

Term Year	Term1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b					
Year 7 Focus on the Fundamentals Developing self-confidence, knowledge and awareness of a range of sports and physical activities	Content: Pupils rotate through a range of sports, physical activities and facilities/ venues. The program of study to the right aims to develop pupil confidence, wider awareness and knowledge of a how to lead a healthy lifestyle. It is intended PE at University of Birmingham School helps pupils to embed knowledge and develop practical skills to be used fluently and confidently. Pupils will learn many of the theoretical concepts seen in the GCSE and Sport Studies specifications throughout KS3 Core PE lessons. The curriculum at Key Stage 3 is ambitious and designed to give all learners, particularly the most disadvantaged and those with special educational needs and/or disabilities (SEND) or high needs, the knowledge and cultural capital they need to succeed in life. It is our departmental mission to develop the confidence, competence and character of pupils to pursue Physical Education courses at Key Stage 4, and ultimately independently engage in lifelong participation.			Core Details		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
				Cluster	Teacher	Weeks 2 - 8	Weeks 9 - 15	Week 16 - 21	Week 22 - 26	Week 27 - 32	Week 33 - 39
				7X1		Rugby (F)	Leadership in Sport	Netball (M & PG)	Basketball (SH)	Athletics (F)	Cricket (F)
				7X2		Rugby (F)	Netball (M & PG)	Basketball (SH)	Leadership in Sport	Athletics (F)	Cricket (F)
				7X3		Rugby (F)	Basketball (SH)	Leadership in Sport	Netball (M & PG)	Athletics (F)	Cricket (F)
				7Y1		Rugby (F)	Leadership in Sport	Netball (M & PG)	Basketball (SH)	Athletics (F)	Cricket (F)
				7Y2		Rugby (F)	Netball (PG, M, SH)	Basketball (SH)	Leadership in Sport	Athletics (F)	Cricket (F)
				7Y3		Rugby (F)	Basketball (SH)	Leadership in Sport	Netball (M & PG)	Athletics (F)	Cricket (F)
	Skills and Knowledge: Each sport and physical activity genre looks to inspire, explore and lay the foundations of practical, cognitive and social skills, to include: <u>Practical skills:</u> develop core skills, apply core skills, use correct skill technique, partake in competitive scenarios and improve personal components of fitness. Utilise the KS3 Assessment Criteria to guide the development of core and advanced skills for each sporting activity. Pupils to reflect on the assessment strands and self-assess their proficiency and confidence to perform core and advanced skills in isolation and in authentic competitive scenarios. <u>Cognitive skills:</u> what skills and rules are unique to each genre of sport/ activity, how to problem solve and make tactical/ compositional decisions, the basics of skill analysis, why it is important to maintain a healthy, active lifestyle. <u>Social skills:</u> committed, confident, motivated, determined, respectful, resilient, a positive communicator, curious, fair.										

