

Physical Education Curriculum Plan – Nuneaton Academy

Curriculum Leader

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KEY STAGE 3

YEAR	1st Half of the year (Sept – January)	2nd Half of the year (Jan –July)
7	<p>Baseline: Students will undergo baseline testing on their physical skills through different multi skill activities looking at teamwork, creativity, fitness & skill ability.</p> <p>Fit to perform: Students will develop their performance, fitness and leadership skills within the sports of: Football, Rugby, Netball, Gymnastics, Basketball, Badminton, Health and Fitness and Handball. Students will also be able to explain the importance of a healthy, active lifestyle in the promotion of mental, social and physical well-being.</p> <p>Students will work on developing their health-related fitness, including being able to complete short periods of sustained exercise Students will learn about the key principals of Invasion & Net & Wall sports and apply them within skill-based activities.</p>	<p>Fit to perform: Students will develop their performance, fitness and leadership skills within the sports of: Badminton, Gymnastics, Rugby, Health and fitness, Basketball, Handball, Netball and Football. Students will develop their performance, fitness and leadership skills within the sports of: Athletics, Rounder's & Cricket.</p> <p>Students will learn to effectively perform a range of actions, skills and techniques with control, combining them appropriately both in isolation and small group settings Students will learn to effectively perform a range of actions, skills and techniques with control, combining them appropriately both in isolation and small group settings</p> <p>Students will learn about the key principals of Net & Wall & Creative sports and apply them within skill-based activities. Students will learn about the key principals of Athletics and Striking & Fielding sports and apply them within skill-based activities.</p>

	<p>Students will learn to effectively perform a range of actions, skills and techniques with control, combining them appropriately both in isolation and small group settings.</p> <p>Students will take part in outdoor adventurous activities (OAA) to improve team working and communication skills. Students will learn how to solve intellectual and physical challenges that require trust and communication.</p> <p>Fit to lead: Students will learn to successfully lead a simple warm up individually or as part of a group, showing respect and empathy for others and good cooperation skills in doing so. Students will learn and be able to effectively conduct their own safe and well-designed warm-up/cool-down and can describe the purpose and benefits of each.</p> <p>Fit for life: Students will learn about the fitness demands & requirements across multiple sports. Students will demonstrate appropriate strength, stamina and suppleness across activities, including being able to complete short periods of sustained exercise.</p>	<p>Fit to lead: Students will learn and be able to effectively conduct their own safe and well-designed warm-up/cool-down and can describe the purpose and benefits of each. Students will be able to effectively conduct their own safe and well-designed warmup/cool-down and describe the purpose and benefits of each component</p> <p>Fit for life: Students will learn about the fitness demands & requirements across multiple sports. All students will be involved in national school sports week with a key focus on sportsmanship and teamwork. All students will take part in Nuneaton Academy Sports Day promoting the values of inclusiveness and equality in sport</p>
	<p>Mid-Year Assessment: Pupils will be assessed on their 'Fit to perform', 'Fit to Lead' & 'Fit for Life' assessment criteria using the United Learning KPIs & Nuneaton Academy descriptors</p>	<p>End of Year Assessment: Pupils will be assessed on their 'Fit to perform', 'Fit to Lead' & 'Fit for Life' assessment criteria using the United Learning KPIs & Nuneaton Academy descriptors</p>
	<p>Fit to perform:</p>	<p>Fit to perform:</p>

