respect in competitive environments. Online Safety: Responsible communication in teams. Enrichment: Inter-school competitions.	RSE: Supporting others in high-pressure situations. Online Safety: Using fitness apps safely. Enrichment: School Competitions/Challenges	RSE: Exploring personal goal-setting and resilience. Online Safety: Avoiding fitness misinformation. Enrichment: School fitness challenges.	RSE: Encouraging self-awareness and perseverance. Online Safety: Safeguarding personal data in fitness apps. Enrichment: Local athletic meets.	RSE: Encouraging self-reflection and personal responsibility. Online Safety: Using reliable sources for research. Enrichment: Workshops on performance analysis.
Connections with careers	Careers in nutrition, sports coaching, and fitness program design. Pathways in sports nutrition, dietetics, and sports performance science.	Introduction to physiotherapy, coaching, and sports rehabilitation.	Opportunities in cardiology, sports coaching, and exercise physiology.	Pathways in fitness instruction, personal training, and exercise rehabilitation.	Careers in coaching, fitness program design, and athletic development.	Careers in sports analysis, physical education teaching, and performance coaching.
Home support	Support team practice at home and encourage discussions about	Encourage discussion on bones and muscles using practical examples. Support	Support cardiovascular endurance activities like running or cycling. Discuss the role of the	Encourage participation in fitness challenges. Provide resources	Practice fitness tests at home. Encourage attendance at local	Provide support with research tasks at home. Encourage practice of performance and reflection on

	healthy lifestyle choices. Support healthy eating habits at home and explore examples of professional athletes' diets.	participation in team sports outside school.	heart and lungs in sports.	for simple home workouts.	athletics events or clubs.	strengths and weaknesses.
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YEAR 11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theoretical Content	- How to optimize training and prevent injury	- Sports psychology: goal setting, motivation, arousal, and feedback	- Movement analysis (levers, planes, and axes of movement)	- Socio-cultural influences: participation factors, commercialization, and ethics in sport	- Exam technique and revision of theoretical content	- Final AQA GCSE PE exams
Key Knowledge	Learning methods to prevent injuries (e.g., warm-ups, correct techniques). Understanding overtraining and recovery principles.	Understanding psychological factors influencing performance, including optimal arousal levels and the use of positive feedback.	Understanding first, second, and third-class levers and their role in movement. Exploring planes and axes in physical activity.	Exploring factors affecting participation (e.g., gender, ethnicity, socio-economic status). Understanding commercialization and ethics in sports.	Reviewing theoretical knowledge on all AQA topics (e.g., health and fitness, sports psychology). Practicing extended responses for exam success.	Consolidating knowledge across all theoretical and practical components of the course.
Key Subject Skills	Developing safe training routines. Refining key practical skills for	Using psychological techniques to improve focus and reduce anxiety.	Applying biomechanical principles to improve skill	Critically evaluating the impact of media on sport. Discussing ethical	Answering AQA-style exam questions accurately.	Managing time and stress effectively during final assessments.

	competitive settings.	Providing effective feedback to teammates or peers.	efficiency. Critical observation and feedback on performance.	considerations such as doping and fair play.	Reflecting on practical performance and identifying areas for improvement.	Communicating ideas clearly under pressure.
Personal development: • RSE • Online safety • Enrichment	RSE: Promoting personal safety and awareness. Online Safety: Finding reliable injury prevention resources. Enrichment: Guest speakers (athletes).	RSE: Building resilience and managing emotions in competition. Online Safety: Utilizing apps for mental preparation responsibly. Enrichment: Guest speakers (sports psychologists).	RSE: Building resilience and handling competition. Online Safety: Research biomechanics responsibly. Enrichment: Athlete workshops.	RSE: Appreciating cultural diversity and ethical integrity. Online Safety: Evaluating the impact of social media responsibly. Enrichment: Debates on ethics in sport.	RSE: Building confidence through structured preparation. Online Safety: Using revision resources effectively. Enrichment: Peer study groups.	RSE: Celebrating achievements and reflecting on the journey. Enrichment: End-of-course sports events.
Connections with careers	Careers in sports therapy, physiotherapy, and injury prevention.	Careers in sports psychology, coaching, and mental resilience training.	Careers in biomechanics, sports science, and personal training.	Careers in sports journalism, media, and advocacy for inclusivity.	Insights into sports education and teaching careers. Preparation for higher education in physical education.	Careers in sports science, teaching, and fitness entrepreneurship.
Home support	Discuss injury prevention techniques. Encourage proper stretching and warm-up exercises before activities.	Practice goal-setting and visualization exercises at home. Encourage conversations about handling competition pressure.	Watch educational videos on movement analysis. Practice basic movement analysis at home (e.g., lever systems).	Watch documentaries or read articles about ethical issues in sports. Encourage discussions about media influence.	Encourage structured revision and provide access to resources such as past papers. Support attendance at study groups.	Offer encouragement during exams. Discuss future aspirations and post-GCSE plans in physical education or fitness.