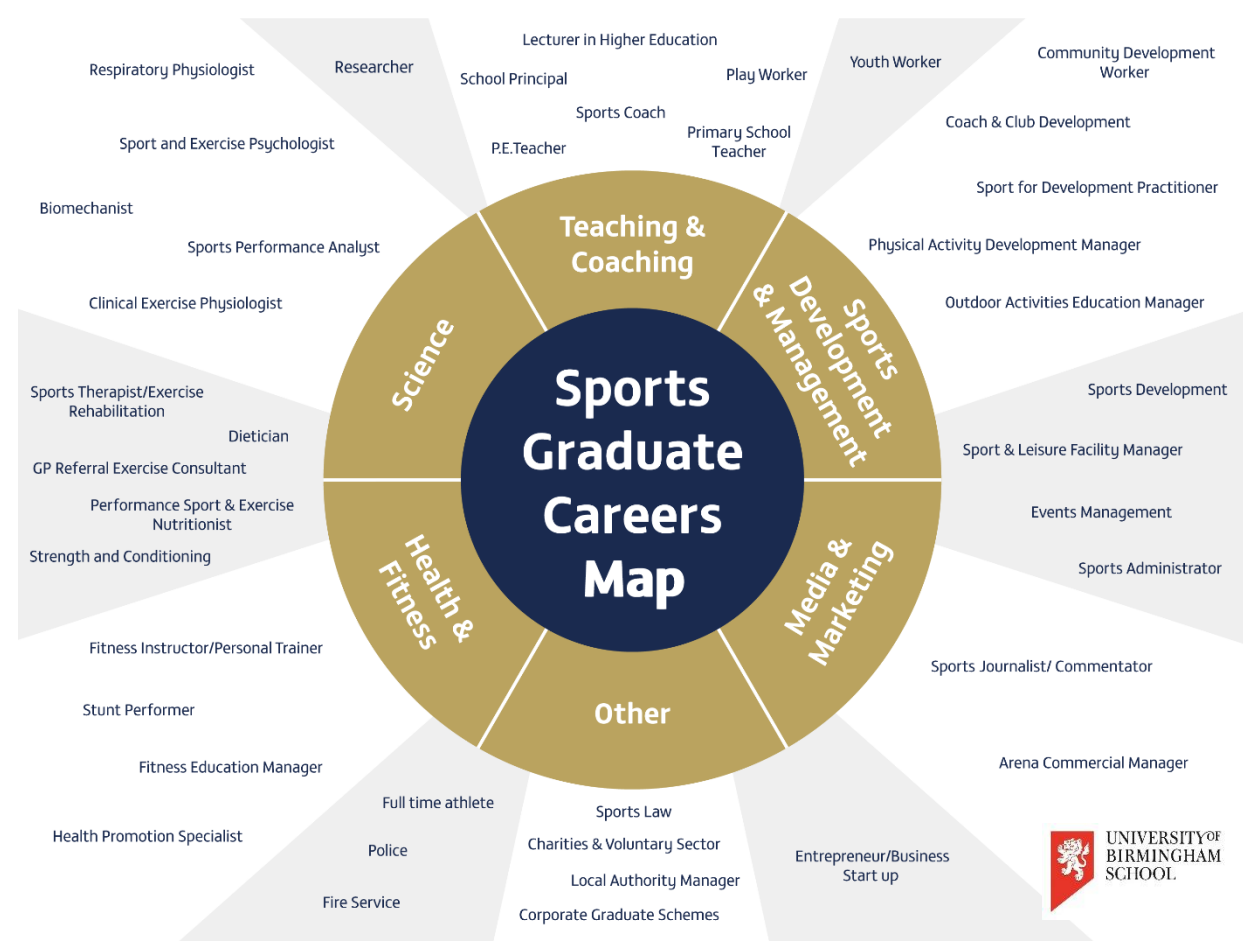
Term Year → ↓	Term1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b				
Year 8 Strengthening Foundations Embedding self-confidence, knowledge and awareness of a range of sports and physical activities	Content: Pupils continue to rotate through a range of sports, physical activities and facilities/ venues. The program of study to the right aims to build on pupils confidence, wider awareness and knowledge of a how to lead a healthy lifestyle, in different genres and activities. Utilise the KS3 Assessment Criteria to guide development of core and advanced skills for each sporting activity. Pupils to reflect on the assessment strands and self-assess their proficiency and confidence to perform core and advanced skills in isolation and in authentic competitive scenarios. Pupils will continue to advance their knowledge and strengthen the fundamental practical skills, many of which are transferrable across sports. Pupils will develop their understanding of the theoretical concepts seen in the GCSE and Sport Studies specifications throughout KS3 Core PE lessons.	Y E A R 8	Core Details		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
			Cluster	Teacher	Weeks 2 - 8	Weeks 9 - 15	Week 16 - 21	Week 22 - 28	Week 29 - 32	Week 33 - 39
			8X1		Rugby (F)	Netball (M & PG)	Badminton (SH)	Football (F)	Athletics (F)	Rounders (F)
			8X2		Rugby (F)	Badminton (SH)	Football (F)	Netball (M & PG)	Athletics (F)	Rounders (F)
			8X3		Rugby (F)	Football (F)	Netball (M & PG)	Badminton (SH)	Athletics (F)	Rounders (F)
			8Y1		Rugby (F)	Netball (M & PG)	Badminton (SH)	Football (F)	Athletics (F)	Rounders (F)
			8Y2		Rugby (F)	Badminton (SH)	Football (F)	Netball (M & PG)	Athletics (F)	Rounders (F)
			8Y3		Rugby (F)	Football (F)	Netball (M & PG)	Badminton (SH)	Athletics (F)	Rounders (F)
			Skills and knowledge: Each sport and physical activity looks to inspire, explore and strengthen the foundations of practical, social and cognitive skills, to include: <u>Practical skills:</u> transfer core skills between activities, apply core skills, attempt advanced skills. I can make informed decisions about which skill to use when and why. Apply the rules and laws that govern varying sports activities. <u>Cognitive skills:</u> how to prepare for physical activity safely, how to warm up effectively, why we warm up, the immediate effects of exercise on the body, lead peers in effective warm ups, apply anatomical language to sporting examples. <u>Social and Cognitive skills:</u> review personal performance, review peer performance, provide empathetic feedback, show patience and honesty, show aesthetic sensitivity and integrity, professionally critique performance, suggest performance improvements.							

