

Curriculum plan: PE

CONNECTED

INTENT :



“Physical fitness is not only one of the most important keys to a healthy body, it is the basics of dynamic creative intellectual activity”

J F Kennedy

Physical education supports the curriculum vision for all young people to become confident, connected, actively involved, lifelong learners. PE helps students to develop the skills, knowledge and competencies to live a health and physically active lives at school and for the years to come.

The King's aims to develop, support and continue a pathway into sport and exercise through an enthusing, inspiring curriculum as well as extra-curricular programme that also aims to support school-community club links. At The King's, whether your passion is in invasion games, net and ball games, strike and field games, track and field athletics, gymnastic based or swimming, students can learn transferable, cognitive and social skills.

Students will be able to apply these skills into a plethora of conditioned or competitive situations, this development can help lead to improved physical, mental and social health whilst exposing them to a future hobby or career, we encourage our students to approach all physical activity with a positive attitude and an open mind, we guide students to independently develop their skillset and explore different ways to utilize the skills we develop like teamwork, cooperation, communication, creativity and leadership.



Curriculum plan: PE

5 x lessons per fortnight



















Year 9: 2 practical, 2 theory

Year 10 & 11: 2 practical, 3 theory (unless topic can be taught practically)



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****Please click on the icons to access online portals where you can learn more about each topic****

Half term points						
9	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	<p>Unit 2: Practical performance in sport (practical and theory)</p> <p>  </p> <p>Key learning to include:</p> <ul style="list-style-type: none"> Learning Aim B: practically demonstrating skills and application 	<p>Unit 2: Practical performance in sport (practical and theory)</p> <p>  </p> <p>Key learning to include:</p> <ul style="list-style-type: none"> Learning Aim B: practically demonstrating skills and application 	<p>Unit 2: Practical performance in sport (practical and theory)</p> <p>  </p> <p>Key learning to include:</p> <ul style="list-style-type: none"> Learning Aim B: practically demonstrating skills and application 	<p>Unit 2: Practical performance in sport (practical and theory)</p> <p>Key learning to include:</p> <ul style="list-style-type: none"> Learning Aim B: practically demonstrating skills and application 	<p>Unit 2: Practical performance in sport (practical and theory)</p> <p>Key learning to include:</p> <ul style="list-style-type: none"> Learning Aim B: Practically demonstrating skills and application 	<p>Unit 2: Practical performance in sport (practical and theory)</p> <p>Key learning to include:</p> <ul style="list-style-type: none"> Learning Aim B: practically demonstrating skills and application
				<p>Unit 6: Leading sports activities (practical and theory)</p> <p>Key learning to include:</p> <ul style="list-style-type: none"> sports leaders, attributes and responsibilities (done practically) (A1-A3) sports activities (B1) planning (B2) 	<p>Unit 6: Leading sports activities (practical and theory)</p> <p>Key learning to include:</p> <ul style="list-style-type: none"> sports leaders, attributes and responsibilities (done practically) (A1-A3) sports activities (B1) planning (B2) 	<p>Unit 6: Leading sports activities (practical and theory)</p> <p>Key learning to include:</p> <ul style="list-style-type: none"> sports leaders, attributes and responsibilities (Done practically) (A1-A3) sports activities (B1) planning (B2)
	 	 	 			



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Half term points

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
10	Unit 2: Practical performance in sport  Key learning to include: Learning Aim B: <ul style="list-style-type: none"> practically demonstrating skills and application    	Unit 1: Fitness for sport and exercise  Key learning to include: Learning Aim B: <ul style="list-style-type: none"> requirements for fitness training methods (B1 & B2) fitness training methods (B3)  	Unit 1: Fitness for sport and exercise: (some practical topics)    Key learning to include: Learning Aim C: <ul style="list-style-type: none"> fitness test methods (C1) Importance of fitness testing (C2) requirements for administering each test (C3) interpreting fitness test results (C4) revision and MOCK EXAM   	Unit 1: Fitness for sport and exercise Key learning to include: <ul style="list-style-type: none"> revision of all learning aims EXAM 	Unit 2: Practical performance in sport (some practical topics) Key learning to include: Learning Aim A: (type up) <ul style="list-style-type: none"> rules and laws (A1) regulations (A2) scoring systems (A3) application of rules in different situations (A4) roles of officials (A6) responsibilities of officials (A7)  	Unit 2: Practical performance in sport Key learning to include: Learning Aim C: <ul style="list-style-type: none"> observation checklist (C1) review performance (C2)
	Key learning to include: Learning Aim A: <ul style="list-style-type: none"> components of physical fitness (A1) components of skill related fitness (A2) importance of fitness components (A3) exercise intensity (A4) FITT training (A5) 	Unit 2: Practical performance in sport Key learning to include: Learning Aim B: <ul style="list-style-type: none"> practically demonstrating skills and application 	Unit 2: Practical performance in sport Key learning to include: Learning Aim B <ul style="list-style-type: none"> practically demonstrating skills and application Learning Aim B: <ul style="list-style-type: none"> practically demonstrating skills and application 	Unit 2: Practical performance in sport Key learning to include: Learning Aim B: <ul style="list-style-type: none"> practically demonstrating skills and application – (All videoing to be complete by this point Include producing script for 1B.4 and 2B.4 assessment)	Unit 2 Coursework improvements to all learning aims (General practical can be implemented when this learning aim is complete)	

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Half term points

11

AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Unit 3: Applying the principles of personal training 	Unit 3: Applying the principles of personal training 	Unit 3: Applying the principles of personal training 	Unit 3: Applying the principles of personal training	Coursework improvements of all units	Grade range end point:
Key learning to include: Learning Aim A: <ul style="list-style-type: none">personal information to aid training programme design (A1)programme design (A2)	Key learning to include: Learning Aim B: <ul style="list-style-type: none">musculoskeletal system (B1)cardiorespiratory system (B2)	Key learning to include: Learning Aim C: <ul style="list-style-type: none">safely implement a personal fitness training programmetraining diary for each session recordingmeasures for success	Key learning to include: Learning Aim D: <ul style="list-style-type: none">review programme	(General practical for students who have completed all units)	
Unit 6: Leading sports activities Key learning to include: Learning aim A: (type up) <ul style="list-style-type: none">sports leaders (A1)attributes (A2)responsibilities (A3)   (General practical can be implemented if students on track)	Unit 6: Leading sports activities Key learning to include: Learning aim B: <ul style="list-style-type: none">sports activities (B1)plan (B2)lead (B3)measures of success (B4)  	Unit 6: Leading sports activities Key learning to include: Learning aim C: <ul style="list-style-type: none">review targets for development	Coursework improvements of all units (General practical for students who have completed all units)		Level 1- PASS Level 2- DISTINCTION*