

Further information on the Overview element for curriculum development

Aims: The 4 R's are embedded in our curriculum at all key stages. Student's Resilience to feedback develops throughout the course of study and their open mindedness to researching different cultures and beliefs through sport, physical activity problem solving and the ability to work independently and in teams. They have opportunity to work in well facilitated classrooms, respecting their environment and the space and time they are given. They are encouraged to be proud and share ideas, offering Responsible feedback for their peers. We students to take ownership of their own development and enable students to revisit work or contribute further to their skills to enable them to be Ready to learn and continue their studies with confidence.

- To be physically active, demonstrating knowledge and understanding mainly through physical activity.
- To engage in activities that develop skills and fitness including cardiovascular health, flexibility, muscular strength and endurance.
- To develop independence through problem-solving physical challenges, evaluating, modifying technique and consolidating skills through practice and repetition.
- To promote health awareness and value of adopting a healthy lifestyle.
- To instil a sense of good sportsmanship and encourage recognition of other pupils' contribution.
- To develop leadership skills, responsibility and self-awareness.
- To support the development of self-esteem through the development of physical confidence and helping pupils cope with both success and failure in competitive and co-operative activities.
- To develop skills as a team player, including praise for others and motivational skills.
- To recognise and follow relevant rules, laws, codes, etiquette and safety procedures for different activities or events, in practice and during competition.

Sequencing: KS3 PE is sequenced with traditional sports being delivered to coincide with the seasons in those sports and to run alongside the school games and Black Country school games events that we enter. Experiencing and developing skills and understanding of these activities from year 7 where we focus on skill development, year 8 where we develop consistency of skills and year 9 where we start to apply these skills in competitive situations also primes students ready for the GCSE and Cambridge National courses that we offer in KS4. At KS4 students are put onto the course that would best suit them by the PE department and develop more knowledge in the sporting sector. In KS4 students can take their options in this subject and also have core PE, where they develop more leadership and tactical skills. At KS5 we offer the Cambridge technical where students develop a deeper understanding of body systems, psychology, practical performance and performance analysis.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Suggested Revision Website	Exam Board Link	Recommended Revision Guide
KS3	A range of activities from Netball, Football, HRE, Swimming, Table tennis, Basketball, Badminton, Rugby, OAA, Dance				A range of activities from Cricket, Rounders, Athletics, OAA, Tennis				
Year 7	To develop basic skills for a variety of sports (above), building on the multi skills approach adopted the primary schools.								
Year 8	To develop more sport specific skills (above) and to start to apply them competitive situations and applying simple tactics.								
Year 9	To build on sport specific skills, introduce advanced sport specific skills (above) and apply them to competitive situations whilst introducing more advanced tactics.								

Aims: Key stage 4

Core PE

- Pupils build on their skills from key stage 3 when developing their skill, techniques and tactical awareness in a variety of sports and physical activity.
- Develop understanding of how to lead a healthy active lifestyles, diet and the body
- Opportunities to compete in lessons and well as through intra and inter school competitions and fixtures
- Develop leadership skills
- Develop communication skills
- Develop independence and teamwork
- Understand and appreciate peoples differences
- Make informed choices towards physical activity

GCSE PE

- Develop understanding of anatomy and physiology in sport and physical activity building on KS3 PE and Biology topics
- Develop understanding of Health, Fitness and Exercise building on KS3 PE, PSHCE and Biology
- Understand skill acquisition and psychological principles in sport
- Understand physical training and how to write, carry out and evaluate a personal exercise programme
- Understand socio-cultural issues n sport building on topics in KS3 PSHCE
- Continue to develop sports skills, techniques and tactics for practical aspects of the course

Sequencing

During year 10, we start by covering the skeletal system to build on what the students have learnt in HRE and Biology in KS3. From here we move on to the muscular system that links well and enables students to understand how movements occur within the body to perform skills. We then look to build on prior knowledge of the cardiovascular system and respiratory system that students will have from KS3 HRE and KS3 Biology, which will enable students to develop consistency of answering questions about these systems as they link together very well.

From here we then interleave the knowledge of movements again by recapping the Musculo-skeletal system and applying it to the complex knowledge of lever systems and planes and axes (this done in year 10 to expose students to the complexity early so that it can be recapped and increase confidence in it during year 11) as well as the movements possible at the joint.