Term Year	Term1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b				
Year 9 Young Self, Young Citizen, Young Scholar Refining personal performance and leading others confidently through sport and physical activity	Content: Pupils continue to rotate through a range of sports, physical activities and facilities/ venues. The program of study to the right aims to build on pupils’ confidence, wider awareness and knowledge of a how to lead a healthy lifestyle, in different genres and activities. This year we will be trialling a ‘PE pathway’ approach, ensuring pupils are in suitable groups based upon then assessment grade from last summer term. This is to ensure safety and progress of pupils is met with effectiveness. Pupil voice informs the sporting genre, as pupils rotate around facilities. This encourages the refinement of remaining committed to, and taking responsibility of one’s own decisions. Pupils aim to be the best versions of themselves and encourage others to do the same, with both self- and peer-leadership central to both routes. Pupils learn what it means to make informed decisions and increase their awareness of future options surrounding their involvement in sport and physical activity, in pursuit of a healthy active lifestyle that suites their interests. Pupils will extend and apply their understanding of the theoretical concepts seen in the GCSE and Sport Studies specifications throughout KS3 Core PE lessons, ready to make wise, intelligent and informed decisions about their pathways at Skills and knowledge: Each sport and physical activity looks to inspire, explore and strengthen the foundations of practical, social and cognitive skills, to include: <u>Practical skills:</u> Continue to apply core skills and further develop advanced skills in a range of practice and competitive scenarios. Continue to make informed decisions about which skill to use, when and why, apply the rules and laws that govern varying sports activities. Use the KS3 Assessment Criteria to guide the growth process of phronesis. Develop individual flare and unique performance style. <u>Cognitive skills:</u> Understand the different options available at KS4, KS5 and beyond within this subject; the barriers in pursuit of regular lifelong activity, solutions to these participation barriers; short- and long-term effects of exercise on the muscular, respiratory and cardiovascular systems and how to use this insight to maximise health and fitness gains; comprehend and apply the knowledge of a balanced diet and the relationship food has to provide energy for exercise and nutritional replenishment; the long term benefits of regular physical activity on improving health, mobility and fitness. Links to OCR GCSE Physical Education and CNAT Sports Studies. <u>Social skills:</u> Make informed and intelligent decisions using experience; form opinions to suit personal interests, and pursue short, medium and long term goals; seek answers to questions by being curious and inquisitive; accept accountability of decisions made and show commitment to see a task through to completion; safely lead myself and others; participate in a range of leadership roles; demonstrate the attributes of a good leader; exhibit strong interpersonal and respectful relationships with teammates, coaches and significant others.	Y E A R 9	Core Details		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
			Cluster	Teacher	Weeks 2 - 8	Weeks 9 - 15	Week 16 - 21	Week 22 - 28	Week 29 - 32	Week 33 - 39
			9X1		Rugby (F)	Handball (SH)	Netball M & PG	Table Tennis (MH)	Athletics (F)	Cricket (F)
			9X2		Rugby (F)	Table Tennis (MH)	Handball (SH)	Netball (M & PG)	Athletics (F)	Cricket (F)
			9X3		Rugby (F)	Netball (PG & M)	Table Tennis (MH)	Handball (SH)	Athletics (F)	Cricket (F)
			9Y1		Rugby (F)	Table Tenis (MH)	Netball (M&PG)	Handball (SH)	Athletics (F)	Cricket (F)
			9Y2		Rugby (F)	Handball (SH)	Netball (M&PG)	Table Tennis (MH)	Athletics (F)	Cricket (F)
			9Y3		Table Tennis (MH)	Rugby (F)	Table Tennis (MH)	Netball (M & PG)	Athletics (F)	Cricket (F)
			9Y4		Handball (SH)	Rugby (F)	Handball M & PG	Netball (M & PG)	Athletics (F)	Cricket (F)

