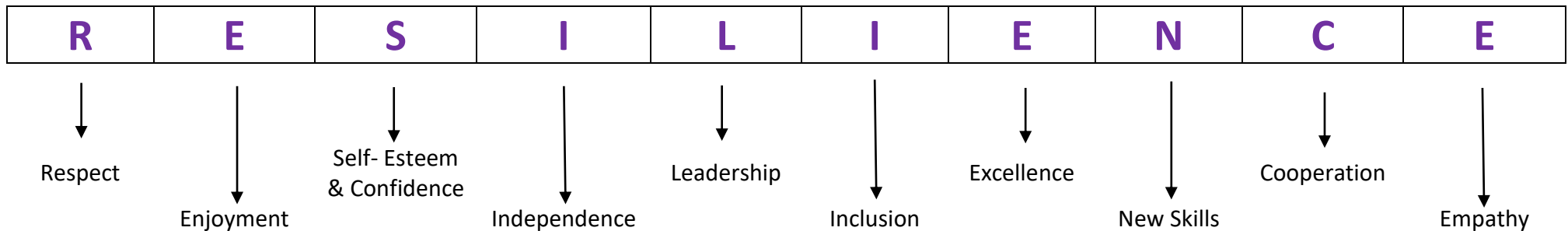


## Springwood High School PE Curriculum Plan

### Our vision:

*To promote lifelong participation, health and well-being through the provision of recreational and competitive physical activity.*

Within lessons, the Springwood PE Staff promote:



### **Purpose of Study**

- Physical Education plays a vital role in the development of young people. A **healthy active lifestyle** provides a wide range of benefits in all aspects of life. As well as the obvious physical benefits, the subject promotes a range of social skills and encourages students to work together and develop leadership qualities.
- The Physical Education department is committed to teaching students why a healthy active lifestyle is important and offering them guidance and opportunities to follow such a lifestyle.
- Students will be taught a wide range of physical skills and activities. They will be offered opportunities to develop these skills and apply them in a range of **recreational and competitive situations**.
- Our aim is to give every student a positive experience of sport and allow them the opportunity to develop this into a **lifelong** association with physical activity.

## Springwood High School PE Curriculum Plan

### Key Stage 3 PE – Knowledge Rich Curriculum

Key Stage	Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
3	7	Sporting techniques, rules, regulations & tactics through aesthetic activities, athletics, invasion games, net games, OAA & striking and fielding games.					
		Stages/principles of a warm up Stages/principles of a cool down	Name & location of voluntary muscles	Function of the skeleton and names and locations of the bones	Types of bones and their function in sport	Types of joints and their movements	Structure & function of a joint
	8	Sporting techniques, rules, regulations & tactics through aesthetic activities, athletics, invasion games, net games, OAA & striking and fielding games.					
		Immediate effects of exercise on the musculo-skeletal system	Immediate effects of exercise on the cardio-respiratory system	Exercise intensities and the effects on heart rates	Fitness components and their practical application	Fitness tests: method, purpose and results analysis	Methods of training and the practical application
	9	Sporting techniques, rules, regulations & tactics through aesthetic activities, athletics, invasion games, net games & striking and fielding games.					
		Principles of training	Thresholds of training	Long term effects of exercise on the musculo-skeletal system	Long term effects of exercise on the cardio-respiratory system	Diet: sources and functions	Consequences of a sedentary lifestyle

## Springwood High School PE Curriculum Plan

### Key Stage 4 Core PE

Key Stage	Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
4	10	Sporting techniques, rules, regulations & tactics through athletics, invasion games, net games, striking and fielding games. Pupils are given greater independence to choose activities that they wish to pursue with an emphasis on post-16 participation.					
	11	Sporting techniques, rules, regulations & tactics through athletics, invasion games, net games, striking and fielding games. Pupils are given greater independence to choose activities that they wish to pursue with an emphasis on post-16 participation.					

### Examination PE

GCSE Exam Board: Edexcel

Key Stage	Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
4	10	Musculo-skeletal systems	Cardio-respiratory systems	Physical Training	Physical Training & Personal Exercise Programme	Physical Training & Personal Exercise Programme	Movement Analysis
	11	Health, fitness & well-being	Sport psychology	Socio-cultural influences	Revision and practical moderation	Revision and practical moderation	

## Springwood High School PE Curriculum Plan

### Examination PE

A Level Exam Board: AQA

Key Stage	Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
5	12	Cardiovascular system	Respiratory system	Neuromuscular system	Musculo-skeletal system and analysis	Energy systems		
		Skill, skill continuums and transfer of skills	Impact of skill classification on structure of practice of learning	Principles and theories of learning	Use of guidance and feedback	Memory models		
		Emergence of globalisation of sport in the 21 <sup>st</sup> century			The impact of sport on society and society on sport			
		Filmed Competitive Physical Activity uploaded to the Google Drive		Filmed Competitive Physical Activity uploaded to the Google Drive		Filmed Competitive Physical Activity uploaded to the Google Drive		

## Springwood High School PE Curriculum Plan

Key stage	Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
5	13	Diet and nutrition and their effect and physical activity and performance. Preparation and training methods in relation to maintaining physical activity and performance.	Injury prevention and the rehabilitation of injury. Biomechanical principles. Levers.	Linear motion. Angular motion. Projectile motion.	Fluid mechanics	Revision	
		Aspects of personality. Attitudes. Arousal. Anxiety.	Aggression. Motivation. Achievement Motivation theory. Social facilitation.	Group dynamics. Goal setting. Attribution theory. Self-efficacy and confidence.	Leadership. Stress management.		
		Concepts of physical activity and sport. Development of elite performers in sport.	Ethics in sport. Violence in sport.	Drugs in sport. Sport and the law.	Impact of commercialisation on physical activity and sport and the relationship between sport and the media. The role of technology in sport.		
		Filmed Competitive Physical Activity uploaded to the Google Drive	Written analysis of performance				

## Springwood High School PE Curriculum Plan

### Expectations:

#### **Core PE (Key stages 3 & 4)**

Students are expected to bring their PE Kit to all lessons to participate as a performer, coach, official, leader or helper. If the student is excused as a performer (note from parent/carer and/or doctor), then they are expected to be involved within their PE Kit as another role assigned to them by their PE teacher. If a student does not bring their PE Kit then they will be expected to borrow the clean PE kit that is offered to them and carry out their role as best they can.

#### **GCSE**

As part of the non-examined assessment (NEA), students must compete in 3 physical activities, as outlined in the examination specification, either 2 team activities and 1 individual or vice versa. Any activities that a student is doing in their own free time that cannot be completed at school ie show jumping, must be filmed and uploaded to the Springwood GCSE PE Google drive.

#### **A Level**

As part of the non-examined assessment (NEA), students must compete in 1 physical activity, as outlined in the examination specification. The student must collate video evidence that must be uploaded to the Springwood A Level PE Google drive on a termly basis. The 10 lessons per fortnight are all theoretical lessons – therefore all practical is completed independently by the student in their free time.