8	<p>Students will develop their performance, fitness and leadership skills within the sports of: Football, Rugby, Netball, Gymnastics, Basketball, Badminton, Health and Fitness and Handball.</p> <p>Student will focus on fitness and being 'Fit for Life' through skill-related exercise.</p> <p>Students will develop their knowledge around the key principals of Invasion & Net & Wall sports and apply them within skill-based activities.</p> <p>Students will be develop knowledge around how physical activity contributes to a person's wellbeing.</p> <p>Students will learn to select, combine and perform skills with technical proficiency to changing and more complex situations, both in isolation and when put under pressure. Students will work on developing their skill-related fitness, including learning about different methods of training.</p> <p>Students will take part in outdoor adventurous activities (OAA) to improve team working and communication skills. Students will learn how to solve intellectual and physical challenges that require trust and communication.</p>	<p>Students will develop their performance, fitness and leadership skills within the sports of: Badminton, Gymnastics, Rugby, Health and fitness, Basketball, Handball, Netball and Football.</p> <p>Students will learn to select, combine and perform skills with technical proficiency and fluency in response to changing and more complex situations, both in isolation and when put under pressure.</p> <p>Students will develop understanding around more complex tactics or creative ideas.</p> <p>Students will develop their performance, fitness and leadership skills within the sports of: Athletics, Rounders & Cricket</p> <p>Students will learn to select, combine and perform skills with technical proficiency to changing and more complex situations, both in isolation and when put under pressure.</p> <p>Fit to lead:</p> <p>Students will develop skills to be able to accurately explain and evaluate the effectiveness of their own and/or others' performances and suggests appropriate improvements. Students will have the opportunity to take on officiating roles within PE and extracurricular activities.</p> <p>Fit for life:</p> <p>Students will explore reflection and accurately reflect on their progress towards ambitious personal challenges and/or goals in PE and/or leadership.</p>
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	Mid-Year Assessment: Pupils will be assessed on their 'Fit to perform', 'Fit to Lead' & 'Fit for Life' assessment criteria using the United Learning KPIs & Nuneaton Academy descriptors.	End of Year Assessment: Pupils will be assessed on their 'Fit to perform', 'Fit to Lead' & 'Fit for Life' assessment criteria using the United Learning KPIs & Nuneaton Academy descriptors
9	<p><i>Fit to perform:</i></p> <p>Students will develop their performance, fitness and leadership skills within the sports of: Football, Rugby, Netball, Gymnastics, Basketball, Badminton, Health and Fitness and Handball.</p> <p>Students will learn to show imagination when performing advanced skills with control and fluency in a game situation or performance setting.</p> <p>Students will develop knowledge to successfully employ advanced decision-making skills in a competitive game situation or to create dynamic routines/sequences.</p> <p>Student will focus on fitness and being 'Fit for Life' through health-related exercise.</p> <p>Students will be develop knowledge around how physical activity contributes to a balanced, healthy lifestyle including importance of nutrition and hydration.</p>	<p><i>Fit to perform:</i></p> <p>Students will develop their performance, fitness and leadership skills within the sports of: Badminton, Gymnastics, Rugby, Health and fitness, Basketball, Handball, Netball and Football.</p> <p>Students will learn to employs advanced decision-making skills in a competitive game situation or to create dynamic routines/sequences.</p> <p>Students will learn to show imagination when performing advanced skills with control and fluency in a game situation or performance setting</p> <p>Students will develop their performance, fitness and leadership skills within the sports of: Athletics, Rounders & Cricket</p> <p>Students will learn to employs advanced decision-making skills in a competitive game situation and use advanced tactics.</p>