Term Year	Term1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b			
Year 10 Developing Skills for Lifelong Participation Widening awareness, appreciation and understanding of how to maintain personal health and well-being.	Content: Pupils rotate through a much wider range of sports and physical activities. The program of study aims to widen awareness of less mainstream forms of physical activity and sport, to continue to motivate and inspire pupils to remain physically active for personal health and well-being. With one-hour weekly lessons the stimulus of each lesson is to be moderately active throughout to ensure pupils develop the key skills for lifelong participation, which can be realised once they have graduated from secondary school. This programme of study is carefully designed to provide our pupils with a broad and balanced range of sports and physical activities which empower them, through harnessing their choice, to develop their physical fitness and care for their mental and social health. Pupils will not be assessed in KS4 Core PE. Pupil voice informs the genre of sport or physical activity on offer, typically ignited by examples of activities seen to the right:	Y E A R 1 0	Core Details	Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
			Cluster	Weeks 2 - 8	Weeks 9 - 15	Week 16 - 21	Week 22 - 26	Week 27 - 32	Week 33 - 39
			10 A1	Badminton	Fitness	Football	Handball	Football	Netball
			10 A2	Netball	Handball	Dodgeball	Indoor Hockey	Rounders/ Cricket	Football
			10 A3	Football	Touch Rugby	Bench ball	Boccia	Fitness	Volleyball
			10 B1	Badminton	Fitness	Football	Handball	Football	Netball
			10 B2	Netball	Handball	Dodgeball	Indoor Hockey	Rounders/ Cricket	Football
			10 B3	Football	Touch Rugby	Bench ball	Boccia	Fitness	Volleyball
	Skills and Knowledge: Each sport and physical activity looks to inspire, explore and strengthen the foundations of practical, social and cognitive skills, to include: <u>Practical skills:</u> Making informed decisions related to ones’ own interests; Continue to transfer skills, apply core skills, and further develop advanced skills in a range of practise and competitive scenarios. I continue to make informed decisions about which skill to use, when and why, apply the rules and laws that govern varying sports activities. Develop individual flare. <u>Cognitive skills:</u> Appreciate the difference between sport, physical activity, exercise and recreation. Appreciate the factors which motivate an individual and the factors which inhibit motivation to exercise. Realise barriers to participation beyond a school setting, discuss them and consider sustainable solutions to remain a healthy, active lifelong participant in Sport. <u>Social skills:</u> A curiosity and bravery to try new things, a commitment to maintain health and well-being, perseverance and resilience, self-confidence, positive intentions, enjoyment.								

