

RMGS CURRICULUM MAP PE DEPARTMENT

CURRICULUM INTENT

The PE curriculum is broad and balanced, is accessible to, and aims to meet the interests and needs of all students. The students cover a wide variety of sports/activities in KS3 in a safe and supportive environment, which is vital to the student's physical development and well-being. The broad and balanced curriculum is intended to provide for student's increasing self-confidence in their ability to manage themselves and their bodies within a variety of different activities/situations.

In key stage 3 lessons are taught in short units to give the students a taster of a wide range of sports/activities. We aim for students to feel a sense of achievement from learning something new and we want to leave them with the desire to want to learn more. The aim is that the students gain an interest and are encouraged to attend our extra-curricular clubs and/or clubs outside of school to further advance their learning and skill. The key stage curriculum also prepares students in terms of activities and theoretical knowledge and understanding if any of them selects GCSE PE as an option at this stage in year 9.

In key stage 4 core PE we allow the students to specialise in their chosen activities in order for them to personalise their learning. This approach works well as it motivates the students as they have a sense of ownership with their learning.

At GCSE PE the balance works well between the theory and the practical. In year 10 the students get a single theory & a double practical a week. In year 11 the single and double are both theory. This is because the theory is 60% of the GCSE. We are also limited practically as to what we can offer the students as many of them play sport outside of school that they need to film.

A level is taught by three teachers across the three different units. We only teach the theory due to the students requiring video evidence from their club sports. We give a balanced approach to the theory in terms of time as they are equal weighting.

Year 7					
	Pe1	Pe2	Pe3	Pe4	Pe5
1	BASKETBALL	TABLE TENNIS	FOOTBALL	TRAMPOLINING	NETBALL
2	DANCE	FOOTBALL	TRAMPOLINING	OAA	TABLE TENNIS
3	TABLE TENNIS	TRAMPOLINING	OAA	BASKETBALL	FOOTBALL
4	OAA	NETBALL	BASKETBALL	TABLE TENNIS	TRAMPOLINING
5	TRAMPOLINING	OAA	TABLE TENNIS	DANCE	BASKETBALL
6	NETBALL	BASKETBALL	DANCE	FOOTBALL	OAA
7	FOOTBALL	DANCE	NETBALL	ATHLETICS	ATHLETICS
8	ATHLETICS	ATHLETICS	ATHLETICS	NETBALL	DANCE
9	SOFTBALL/ROUNDERS				

Year 8

	Boys 1	Boys 2	Mixed	Girls 1	Girls 2
1	HANDBALL	FOOTBALL	ATHLETICS	TRAMPOLINING	TABLE TENNIS
2	RUGBY	TRAMPOLINING	TABLE TENNIS	NETBALL	HANDBALL
3	TRAMPOLINING	HANDBALL	NETBALL	TABLE TENNIS	DANCE
4	FOOTBALL	TABLE TENNIS	TRAMPOLINING	HANDBALL	FOOTBALL
5	TABLE TENNIS	RUGBY	HANDBALL	FOOTBALL	TRAMPOLINING
6	BASKETBALL	ATHLETICS	FOOTBALL	DANCE	ATHLETICS
7	ATHLETICS	BASKETBALL	ROUNDERS	ATHLETICS	NETBALL
8	SOFTBALL	SOFTBALL	BASKETBALL	ROUNDERS	ROUNDERS

Year 9					
	Boys 1	Boys 2	Mixed/Boys 3	Girls 1	Girls 2
1	TABLE TENNIS	TRAMPOLINING	ROUNDERS	TENNIS	SHORT TENNIS
2	RUGBY	TABLE TENNIS	BADMINTON	TRAMPOLINING	NETBALL
3	BADMINTON	RUGBY	NETBALL / FOOTBALL	TABLE TENNIS	TRAMPOLINING
4	FOOTBALL	BADMINTON	TRAMPOLINING	TAG RUGBY	TABLE TENNIS
5	TRAMPOLINING	FOOTBALL	TABLE TENNIS	BADMINTON	TAG RUGBY
6	ATHLETICS	ATHLETICS	TAG RUGBY	NETBALL	BADMINTON
7	TENNIS	SHORT TENNIS	ATHLETICS	ROUNDERS	ROUNDERS
8	SOFTBALL	SOFTBALL	SHORT TENNIS	ATHLETICS	ATHLETICS

Year 10 & Year 11 Core						
ATHLETICS	AEROBICS	BADMINTON	BASKETBALL	DANCE	FITNESS GYM	FOOTBALL
GOLF	HANDBALL	ICE SKATING	NETBALL	SKIING	SNOOKER/POOL	SOAR
STRIKING	SWIMMING	TABLE TENNIS	TEN PIN BOWLING	TENNIS	TRAMPOLINING	VOLLEYBALL

Year 12 Core
FITNESS OPTIONS

Termly Curriculum Overview						
GCSE	Autumn 1	2	Spring 3	4	Summer 5	6
Y10	Applied anatomy & physiology End of unit assessment - exam	Cardio-respiratory system Aerobic & Anaerobic exercise End of unit assessment - exam	Movement analysis End of unit assessment - exam	Physical training End of unit assessment - exam	Sports psychology PEQ	Socio-cultural influences End of unit assessment - exam
Y11	Commercialisation NEA written coursework Practical NEA video evidence	Ethical issues NEA written coursework PEQ	Health & Fitness Use of Data End of unit assessment – exam Practical Moderation	Exam technique / revision	Exam technique / revision	

Termly Curriculum Overview						
A level	Autumn 1	2	Spring 3	4	Summer 5	6
Y12	Cardiovascular system	Respiratory system	Neuromuscular system	Musculoskeletal system & Movement analysis	Energy systems	Energy systems
	Skill characteristics & practice	Theories of learning & performance	Information processing	Information processing	Psychological influences on the team	Psychological influences on the individual
	Globalisation of sport	Sport on society & society on sport	Concepts of physical activity & sport Development of Elite performers	Ethics in sport Violence in sport	Drugs in sport Sport & the law	Commercialisation The role of technology in sport
	Practical NEA videos	Practical NEA videos	Practical NEA videos	Practical NEA videos	Practical NEA videos Written NEA	Practical NEA videos Written NEA
Y13	Diet & Nutrition	Injury prevention & rehabilitation	Exam technique & revision	Exam technique & revision		
	Training Methods					
	Psychological influences on the individual	Psychological influences on the individual				
	Biomechanical principles & levers	Projectile motion				
	Linear motion	Fluid mechanics				
	Angular motion					
	Practical NEA videos	Practical NEA videos				
	Written NEA	Written NEA				