Key Stage 5: A level PE

The intent of the AQA A-Level Physical Education curriculum is to provide students with a deep and comprehensive understanding of the key concepts and theories related to physical activity, sport, and exercise. This curriculum is designed to inspire students to explore the complexities of human performance, encompassing both the physiological and psychological aspects of physical activity, as well as the sociocultural and ethical considerations that shape the world of sport. Through theoretical study, the AQA A-Level PE curriculum aims to develop students' critical thinking, enabling them to analyse and evaluate performances in various physical contexts. Students will gain an in-depth understanding of how the body responds to exercise, the principles of training, and how psychological factors such as motivation and arousal affect performance. Additionally, students will explore the role of sport in society, investigating issues such as participation trends, the impact of technology, and the ethical challenges that arise in modern sport.

The curriculum seeks to foster a holistic approach to health and well-being, encouraging students to appreciate the value of physical activity in maintaining long-term health and enhancing quality of life. It also emphasizes the importance of reflective practice in analysing performance and applying theoretical principles to real-world scenarios.

A key element of the AQA A-Level PE curriculum is the development of leadership, teamwork, and communication skills, as students engage with theoretical content and develop a deeper understanding of the dynamics of sport and physical activity. By encouraging self-discipline, responsibility, and resilience, we aim to nurture well-rounded individuals who are equipped to make informed decisions about their own health, performance, and future careers in physical activity, sport, and related fields. Ultimately, the curriculum seeks to inspire students to pursue lifelong learning and engagement in sport and physical activity, whether through further academic study, career paths, or personal pursuits.



YEAR 12	Teacher 1: Physiological Factors Affecting Performance	Teacher 2: Psychological Factors Affecting Performance	Teacher 3: Sociocultural Issues in Physical Activity and Sport	Non-Exam Assessment (NEA)
Term 1 & 2	Anatomy and Physiology - Skeletal and muscular systems - Cardiovascular and respiratory systems - Neuromuscular system Assessment: End-of-topic tests, Everlearner tasks, short-answer questions	Skill Acquisition - Stages of learning (cognitive, associative, autonomous) - Feedback and practice types - Transfer of learning Assessment: End-of-topic tests, Everlearner homework, skill-based reflection	Sport and Society - Historical development of sport - Public schools, amateurism vs. professionalism - Emergence of global sport Assessment: End-of-topic essay tasks, Everlearner quizzes, debates	Practical Performance (15%) - Students select one sport for assessment - Begin gathering evidence of performance - Create performance improvement goals
Key Knowledge	Functions of major body systems, key processes (e.g., muscle contraction, gas exchange)	Theories of skill acquisition and transfer; feedback methods	Social influences on sport (e.g., public schools, amateurism)	Understanding NEA criteria and personal performance analysis
Key Subject Skills	Analyse physical data and apply to real-world sports scenarios	Evaluate the effectiveness of feedback methods in skill learning	Construct arguments about the role of historical events in sport	Begin evidence gathering and self-reflective practices
Personal Development	RSE: Body image, physical self-awareness Online Safety: Research accurate information on anatomy	RSE: Motivation and resilience in performance Online Safety: Ethical use of coaching tools	Enrichment: Historical debates on sport's evolution Online Safety: Analyse media representations critically	Build accountability through independent performance review
Connections with Careers	Physiotherapy, sports therapy, medicine	Coaching, sports psychology, teaching	Sports journalism, policymaking, history	Performance analysis, sports consultancy
Home Support	Watch anatomy videos; discuss real-life applications	Encourage reflection on skill development; provide coaching scenarios	Discuss family sports traditions; provide feedback on written work	Support recording of initial practical performances