Term Year	Term1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b		
Year 11 Enabling Skills for Lifelong Participation Further enriching and enhancing awareness, appreciation and understanding of how to maintain personal health and well-being in the community.	Content: Pupils rotate through a much wider range of sports and physical activities. The program of study at KS4 offer aims to widen awareness of ways to remain physically active in our community, building on the genre of sports and physical activities offered through KS3, whilst appreciating more recreational approaches an active lifestyle once they graduate from secondary school. With one-hour weekly lessons the stimulus of each lesson is to be moderately active throughout to ensure pupils embed and consolidate the skills for lifelong participation, which can be realised once they have graduated from secondary school. It is carefully designed to provide our pupils with a broad and balanced range of sports and physical activities which empower them, through harnessing their choice, to develop their physical fitness and care for their mental and social health. Pupils will not be assessed in KS4 Core PE. Pupil voice informs the genre of sport or physical activity on offer, typically ignited by examples seen to the right:							
	Y E A R 1 1	Core Details	Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
		Cluster	Weeks 2 - 8	Weeks 9 - 15	Week 16 - 20	Week 21 - 25	Week 26 - 32	Week 33 - 39
		11 A1	Pickleball	Fitness	Football	Handball	Football	Netball
		11 A2	Netball	Handball	Dodgeball	Indoor Hockey	Rounders/ Cricket	Football
		11 A3	Football	Flag Football	Fitness	Boccia	Fitness	Volleyball
		11 B1	Pickleball	Fitness	Football	Handball	Football	Netball
		11 B2	Netball	Handball	Dodgeball	Indoor Hockey	Rounders/ Cricket	Football
	11 B3	Football	Flag Football	Bench ball	Boccia	Fitness	Volleyball	
	Skills and Knowledge: Each sport and physical activity looks to inspire, explore and strengthen the foundations of practical, social and cognitive skills, to include: <u>Practical skills:</u> Making informed decisions related to ones’ own interests; Continue to transfer practical skills, apply core skills, and further develop advanced skills in a range of practise and competitive scenarios. Continue to make informed decisions about which skill to use, when and why, apply the rules and laws that govern varying sports activities. Develop individual flare. Continue to develop leadership of others. <u>Cognitive skills:</u> How to manage health and well-being beyond year 11. Continually reflect on the factors which motivate an individual and the factors which inhibit motivation to exercise. Realise barriers to participation beyond a school setting, discuss them and consider sustainable solutions to remain a healthy, active lifelong participant in Sport. <u>Social skills:</u> Committed to lifelong participation in physical activity or sport, proactively seeking opportunities to remain active, healthy and well in the community; maintaining a curiosity and bravery to try new things, a personal drive and commitment to maintain health and well-being, perseverance and resilience, self-confidence, positive intentions and enjoyment.							

Careers and aspirations in Physical Education



Outline

KS3 Core PE practical lessons provide an excellent opportunity to introduce students to the wide variety of careers available within sport and physical activity. Through participation in activities such as games, athletics, fitness. Students can learn about careers including PE teaching, sports coaching, personal training, physiotherapy, sports therapy, strength and conditioning, sports psychology, nutrition, officiating, sports journalism, sports photography, event management, sports development and leisure centre management. Practical lessons can also highlight less obvious careers linked to specific activities. For example, football and netball lessons can be linked to coaching and officiating careers, fitness lessons to personal training and physiotherapy, athletics to sports science and performance analysis, and outdoor education activities to careers such as outdoor instructor, expedition leader and armed forces physical training instructor. By making these links explicit, students gain a better understanding of how the skills developed in PE can lead to a wide range of rewarding careers within the sport, health and leisure sectors.

