

Curriculum plan: PE

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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.



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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
	Unit 2: Practical performance in sport (practical and theory)	Unit 2: Practical performance in sport (practical and theory)	Unit 2: Practical performance in sport (practical and theory)	Unit 2: Practical performance in sport (practical and theory)	Unit 2: Practical performance in sport (practical and theory)	Unit 2: Practical performance in sport (practical and theory)
	Key learning to include: <ul style="list-style-type: none"> Learning Aim B: practically demonstrating skills and application 	Key learning to include: <ul style="list-style-type: none"> Learning Aim B: practically demonstrating skills and application 	Key learning to include: <ul style="list-style-type: none"> Learning Aim B: practically demonstrating skills and application 	Key learning to include: <ul style="list-style-type: none"> Learning Aim B: practically demonstrating skills and application Unit 6: Leading sports activities (practical and theory) Key learning to include: <ul style="list-style-type: none"> sports leaders, attributes and responsibilities (done practically) (A1-A3) sports activities (B1) 	Key learning to include: <ul style="list-style-type: none"> Learning Aim B: Practically demonstrating skills and application Unit 6: Leading sports activities (practical and theory) Key learning to include: <ul style="list-style-type: none"> sports leaders, attributes and responsibilities (done practically) (A1-A3) sports activities (B1) sports activities (B1) 	Key learning to include: <ul style="list-style-type: none"> Learning Aim B: practically demonstrating skills and application Unit 6: Leading sports activities (practical and theory) Key learning to include: <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
	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 2: Practical performance in sport	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)
10	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) 	Key learning to include: Learning Aim B: <ul style="list-style-type: none"> practically demonstrating skills and application 	Key learning to include: Learning Aim B: <ul style="list-style-type: none"> practically demonstrating skills and application 	Key learning to include: Learning Aim B: <ul style="list-style-type: none"> practically demonstrating skills and application – 		Unit 2 Coursework improvements to all learning aims (General practical can be implemented when this learning aim is complete)
			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)		



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Half term points

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

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