By week 22 we move onto the paper 2 content starting with 'Health, Fitness and Exercise', 'lifestyles' and 'diet' as this again builds on prior knowledge from KS3 Biology, PSHCE and HRE. We then move on to psychological aspects including goal setting (in preparation for PEP) and skill classification, feedback and guidance which then coincides with leadership opportunities that come up in the summer term with primary sports days and primary festivals.

During year 11, we start by covering the physical training unit and apply it to our knowledge of the Musculo-skeletal system and Cardio-respiratory systems that were covered in detail in year 10. This then leads into applying it to the coursework element of the Personal Exercise Programme (6-week programme that is planned and carried out, followed by a 1500 word evaluation) which is submitted to Edexcel by 31st May. We choose to do this at this time so that students have been given every chance to cover and recap the content of the course to include in this work. In addition to this we have found that students need the time to develop the necessary skills in English to enable them to complete an extended piece of writing to the level of maturity to score high in this section. We also give a period of time for these to be marked and then time is given for students to work on improvements before the final document is submitted (all resources for this are on Google drive to be completed).

From here we then cover the socio-cultural elements including, injury, Drugs and Deviance in sport (these sections can be delivered earlier if the teacher wishes to coincide it with something that has happened in sport at that time). This section builds on PSHCE units in both KS3 and KS4 around drugs, commercialisation and deviance in society.

This leads into a revision period (includes WTM and other revision quizzes / 9-mark question practices) which coincides with practical moderation (each student graded in 3 sports during a mix of core PE and GCSE lessons). Moderation occurs between March 1st and May 31st and then students take two exams within a week which is generally mid-May.

Cambridge National Sport Studies

- Develop understanding of contemporary issues in sport (EXAM)
- Develop sports skills, understand how to improve sports skills and evaluate ways of doing this
- Develop leadership skills through sport and physical activity
- Develop understanding of sport in the media
- Develop a range of skills through involvement in sport and physical activity in different contexts and roles
- Develop their ability to apply theoretical knowledge to practical situations
- Gain a better understanding of the complexity of different areas of sport and the sports industry
- Increase their awareness of different ways to stay involved in sport and physical activity and of different careers and roles within sport.

Sequencing

We start with the exam unit doing this one lesson per week for the majority of the year until the exam which is in May. This is done so that we have a clear view of what the students need to achieve in their coursework to get/exceed their target grade. In addition to this, the students get a second attempt at the exam in year 11 (January) to improve their grade further. Alongside this unit the students complete their coursework for the Developing sports skills unit which allows us to keep to the practical nature of the subject. At the end of year 10 and through year 11 students study two units alongside each other being the Sports Leadership unit (practical base) and sport and the Media (coursework based) to finish off the course.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Suggested Revision Website	Exam Board Link	Recommended Revision Guide
KS4									
Year 10	GCSE - Skeletal System and Muscular System	GCSE - Cardiovascular system and Respiratory System	GCSE - Respiratory System and Lever Systems	GCSE - Movement analysis and Planes and Axes	GCSE - Health and Lifestyles and Diet	GCSE - Skill acquisition and psychology of sport	Seneca, BBC Bitesize, Brian mac, Teach PE	Edexcel	Revise GCSE PE - Pearson
Year 10	Sports Studies - RO51 - Contemporary issues and RO52 - Developing sports skills	Sports Studies - RO51 - Contemporary issues and RO52 - Developing sports skills	Sports Studies - RO51 - Contemporary issues and RO52 - Developing sports skills	Sports Studies - RO51 - Contemporary issues and RO52 - Developing sports skills	Sports Studies - RO51 - Contemporary issues and RO52 - Developing sports skills	Sports Studies - RO53 - Sports leadership / RO54 - Sport and the media	Seneca, BBC Bitesize, Brian mac, Teach PE	OCR - Sports studies	GCSE - Simplified Sports studies
Year 11	GCSE - Physical Training	GCSE - Physical training and PEP	GCSE - Personal exercise Programme	GCSE - Long term effects of training and Injury	GCSE - PEDs and Socio-cultural influences	GCSE - Practical preparation and Exam Revision	Seneca, BBC Bitesize, Brian mac, Teach PE	Edexcel	Revise GCSE PE - Pearson
Year 11	Sports Studies - RO53 - Sports leadership / RO54 - Sport and the media	Sports Studies - RO53 - Sports leadership / RO54 - Sport and the media	Sports Studies - RO53 - Sports leadership / RO54 - Sport and the media	Sports Studies - RO53 - Sports leadership / RO54 - Sport and the media	Sports Studies - RO53 - Sports leadership / RO54 - Sport and the media	Sports Studies - RO53 - Sports leadership / RO54 - Sport and the media	Seneca, BBC Bitesize, Brian mac, Teach PE	OCR - Sports studies	GCSE - Simplified Sports studies