These careers in sport will be presented via KS3 assessment booklets for pupils, as a way of easy access and exposure to the opportunities they can pursue. Within our examination courses, lessons will incorporate examples of real life scenarios where these topics become present in jobs, as a way of guiding pupils curiosity beyond the curriculum and begin to consider future aspirations.

Examination PE Curriculum Outline

GCSE PE

10 Paper 1 content	Structure and Function of the Skeletal system - Structure of the skeletal system - Main functions of the skeletal system - The role of joints and types of synovial joints - Types of joint movement Structure and function of the muscular system - Location of major muscle groups - The role of muscles in movement	Movement Analysis - Lever systems - Planes of movement - Axes of rotation Cardiovascular system & Respiratory system - Structure and function of the cardiovascular system - Structure and function of the respiratory system - Aerobic and anaerobic exercise	The effects of exercise on the body systems - Short-term effects of exercise on the body systems - Long term effects of exercise on the body systems Components of Fitness	Applying the principles of training - Principles of training - Optimising training - Types of training - Preventing injury in physical activity and training - Minimising the risk of injury in physical activity and sport -	Analysing and evaluating performance (NEA) - Evaluation - Analysis - Overview	Analysing and evaluating performance (NEA) - Movement analysis - Assessment - Action Plan
Practical performance - Students are assessed in performing three practical activities and one performance analysis task. In the practical performance, they demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions. They are also required to demonstrate their ability to analyse and evaluate their own performance to produce an action plan for improvement.						
Y10 Careers - including PE teaching, sports coaching, personal training, physiotherapy, sports science, sports psychology, nutrition, sports journalism, event management and sports development. Through studying the physical, psychological and socio-cultural aspects of sport, students gain an understanding of the knowledge and skills required for careers in education, health, fitness, performance sport, media and the leisure industry.						
11 Paper 2 content	Engagement patterns of different social groups in physical activities and sports - Current trends in participation in physical activity and sport in the UK - The main factors affecting participation in physical activity and sport - Strategies to improve participation Commercialisation of physical activity and sport - Influence of the media Ethical and socio-cultural issues in physical activity and sport	Characteristics of skilful movement and classification of skills - Characteristics of skilled performers - Classification of skills - Goal setting - Goal setting - Achieving goals - Effective goal setting Mental Preparation - Mental preparation techniques	Types of guidance and feedback - Guidance - Feedback Health, fitness and well-being - Healthy lifestyle - Fitness - Diet and nutrition - Diet and nutrition - Composition of a healthy diet	Revision Combining topics in preparation for paper 1 and paper 2		

	- Ethics and sport				
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Practical performance - Students are assessed in performing three practical activities and one performance analysis task. In the practical performance, they demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions. They are also required to demonstrate their ability to analyse and evaluate their own performance to produce an action plan for improvement. The deadline for this in year 11 is February.

Y11 Careers - including PE teaching, sports coaching, personal training, physiotherapy, sports science, sports psychology, nutrition, sports journalism, event management and sports development. Through studying the physical, psychological and socio-cultural aspects of sport, students gain an understanding of the knowledge and skills required for careers in education, health, fitness, performance sport, media and the leisure industry.

OCR SPORT STUDIES

10	R186 Sport and the media The different sources of media that cover sport	R186 Sport and the media Positive effects of the media in sport	R186 Sport and the media Negative effects of media in sport	R186 Sport and the media Coursework submission	R185 Performance and leadership in sports activities Key components of performance Organising and planning a sports-activity session	R185 Performance and leadership in sports activities Delivering a sports activity session
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Practical performance - Students are assessed in performing two practical activities. In the practical performance, they demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions. This will be completed across the whole two-year course.

