

Subject: PE

Year group: 7

In year 7 students are taught in their form groups from September till the Christmas break, all completing and induction to sport here at Brentside.

Students will learn a range of sports throughout the year. The plan below is just a sample curriculum plan as students in each class will rotate through these sports at different times.

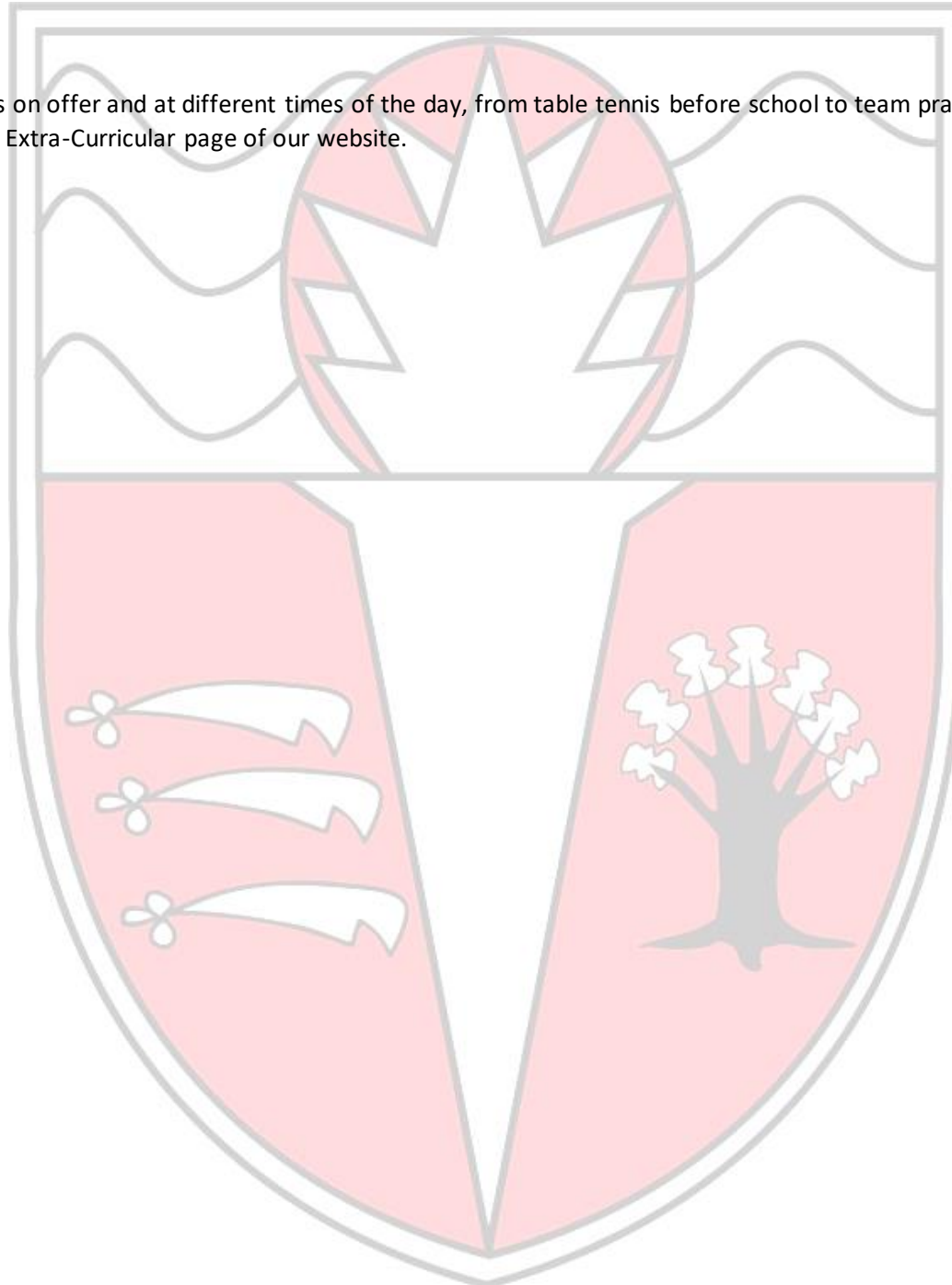
Annual Curriculum					
An introduction to sport		Football		Rugby	
Gymnastics		Dance		Table Tennis	
Netball		Basketball		Handball	
Badminton		Hockey		Athletics	
Cricket		Rounders		Softball	
Assessment	Assessment	Assessment	Assessment	Assessment	Assessment

Skills developed through the year:

- Skills, technique and performance in a broad range of competitive sports
- A range of tactics and strategies to overcome opponents in direct competition through team and individual games.
- A love and passion for sports and exercise

Extra-Curricular Opportunities:

- There are a wide range of PE clubs on offer and at different times of the day, from table tennis before school to team practice and fixtures after school. For the full range of clubs, please refer to the Extra-Curricular page of our website.



