

Subject: Physical Education

Rationale: Our vision for Physical Education at Cardinal Wiseman is that students achieve **lifelong participation** in sport and physical activity. The curriculum is designed to prepare our students for success at their assessment checkpoints and to develop their physical competence and **knowledge**. Building on the foundations of KS3 ensures that students are able to study, should they wish to, KS4 exam and vocational based courses. In addition to this they are also taught the physical skills to complement the knowledge base to achieve the aim of **lifelong participation**. We also want our students to develop the core values that embody physical education including **sportsmanship, respect** for other students and their abilities, **teamwork** and working together to achieve a common goal, **courage** both physical and moral and to face challenges head on and foster **resilience**, so that they achieve their **ambition** in their chosen field in life.

	Autumn	Spring	Summer
Year 7 Knowledge	Warm up and Cool downs Muscular system 1	Immediate effects of exercise Benefits of exercise	Diet and nutrition Skeletal system 1
Practical Element	Invasion Games - simple tactics, passing and moving, tackling, Trampolining- core skills, 10 bounce routines, body control and management, Swimming- entry/exit from pool, swim aided/unaided for 25 metres, Striking and fielding- batting, fielding, basic rules, Net/Wall games- Introduction to Badminton and Tennis, basic techniques, scoring system Athletics- Basic running, jumping, throwing skills. Health related fitness-Induction to fitness suite, warm-ups and cool downs, heart rate and bodies response to exercise.		
Year 8 Knowledge	Muscular system 2 Cardiovascular system	Respiratory System Principles of training	Long term effects of exercise Barriers to participation
Practical Element	Invasion Games - consolidation of previous skills and advanced skills and tactics, positioning, Trampolining- movement into more complex skills, leading to front/back drop and front/back somersault, Swimming - Swim unaided for 25 metres, swim using 2 recognised strokes, Net/Wall games- Introduction to badminton, basic techniques, scoring system, Striking and fielding - throwing/catching correct techniques, NGB rules, positioning in the field, Athletics- focus on specific techniques in order to improve performance. Health related fitness-Fitness programme design, heart rate training zones.		
Year 9 Knowledge	Skeletal system 2 Social reasons for participation	Fitness testing Sports and the media	Fitness and performance Training zones
Practical element	Invasion Games - movement to receive a pass, different type of defensive plays, evaluation of performance and how to improve, Trampolining - 10 bounce routine perfected, more technical performance,Swimming - Coaching other pupils, collect an object from the bottom of the deep end. Striking and fielding- rowing/catching correct techniques, NGB rules, positioning in the field, Umpiring skills, Athletics- focus on specific techniques in order to improve performance. Health related fitness- FITTA principles, Independent programme design.		

<p>Year 10 And 11 Practical PE</p>	<p><u>n year 10 and 11 students are given the opportunity to choose options based on their preferences based on previous key stage 3 study. The options are competitive, health related fitness and creative pathways.</u></p> <p><u>Competitive</u> <i>Use a range of tactics to overcome opponents in direct competition through team and individual games.</i></p> <p>Invasion Games - movement to receive a pass, different types of defensive plays, evaluation of performance and how to improve.</p> <p>Net/Wall games-revisit footwork, stance and grip and application and rules, variety of service action, clear forehand/backhand, drop shot with deception, smash, flick shot revisit footwork, stance and grip and application of advanced rules.</p> <p>Striking and fielding - throwing/catching correct techniques, NGB rules, positioning in the field</p> <p><u>Alternative</u> <i>Developing skills to solve problems and take on intellectual and physical challenges and work as a team.</i></p> <p>Activities capture the flag, ultimate frisbee and outdoor adventurous activities.</p> <p><u>Health related fitness</u> Health related fitness - Be able to develop a training programme to improve a specific component of fitness</p> <p>Swimming - Coaching other pupils, collecting an object from the bottom of the deep end. Recording of times and measuring of heart rate recovery</p> <p><u>Creative</u> <i>Evaluate performance based on previous ones and demonstrate improvement.</i></p> <p>Trampolining - 10 bounce routine perfected, more technical performance and coaching of other students</p> <p>Dance - develop and build upon range of dance styles and techniques and evaluate performance</p>
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Key Stage 4 GCSE and Vocational Courses

Year 10 OCR Sport	Reducing the risk of sports injuries	Applying principles of Training	Applying principles of training The body's response to exercise
Year 11 OCR Sport	The body's response to exercise	Sports Nutrition	Sports Nutrition
Year 10 GCSE PE	Applied Anatomy & Physiology	Movement Analysis Physical Training	Physical Training/PEP Health, fitness & well-being /PEP
Year 11 GCSE PE	Sports Psychology Health, fitness & well-being	Socio-cultural influences Exam Preparation Component 1	Exam Preparation Component 2/Individualised revision plans Exam preparation/ Individualised revision plans

Key Stage 5 Vocational Courses

Year 12 OCR Sport	Body systems and effects of Physical activity Sports Coaching and Leadership	Sports Coaching and Leadership Organisation of Sports Events	Organisation of Sports Events
Year 13 OCR Sport	Organisation of Sports Events Sports Organisation and Development	Sports Injuries and Rehabilitation	Complete coursework for all Units