	<p>Students will develop knowledge and be able to explain the importance of a healthy, active lifestyle in the promotion of mental, social and physical well-being.</p> <p>Students will take part in outdoor adventurous activities (OAA) to improve team working and communication skills. Students will learn how to solve intellectual and physical challenges that require trust and communication.</p> <p><i>Fit to lead:</i> Students will develop their leadership skills to be able to confidently undertake leadership and officiating roles showing a good knowledge and application of appropriate rules/laws and effective communication skills.</p> <p>Students will have the opportunity to lead a fitness class to a small group.</p> <p><i>Fit for life:</i> Students will build upon their fitness to consistently meet the strenuous exercise demands required for specific activities, combining strength, stamina, suppleness and speed to excellent effect. Students will be able to successfully apply a good understanding of the principles of safe and effective training to improve their health and performance.</p> <p>Mid-Year Assessment: Pupils will be assessed on their 'Fit to perform', 'Fit to Lead' & 'Fit for Life' assessment criteria using the United Learning KPIs & Nuneaton Academy descriptors</p>	<p>Students will learn how to maximise performance through reflecting on their progress and identifying weaknesses in ability.</p> <p><i>Fit to lead:</i> Students will be given the opportunity to undertake leadership and officiating roles and learn to show a good knowledge and application of appropriate rules/laws and effective communication skills.</p> <p>Students will develop their ability to lead and motivates others in pairs or team/small group situations demonstrating confidence and good organisational skills.</p> <p>Students will have the opportunity to take on officiating roles within PE and extracurricular activities.</p> <p><i>Fit for life:</i> Students will learn about the fitness demands & requirements across multiple sports. All students will take part in Nuneaton Academy Sports Day promoting the values of inclusiveness and equality in sport.</p> <p>End of Year Assessment: Pupils will be assessed on their 'Fit to perform', 'Fit to Lead' & 'Fit for Life' assessment criteria using the United Learning KPIs & Nuneaton Academy descriptors</p>
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KEY STAGE 4

OCR Cambridge National Sports Studies		
YEAR	1st Half of the year (Sept – Jan)	2nd Half of the year (Jan – July)
10	<p>Unit R185 - Performance and leadership in sports activities. Pupils will learn how to develop your skills as both a performer, in two different sporting activities, and as a leader in one activity. As a leader you will have the opportunity to plan, lead and review safe and effective sporting activity sessions yourself. You will also have the opportunity to develop a range of transferable skills. You will work both independently and as part of a team, including communicating with team mates as well as being in front of an audience when you perform. You will perform under pressure, both as a participant and as a leader, and will use your initiative to solve problems and make decisions. You will also deal with rapidly changing conditions and situations</p> <ul style="list-style-type: none">• Topic Area 1: Key components of performance• Topic Area 2: Applying practice methods to support improvement in a sporting Activity• Topic Area 3: Organising and planning a sports activity session• Topic Area 4: Leading a sports activity session• Topic Area 5: Reviewing your own performance in planning and leading a sports activity session	<p>Unit R186: Sport and the media In this unit students will learn to explore the effects of media sources and apply real life examples to demonstrate the nature of the relationship between media and sport. You will develop your ability to evaluate and interpret the different ways sport is represented by the media.</p> <ul style="list-style-type: none">• Topic Area 1: The different sources of media that cover sport• Topic Area 2: Positive effects of the media in sport• Topic Area 3: Negative effects of the media in sport
	Mid-Year Assessment: Unit R185 coursework submission	End of Year Assessment: Unit R186 coursework submission

YEAR	September – November	December – March	March - June
11	<p>R184: contemporary issues in sport In this unit you will learn about a range of topical and contemporary issues in sport, relating to; participation levels and barriers, promotion of values and ethical behaviour, the role of high-profile sporting events, the role of national governing bodies and how technology is used within sport.</p> <ul style="list-style-type: none"> • Topic area 1: Issues that affect participation in sport • Topic Area 2: Promoting values in sport. • Topic 3: The implications of hosting a major sporting event for a city or country. 	<p>R184: contemporary issues in sport In this unit you will learn about a range of topical and contemporary issues in sport, relating to; participation levels and barriers, promotion of values and ethical behaviour, the role of high-profile sporting events, the role of national governing bodies and how technology is used within sport.</p> <ul style="list-style-type: none"> • Topic Area 4: The role of NGB's in developing sport • Topic Area 5: The use of technology in sport 	<p>R184: contemporary issues in sport – Revision & exam craft</p>
	November Mock Exam: Topic Area tests	March Mock Exam: Full mock exam 1 hr 15 mins	ACTUAL GCSE EXAM