Subject: PE **Year group: 8**

Students will learn a range of sports throughout the year. The plan below is just a sample curriculum plan illustrating sports learnt in Autumn and Spring Term with a different rotation of sports being taught in the Summer Term. Classes will rotate through these sports at different times.

Autumn and Spring				Summer	
Gymnastics	Handball	Basketball	Table Tennis	Athletics	
Dance	Football	Hockey		Rounders	
Rugby	Netball	Badminton		Cricket	
Assessment	Assessment	Assessment	Assessment	Assessment	Assessment

Skills developed through the year:

- core skill
- tactical awareness
- application into games

Extra-Curricular Opportunities:

- There are a wide range of PE clubs on offer and at different times of the day, from table tennis before school to team practice and fixtures after school. For the full range of clubs, please refer to the Extra-Curricular page of our website.

Subject: Core PE

Year group: 9

Students participate in a wide ranging, differentiated curriculum designed to build confidence, foster leadership and allow students to problem solve, developing strategies to outwit opponents. Students will continue to develop core skill, tactical awareness and application into games.

Autumn and Spring				Summer	
Gymnastics	Handball	Basketball	Table Tennis	Athletics	
Dance	Football	Hockey		Rounders	
Rugby	Netball	Badminton		Cricket	
Assessment	Assessment	Assessment	Assessment	Assessment	Assessment

Subject: Core PE

Year group: 10

All students are expected to take part in 2 hours of PE every week. GCSE Physical Education students will be expected to continue to develop in team and individual sports and will be assessed against GCSE criteria which will be used for their final GCSE grade. For those who have not opted to study GCSE Physical Education the focus will be on participation having fun and developing leadership using the sport education model in some sports. There is also the opportunity for students to opt in to completing a Sports Leaders award.

Autumn and Spring				Summer	
Football	Netball / Basketball	Table Tennis		Rounders	
Badminton	Handball	Benchball		Athletics	
Trampoline	Fitness	Yoga		Cricket	
Assessment	Assessment	Assessment	Assessment	Assessment	Assessment

Subject: Core PE

Year group: 11

All students are expected to take part in 2 hours of PE every week. GCSE Physical Education students will be expected to continue to develop in team and individual sports and will be assessed against GCSE criteria which will be used for their final GCSE grade. For those who have not opted to study GCSE Physical Education the focus will be on participation having fun and developing leadership using the sport education model in some sports. There is also the opportunity for students to opt in to completing a Sports Leaders award.

Autumn and Spring			Summer
Football	Netball / Basketball	Table Tennis	Rounders
Badminton	Handball	Benchball	Athletics
Trampoline	Fitness	Yoga	Cricket

Subject: GCSE Physical Education

Year group: 9

Practical assessment (30% of final grade)

Complete Analysis of Performance (10% of final grade)

Theoretical content (60% of final grade)

In year 9 students receive an additional 5 hours of Physical Education per cycle, which is reduced to 4 hours per cycle in years 10 and 11. Students will study key foundation topics in year 9 and will complete an end of topic assessment every half term with additional end of year assessments.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Health and Fitness, Consequences of a Sedentary life style, somatotypes, energy use, diet and nutrition	The Components of fitness, Fitness testing, The principles of training, Types of training, calculating intensity	Preventing injury, high altitude training and seasonal aspects of training, the skeletal system	The muscular system, joint actions	Classifications of skill, setting goals, SMART targets, information processing model, guidance and feedback	The cardiovascular system, revision end of year exam

Subject: GCSE Physical Education

Year group: 10

Practical assessment (30% of final grade)

Complete Analysis of Performance (10% of final grade)

Theoretical content (60% of final grade)

Students will study more complex issues including biomechanics, socio-cultural topics, psychological and physiological factors. Students will complete an end of topic assessment every half term with additional end of year assessments.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
The respiratory system, gaseous exchange, effects of exercise	Arousal and inverted-U theory, direct and indirect aggression, personality types, intrinsic and extrinsic motivation	Engagement patterns, commercialisation, sponsorship and media	Conduct of performers, Performance enhancing drugs, spectator behaviour, hooliganism	Lever systems, mechanical advantage, biomechanics	Planes and axes, biomechanics, analysis of performance, revision end of year exam

Subject: GCSE Physical Education

Year group: 11

Practical assessment (30% of final grade)

Complete Analysis of Performance (10% of final grade)

Theoretical content (60% of final grade)

Students will consolidate learning throughout year 11, the programme of study will be determined by each student and class requirements.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Aerobic and anaerobic exercise, EPOC, recovery from exercise	Analysis of performance, revision for mock exams	Revision	Revision Examinations	Examinations	Examinations