Y10 Careers - Allows students to explore a wide variety of careers within sport, particularly through the study of contemporary issues in sport, sports leadership and media in sport. The course provides insight into careers such as sports coach, PE teacher, sports development officer, event manager, leisure centre manager, referee, sports administrator and community sports leader. The leadership unit also develops skills relevant to coaching, officiating and activity leadership roles within schools, clubs and community settings

11	R185 Performance and leadership in sports activities Reviewing your own performance in planning and delivery of a sports activity session	R185 Performance and leadership in sports activities Applying practice methods to support improvement in a sporting activity	R184 Contemporary issues in sport Issues which affect participation in sport The role of sport in promoting values The implications of hosting major sporting event for a city or country	R184 Contemporary issues in sport The role National Governing Bodies play in the development of their sport The use of technology in sport		
	Careers in sport - Students are assessed in performing two practical activities. In the practical performance, they demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions. This will be completed across the whole two-year course.					
OCR A-LEVEL PE						
12	Paper 1 Skeletal and muscular systems Cardiovascular and respiratory systems Paper 2 Classification of skills Types and methods of practice Transfer of skills Paper 3 Emergence and evolution of modern sport	Paper 1 Diet and nutrition and their effect on physical activity and performance Preparation and training methods Paper 2 Learning theories Stages of learning, guidance and feedback Paper 3 Emergence and evolution of modern sport	Paper 1 Biomechanical principles: Newton's laws of motion, force and the use of technology Biomechanical principles: stability and lever systems Paper 2 Individual differences Paper 3 Sport in the twenty-first century	Paper 1 Energy for exercise Paper 2 Group and team dynamics and goal setting in sport Paper 3 Sport in the twenty-first century	Paper 1 Recovery, altitude and heat Paper 2 Memory models Paper 3 Global sport events	Paper 1 Injury prevention and the rehabilitation of injury Paper 2 Attribution in sport Paper 3 Global sport events
Practical performance – Students are expected to continually demonstrate and present video evidence of their chosen sport, in guidance with the OCR NEA specification. Video footage must be uploaded via Teams to ensure the department can suitably moderate and assess each students practical performance. This contributes to 15% of their final grade. Students are also expected to complete an Oral speaking NEA (Evaluating and analysis for performance improvement), this is also 15% of their final grade and will be completed in the February of Y13. This will be prepared and taught through Y12 and start of Y13						
Y12 Careers - The OCR A Level PE course enables students to explore a wide range of careers across sport, health, education and performance environments, including PE teaching, sports coaching, sports science, physiotherapy, sports psychology, strength and conditioning, nutrition, performance analysis, sports medicine and sports development. By studying physiological, psychological and socio-cultural factors affecting performance, students develop an in-depth understanding of the knowledge and skills required for careers in elite sport, healthcare, research, coaching, teaching and the wider sports industry.						
13	Paper 1 Linear motion Angular motion Paper 2 Confidence and self-efficacy in sports performance	Paper 1 Fluid mechanics and projectile motion Paper 2 Stress management to optimise performance Paper 3	Paper 1 - Revision Paper 2 - Revision Paper 3 - Revision			

	Leadership in sport Paper 3 Ethics and deviance in sport Commercialisation and media	Routes to sporting excellence in the UK Modern technology in sport		
Practical performance – Students are expected to continually demonstrate and present video evidence of their chosen sport, in guidance with the OCR NEA specification. Video footage must be uploaded via Teams to ensure the department can suitably moderate and assess each students practical performance. This contributes to 15% of their final grade. Students are also expected to complete an Oral speaking NEA (Evaluating and analysis for performance improvement), this is also 15% of their final grade and will be completed in the February of Y13. This will be prepared and taught through Y12 and start of Y13				
Y13 Careers - The OCR A Level PE course enables students to explore a wide range of careers across sport, health, education and performance environments, including PE teaching, sports coaching, sports science, physiotherapy, sports psychology, strength and conditioning, nutrition, performance analysis, sports medicine and sports development. By studying physiological, psychological and socio-cultural factors affecting performance, students develop an in-depth understanding of the knowledge and skills required for careers in elite sport, healthcare, research, coaching, teaching and the wider sports industry.				