YEAR	1 st Half of the year (Sept – Jan)	2 nd Half of the year (Jan – July)
10	<p><u>Component 1 – Applied anatomy and physiology</u> Students will develop their theoretical knowledge and understanding of applied anatomy and physiology, movement analysis and physical training so that they can use this knowledge to analyse and evaluate performance and devise informed strategies for improving/optimising their own practical performance.</p> <p>1.1 - The structure and functions of the musculoskeletal system 1.2 The structure and functions of the cardiorespiratory system 1.3 Anaerobic and aerobic exercise 2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement 2.2 Planes and axes of Movement</p> <p>Component 3: Practical Performance Students will be required to perform in three different physical activities in the role of player/performer. They will be required to demonstrate their skills in isolation/unopposed situations and demonstrate their skills in a formal/competitive situation while under pressure</p>	<p><u>Component 1 – Applied anatomy and physiology</u> Students will develop their theoretical knowledge and understanding of applied anatomy and physiology, movement analysis and physical training so that they can use this knowledge to analyse and evaluate performance and devise informed strategies for improving/optimising their own practical performance.</p> <p>3.1 - The relationship between health and fitness and the role that exercise plays in both 3.2 - The components of fitness, benefits for sport and how fitness is measured and improved 3.3 - The principles of training and their application to personal exercise/training programmes 3.4 - The short and long-term effects of exercise 3.5 - How to optimise training and prevent injury 3.6 - Effective use of warm up and cool down 4.1 - Use of data</p> <p>Component 4: Personal Exercise Programme (PEP) Students will develop knowledge and understanding of the principles of training, relevant methods of training and use of data in order to analyse and evaluate their PEP. The PEP will cover a six- to eight-week period, and can relate to any physical activity of their choice from the activities list given in Component 3: Practical Performance.</p> <p>Component 3: Practical Performance</p>

			Students will be required to perform in three different physical activities in the role of player/performer. They will be required to demonstrate their skills in isolation/unopposed situations and demonstrate their skills in a formal/competitive situation while under pressure
	Mid-Year Assessment: Component 1 unit assessment		End of Year Assessment: Full Paper 1 mock exam
YEAR	September – November	December – March	March - June
11	Component 2: Health and Performance Students will develop their theoretical knowledge and understanding of the contribution that physical activity and sport make to health, fitness and wellbeing and how these can impact on their own performance 1.1 Physical, emotional and social health, fitness and wellbeing 1.2 The consequences of a sedentary lifestyle 1.2 Energy use, diet, nutrition and hydration 2.1 Classification of Skills 2.2 Goal setting and SMART targets to improve/optimize performance 2.3 Guidance and feedback on performance 2.4 Mental preparation for performance	Component 2: Health and Performance Students will develop their theoretical knowledge and understanding of the contribution that physical activity and sport make to health, fitness and wellbeing and how these can impact on their own performance 3.1 Engagement patterns of different social groups in physical activity and sport 3.2 Commercialisation of physical activity and sport 3.3 Ethical and socio-cultural issues in physical activity and sport 4.1 Use of data	<u>Component 1 & Component 2 revision and exam craft</u> Component 3: Practical Performance Students will be required to perform in three different physical activities in the role of player/performer. They will be required to demonstrate their skills in isolation/unopposed situations and demonstrate their skills in a formal/competitive situation while under pressure

	4.1 - Use of data Component 3: Practical Performance Students will be required to perform in three different physical activities in the role of player/performer. They will be required to demonstrate their skills in isolation/unopposed situations and demonstrate their skills in a formal/competitive situation while under pressure	Component 3: Practical Performance Students will be required to perform in three different physical activities in the role of player/performer. They will be required to demonstrate their skills in isolation/unopposed situations and demonstrate their skills in a formal/competitive situation while under pressure	
	November Mock Exam: Paper 1 mock exam	March Mock Exam: Paper 1 and Paper 2 mock exams	ACTUAL GCSE EXAM