

Deyes High School Curriculum Rationale

Physical Education

Overarching curriculum, intent for Physical Education

- Foster a love of physical activity, sport and healthy living.
- Develop a knowledge and understanding of the benefits of physical activity throughout life.
- To develop the skills, knowledge and confidence to engage in sport and physical activity during school life and beyond.
- To motivate students to engage in physical activity and sport.
- To inspire students to want to study about sport and physical activity in greater detail beyond their school years.

	Content Taught	Rationale
Year 7	<ul style="list-style-type: none"> • In Year 7 students cover the following activities on a rotation • Netball, football, rugby, handball, hockey, basketball, fitness, racket sports, cricket, athletics, tennis, rounders, dance, gymnastics/ parkour 	<p>To develop a wide range of skills through a broad range of activities. Experience a variety of activities that may be new to the students and that they may pursue in the future. A love of physical activity can be promoted here. Through taking part in these different activities, many fundamental skills are developed.</p> <p>Sport specific skills are refined as the focus is predominantly placed upon developing the physical competence of students</p>
Year 8	<ul style="list-style-type: none"> • In Year 8 students cover the following activities on a rotation • Netball, football, rugby, handball, hockey, basketball, fitness, racket sports, cricket, athletics, tennis, rounders, dance, gymnastics/parkour, benchball 	<p>To develop a wide range of skills through a broad range of activities. Continue to experience a variety of activities and further refine the skills learned in year 7.</p> <p>Sport specific skills continue to be refined and the focus remains predominantly placed upon developing the physical competence of students</p> <p><i>A greater emphasis is placed upon the application of these skills in competitive situations.</i></p>

		<i>Through spending longer in game like situations, knowledge and application of tactics and strategies are enhanced.</i>
Year 9	<ul style="list-style-type: none"> In Year 9 students cover the following activities on a rotation Trampolining, table tennis, volleyball, cheerleading, benchball, football, handball, netball, hockey, dodgeball, fitness, rugby, cricket, softball, rounders, tennis, racket sports 	<p>New activities are introduced in year 9 which build upon those experienced in years 7 and 8. This allows development and progression of knowledge and skills.</p> <p>For instance, trampolining builds upon gymnastic skills previously learned. Table tennis builds upon the racket sports offered in year 7 and 8 and softball is a development from rounders.</p> <p>Other activities remain on the curriculum but the complexity with which they are taught and performed is further enhanced, this will support their progression into KS4 examination PE</p>
YEAR 10 CORE	<ul style="list-style-type: none"> In Year 10 student's curriculum becomes more flexible and personalised Activities students are offered include; benchball, fitness, dodgeball, fitness, trampolining, table tennis, 5 aside, badminton, football, athletics, tennis, rounders, softball, cricket 	<p>Students begin to pursue the activities they are more likely to continue with throughout life.</p> <p>They select activities that motivate them to participate in PE and physical activity. Throughout KS4 our emphasis shifts away from the development of physical competence and over to ensuring sustained physical activity. Engagement, motivation and enjoyment of physical activity are objectives as we aim to produce students who will remain physically active throughout life.</p>
YEAR 11 CORE	<ul style="list-style-type: none"> In Year 11 student's curriculum remains flexible and personalised Activities students are offered include; benchball, fitness, dodgeball, fitness, trampolining, table tennis, 5 aside, badminton, football, athletics, tennis, rounders, softball, cricket 	<p>Students begin to pursue the activities they are more likely to continue with throughout life.</p> <p>They select activities that motivate them to participate in PE and physical activity. Throughout KS4 our emphasis shifts away from the development of physical competence and across to ensuring sustained physical activity. Engagement, motivation and enjoyment of physical activity are objectives as we aim to produce students who will remain physically active throughout life.</p>
Year 10	<p>Structure and function of the skeleton and the muscular system, there knowledge is then put to the test through movement analysis.</p> <p>The effect of exercise on the cardiovascular and respiratory systems and other body systems, both long term and short term responses.</p>	<p>GCSE PE</p> <p>Students will continue to develop competence both theoretically and practically.</p> <p>This course provides a good foundation for them to progress onto A-level PE</p>

	<p>Looking at physical training and components of fitness and how they can apply the principles of training on improving performance. Prevention of injury in physical activity and training</p>	
	<p>Students learn about Structure of body and function of body systems. The short and long term effects of exercise on the body systems. Components of fitness and fitness testing. Principles and methods of training. Goal setting and developing training programmes. Practical sport to include performance and coaching across a wide variety of sports</p>	<p>Sport and Coaching</p> <p>This vocational course allows students to achieve a level 2 qualification. Students will study theory aspects of Physical Education and develop their coaching skills. This qualification will enable students to go on to study Physical Education and other students at A level</p>
Year 11	<p>Students learn about Socio-cultural issues and sports psychology. They look at engagement patterns of different social groups in physical activities and sports. Commercialisation of physical activity and sport and they delve into the ethical and socio-cultural issues in physical activity and sport. Health fitness and wellbeing</p>	<p>GCSE PE</p> <p>This course is an option for students – the structure of the course varies from the Cambridge National.</p> <p>The units require students to develop and build upon their key knowledge and skills and demonstrate them through activity.</p> <p>This course provides a good foundation for them to progress onto A-level PE.</p>
	<p>Students will study Psychological factors affecting performance Technica; factors affecting performance Strategies to analyse and improve psychological and technical performance. Coaching skills Responsibilities of a coach Planning demonstrating and reviewing coaching sessions</p>	<p>Sports and coaching</p> <p>This vocational course allows students to achieve a level 2 qualification. Students will study theory aspects of Physical Education and develop their coaching skills. This qualification will enable students to go on to study Physical Education and other students at A level</p>

	Practical sport to include performance and coaching across a wide variety of sports.	
YEAR 12	<p>Students are introduced to the importance of physical activity to promote health and avoid illness.</p> <p>They learn about how social differentiation affects participation and progression in sports and how the UK caters for mass participation sport. They understand the organisations and strategies used to develop elite sport in the UK</p> <p>They develop their knowledge of biomechanical principles to enhance their performance and their understanding and application of movement analysis.</p> <p>They learn about Skill Acquisition which includes theories and principles of learning and information processing.</p>	<p>The healthy lifestyle component allows students to combining the learning of new facts which have a scientific basis, to the writing of extended pieces which is an essential skill for the course.</p> <p>Social differentiation broadens students understanding of the constraints that people in relation to their participation in sport and physical activity at all levels.</p> <p>This is a topic area which relates well to practical and is engaging for students. Some content provides a base from which the Sports Psychology component can build.</p>
YEAR 13	<p>Students learn about culture and sport. Both in a historical and contemporary sense. They learn about how professional sport developed from its public school origins and how sport has been used throughout history as a propaganda tool across the world. They learn how professional sport is affected by globalisation, commercialisation, Americanisation and the increasing levels of deviance that can be seen as a result of this.</p> <p>Develop their knowledge of Anatomy and Physiology so they can monitor and enhance their performance in sport through physical training and conditioning.</p>	<p>Year 13 takes students on a journey from the origins of modern day sport as we know it and encompasses many political issues related to sport. Students learn how commercialisation of sport has led to positive and negative consequences. By learning in this order they get a sense of how sport has changed with society over time.</p> <p>This component builds upon the Skill Acquisition component in Year 12.</p>

	They learn about Sport Psychology which includes topics such as personality, attitudes, motivation anxiety and stress management.	
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