Aims: Key stage 5

Cambridge Technical in Sport

- Develop understanding of body systems and building on knowledge from KS4 GCSE PE and Biology (EXAM)
- Develop understanding of sports organisation and development (EXAM) – taught at Shire Oak
- Develop sports skills and officiating, understand how to improve sports skills and evaluate ways of doing this building on KS4 PE.
- Develop leadership skills through sport and physical activity
- Develop understanding of sports injuries and rehabilitation from GCSE PE.
- Develop a range of skills through involvement in sport and physical activity in different contexts and roles
- Develop their ability to apply theoretical knowledge to practical situations
- Gain a better understanding of the complexity of different areas of sport and the sports industry
- Increase their awareness of different ways to stay involved in sport and physical activity and of different careers and roles within sport.

Sequencing

We start with the exam units doing these through the majority of the year until the exams which is in May. This is done so that we have a clear view of what the students need to achieve in their coursework to get/exceed their target grade. In addition to this, the students get a second and third attempt at the exams in year 13 (January and May series) to improve their grade further if needed. On completion of these units the students complete their coursework for the Organisation sports events which coincides with sports days and primary events that these students can then plan for and run and allows us to keep to the practical nature of the subject during the summer term. In year 13 students study the final units alongside each other being the Sports coaching and activity leadership @ Shire Oak (coursework and practical base) and Practical skills in sport and physical activity (coursework and practical based) to finish off the course.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Suggested Revision Website	Exam Board Link	Recommended Revision Guide
Year 12	Psychology - Know the different factors that affect motivation for sport and exercise	Psychology - Understand attribution theory in relation to sport and exercise	Psychology - Understand the effects of stress, anxiety and arousal in sport and exercise	Psychology - Understand the importance of group dynamics in team sports and group exercise	Psychology - Understand the psychological impact of sport and exercise on mental health and wellbeing	Sports injuries and rehabilitation - Reducing the risk of injury	BBC Bitesize, Brian mac, Teach PE	OCR	
Year 12	Body Systems - Understanding the skeletal system in relation to exercise and Physical Activity	Body Systems - Understanding the muscular system in relation to exercise and Physical Activity	Body Systems - Understanding the cardiovascular system in relation to exercise and Physical Activity	Body Systems - Understanding the Respiratory system in relation to exercise and Physical Activity	Body Systems - Understanding the Energy system in relation to exercise and Physical Activity	Organising a sports event	BBC Bitesize, Brian mac, Teach PE	OCR	
Year 13	Organising a sports event - Evaluation and Action Planning	Practical skills - Practical demonstration of an individual sport; including skills, techniques, tactics and strategies	Practical skills - Practical demonstration of a team sport; including skills, techniques, tactics and strategies.	Practical skills - Practical demonstration of Outdoor and Adventurous Activities skills and knowledge	Practical skills - Officiating in Sport	Practical skills - Officiating in Sport	BBC Bitesize, Brian mac, Teach PE	OCR	
Year 13	Sports injuries and rehabilitation - Responding to injury	Sports injuries and rehabilitation - Rehabilitation Programme	Performance analysis in sport and exercise - The importance of performance profiling for grass roots sports clubs	Performance analysis in sport and exercise - Demonstrate performance profiling for a chosen sport	Performance analysis in sport and exercise - Analysing the performance of athletes	Performance analysis in sport and exercise - Analysing the performance of athletes	BBC Bitesize, Brian mac, Teach PE	OCR	