YEAR 12	Teacher 1: Physiological Factors Affecting Performance	Teacher 2: Psychological Factors Affecting Performance	Teacher 3: Sociocultural Issues in Physical Activity and Sport	Non-Exam Assessment (NEA)
Term 3 & 4	Energy Systems and Biomechanics - Energy systems (ATP-PC, anaerobic glycolysis, aerobic) - Recovery processes - Newton's Laws, levers Assessment: End-of-topic quizzes, Everlearner tasks, practical biomechanics analysis	Sports Psychology - Personality and motivation theories - Stress, anxiety, and arousal management - Goal-setting in sport Assessment: Everlearner case study reflections, tests, goal-setting tasks	Contemporary Issues - Doping and ethical issues - Barriers to participation - Technology in sport Assessment: Everlearner research essays, presentations, group tasks	Practical Performance - Record mid-year video evidence - Refine techniques based on feedback
Key Knowledge	Energy system pathways; application of Newton's Laws to biomechanics	Impact of stress and anxiety on performance; goal-setting principles	Ethical dilemmas in elite sport; barriers to inclusion	Fundamentals of performance evaluation and improvement planning
Key Subject Skills	Analyse energy demands of specific sports; evaluate lever mechanics	Apply psychological theories to sports scenarios; manage performance stress	Research inclusivity initiatives and evaluate their success	Develop clear evidence-based performance strategies
Personal Development	Enrichment: Explore sports science careers Online Safety: Ethical research practices for sports issues	RSE: Managing stress in high-pressure situations	Enrichment: Explore accessibility in sports technology	Build resilience through iterative self-improvement
Connections with Careers	Biomechanics, sports science, athletic training	Sports counselling, life coaching	Law, diversity advocacy, sports technology	Future coach or analyst roles
Home Support	Encourage watching sports with biomechanical focus	Support students in developing stress management techniques	Engage in discussions on ethical dilemmas in sports	Assist with recording and reviewing performances

YEAR 12	Teacher 1: Physiological Factors Affecting Performance	Teacher 2: Psychological Factors Affecting Performance	Teacher 3: Sociocultural Issues in Physical Activity and Sport	Non-Exam Assessment (NEA)
Term 5 & 6	Applied Anatomy and Physiology - Long-term adaptations (cardiovascular and muscular) - Ergogenic aids Assessment: End-of-topic tests, Everlearner quizzes, short-answer analysis	Advanced Skill Acquisition - Leadership styles - Group cohesion and dynamics - Attribution theory Assessment: Practical leadership applications, Everlearner group tasks	Sport and Society (Advanced) - Globalization of sport - Sponsorship and commercialization Assessment: Everlearner essays on commercialization, globalization research tasks	Practical Performance - Finalize Year 12 performance portfolio - Reflect on progress in preparation for Y13
Key Knowledge	Physiological adaptations to training; effects of ergogenic aids	Leadership dynamics in sports; attribution models	Financial and cultural effects of globalization in sport	Application of performance theories to individual sports
Key Subject Skills	Assess long-term training effects; evaluate supplementation risks	Develop effective leadership skills; assess team dynamics	Critically evaluate commercialization's impact on sports	Refine evidence-gathering techniques for NEA tasks
Personal Development	RSE: Ethics in performance enhancement	Enrichment: Participate in leadership workshops	Online Safety: Evaluate globalization narratives in sport	Develop reflective skills for performance analysis
Connections with Careers	Sports medicine, occupational therapy, strength coaching	Management, leadership consultancy	Marketing, event management, sports media	Analyst roles, advanced coaching
Home Support	Discuss ethical use of supplements and aids	Support students in leading small group activities	Provide insights on recent global sports events	Help finalize Year 12 evidence portfolio

Year 13	Teacher 1: Physiological Factors Affecting Performance	Teacher 2: Psychological Factors Affecting Performance	Teacher 3: Sport Society and Technology in sport	Non-Exam Assessment (NEA)
Term 1 & 2	Exercise Physiology and Biomechanics - Energy transfer in activity - Fluid mechanics and projectile motion - Limb kinematics and motion analysis Assessment: End-of-topic tests, Everlearner biomechanics projects	Sports Psychology (Advanced) - Aggression theories - Confidence and self-efficacy - Attribution retraining Assessment: Everlearner case study quizzes, psychological applications	Contemporary Issues in Sport - Global sporting events - International organizations (IOC, FIFA) - Sports policy and equality initiatives Assessment: Everlearner essays, debate tasks	Analysis and Evaluation (15%) - Start AEP formally in September - Written Area AA2 (Due Nov): - Preparation - Execution - Recovery - Cause - Corrective Measures
Key Knowledge	The principles of energy transfer in various sports; projectile motion applications	Theories of aggression; how confidence impacts performance outcomes	The political, cultural, and financial impacts of global sporting events	Application of analysis techniques to NEA data and performance
Key Subject Skills	Analyse projectile motion and its impact on technique	Use case studies to identify aggression triggers and confidence-building strategies	Evaluate global policies and their relevance to current sports issues	Develop clear analysis and evaluative skills for AEP tasks
Personal Development	RSE: Emotional resilience in sport Online Safety: Researching accurate sports science data	RSE: Emotional control and conflict management Enrichment: Leadership opportunities in sports settings	Online Safety: Research reputable sources for global event policies	Build resilience through iterative project refinement
Connections with Careers	Careers in biomechanics, sports engineering, kinesiology	Careers in sports counselling, performance analysis, leadership	Careers in international sports law, event management, policymaking	Sports researcher, performance evaluator
Home Support	Support practical analysis tasks by encouraging external research	Discuss emotional management strategies in family or sport contexts	Debate the influence of recent global sporting events; provide feedback on essays	Assist with video evidence collection and proofreading AEP drafts

Year 13	Teacher 1: Physiological Factors Affecting Performance	Teacher 2: Psychological Factors Affecting Performance	Teacher 3: Sport Society and Technology in sport	Non-Exam Assessment (NEA)
Term 3 & 4	Injury Prevention and Rehabilitation - Causes of injury and prevention - Rehabilitation processes (e.g., RICE, hydrotherapy) Assessment: End-of-topic Everlearner quizzes, practical rehab tasks	Skill Acquisition and Psychology Integration - Reinforcement strategies - Personality and situational factors Assessment: Coaching-based Everlearner tasks, personality analyses	Advanced Sociocultural Studies - Athlete roles under commercial pressures - Inclusivity in sport (e.g., gender, disability) Assessment: Everlearner inclusivity essays, seminar debates	Mid NEA Submission (Feb): Written Area AA3: - Preparation - Execution - Recovery - Cause - Corrective Measures
Key Knowledge	Common injury mechanisms; rehabilitation methods for specific injuries	Psychological theories on leadership and performance management	Impact of commercial pressures on athletes' careers; inclusivity initiatives in sport	Practical application of NEA components: performance analysis and corrective action
Key Subject Skills	Evaluate injury causes and recommend prevention strategies	Use psychological theories to inform performance coaching	Critically analyse the success of inclusivity and diversity programs in sport	Prepare evidence for the completion of mid-stage NEA submissions
Personal Development	RSE: Injury risks and long-term impacts Enrichment: Attending workshops on injury rehabilitation	RSE: Debating ethical coaching and team dynamics	RSE: Debate inclusivity and diversity in local clubs	Independent learning through performance refinement and assessment
Connections with Careers	Careers in sports rehabilitation, physiotherapy, sports therapy	Careers in performance coaching, sports psychology	Careers in media, event planning, diversity advocacy	Advanced coaching, performance evaluation, sports consultancy
Home Support	Encourage discussions about injuries and proper care	Support students in practicing coaching techniques	Share examples of inclusivity in sports locally or globally	Help finalize AEP drafts and polish video submissions

Year 13	Teacher 1: Physiological Factors Affecting Performance	Teacher 2: Psychological Factors Affecting Performance	Teacher 3: Sport Society and Technology in sport	Non-Exam Assessment (NEA)
Term 5	Exam Revision and Practical Application - Consolidation of all physiological content Assessment: Mock exams, structured revision tasks	Exam Revision and NEA Support - Consolidation of psychological content Assessment: Everlearner revision quizzes, case study reviews	Exam Revision and NEA Support - Final review of sociocultural content Assessment: Everlearner quizzes, final coursework checks	Final NEA Submission (March/April): - Submit final AEP (15%) - Submit practical performance videos (15%)
Key Knowledge	Revision of all physiological processes and their application to sport	Final review of psychological theories for exam	Review of sociocultural issues and their impacts on sport	Final refinement of NEA content for submission
Key Subject Skills	Analyse and apply physiological theories in exam scenarios	Apply psychological principles to real-life coaching situations	Synthesize sociocultural factors into critical exam responses	Finalize AEP and practical performance submissions
Personal Development	Enrichment: Attend guest lectures on applied sports science	Enrichment: Leadership through peer teaching in revision groups	Enrichment: Discussions on career paths stemming from PE topics	Build self-confidence in completing a major project
Connections with Careers	Preparation for sports science degrees or apprenticeships	Preparation for sports psychology or teaching careers	Preparation for sports policy, journalism, or media roles	Preparation for analytical and performance consultancy
Home Support	Encourage a structured revision schedule	Provide real-life examples of psychological theories in action	Discuss social and ethical dilemmas in sports	Provide emotional support during final submissions