

KS3 PE Curriculum Narrative

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

This curriculum of learning has been designed to build upon the experiences encountered at Key Stage 2 at and the [curriculum](#) taught at Primary school.

The KS3 PE curriculum at Manor follows a activity based model where we try to cover a wide range of activities and sports during the first three years of the pE curriculum. The curriculum works in a spiral design so each year students should be building on their skill and knowledge base as they revisit activities. The emphasis in Year 7 is to embed skills, movements, knowledge and to start to apply these to structured competitive situations. The Year 8 curriculum aims to refine students skills, knowledge and application with a focus on improving consistency and accuracy. In Year 9 the focus shifts to developing students' ability to apply skills, develop tactics/strategies and problem solve within small-sided, adapted and full context competitive situations.

Underpinning these activities all students will also study a health related fitness programme which will give them skills and understanding on how to assess their own fitness, develop their fitness levels through a variety of training methods and evaluate their progress to improve their own fitness levels.

KS3 PE Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<p>Introduction activities and multi skill tasks</p> <p>Invasion games skills through sports such as Football and Netball.</p>	<p>Invasion games skills through sports such as Hockey, Rugby and Basketball.</p>	<p>Boys – OAA activities through Orienteering performance skills through Gymnastics activities.</p> <p>Girls – Invasion games skills through Football and Introduction to Health Related Fitness</p>	<p>Boys – Invasion games skills through Hockey and Introduction to Health Related Fitness</p> <p>Girls – OAA activities through Orienteering and Performance skills through activities such as Gymnastics</p>	<p>Boys – Net/Wall Games skills through Tennis</p> <p>Girls – Strike and Fielding games skills through Rounders</p> <p>All - Improvement against personal best achievements through Athletics</p>	<p>Boys – Strike and Fielding games skills through Cricket</p> <p>Girls – Net/Wall Games skills through Tennis</p> <p>Improvement against personal best achievements through Athletics</p>

Year 8	<p>Invasion games skills through sports such as Hockey, Rugby and Netball and Basketball.</p>	<p>Invasion games skills through sports such as Hockey, Rugby and Football.</p> <p>Introducing Net/Wall Games skills through Badminton</p>	<p>Boys – Improving Health and Fitness through recording and target setting and introducing Net/wall games skills through Badminton</p> <p>Girls – Invasion games skills through Football and OAA skills through Orienteering</p>	<p>All- Improvement against personal best achievements through Athletics</p> <p>Boys – OAA skills through Orienteering</p> <p>Girls – Performance activities skills through Trampolining.</p>	<p>All- Improvement against personal best achievements through Athletics</p> <p>Boys – Net/Wall Games skills through Tennis</p> <p>Girls – Strike and Fielding games skills through Rounders</p>	<p>Boys – Strike and Fielding games skills through Cricket and Performance activities skills through trampolining .</p> <p>Girls – Net/Wall Games skills through Tennis and performance activities skills and Improving Health and Fitness through recording and target setting</p>
Year 9	<p>Invasion games skills through sports such as Hockey and Netball.</p> <p>Boys -Improving Health and Fitness through sampling a variety of training methods and</p> <p>Girls - Net/wall and Game skills through Badminton.</p>	<p>Invasion games skills through sports such as Hockey, Rugby and Basketball.</p> <p>Girls - Improving Health and Fitness through sampling a variety of training methods</p>	<p>Boys - Invasion games skills through sports such as Football and Net/Wall Games skills through Badminton</p> <p>Girls – Invasion games skills through Rugby and development of Sports Leadership skills.</p>	<p>Boys – Net/Wall Games skills through Tennis and development of Sports Leadership skills.</p> <p>Girls – Performance activities skills through Trampolining and Invasion games skills through Football.</p>	<p>All - Improvement against personal best achievements through Athletics</p> <p>Boys – Strike and Fielding games skills through Rounders</p> <p>Girls – Net/Wall Games skills through Tennis</p>	<p>Boys – Strike and Fielding games skills through Cricket and improvement against personal best achievements through Athletics</p> <p>Girls – Strike/Field and invasion team game skills through Rounders and invasion games skills through Basketball</p>

KS4 GCSE PE Curriculum Narrative

At Manor, our GCSE syllabus follows the AQA specification and follows on from the practical skills and theoretical work that students have undertaken at Key Stage 3. This syllabus allows students to further develop and enhance their practical skills and knowledge in a range of practical sports based on invasion games, net and wall games, striking and fielding, dance and gymnastics and athletics. Students will be supported to improve the technical level of their skills as well as further understand and demonstrate effective tactical and strategic decisions in order to access the higher grading bands. Students are given the opportunity to be able to accurately and realistically analyse their own sporting performance and make appropriate suggestions to allow improvements to be made. This information then underpins their Unit 3 assessment, the non-examined component. At Key Stage 4, students also build on the knowledge they have developed at KS3 to understand the theoretical nature of sport and as well as the anatomy and physiology of the body. This helps them to develop their ability to explain how they can enhance their own performance and that of others. Finally, students will also look at the socio-cultural aspects of sport in detail and understand the role that psychology plays.

KS4 GCSE PE Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	<ul style="list-style-type: none"> • Skeletal System 1 Intro & Bone and Function • Skeletal system - Synovial Joints • DIY joint • Naming Muscles • Muscles and Movement • Getting to know our muscles • Isotonic/Isometric contractions • Respiratory System & Pathway of air • Gaseous Exchange /spirometer • Aerobic/Anaerobic exercise • CV system • Blood and blood vessels 	<ul style="list-style-type: none"> • Cardiac Cycle • Effects of exercise – Cardio Vascular • Effects of exercise – CV (LT/ST) • Components of fitness - learning • Components of fitness – applying • Fitness Testing • Principles of Training • Methods of Training • Linking sports to components/method s/principles 	<ul style="list-style-type: none"> • High altitude training, warm up, cool down • Optimizing Training & Training Zones • Analysing data • Axis • Planes • Levers 	<ul style="list-style-type: none"> • Skill and ability • Skill Classifications (other continuums) • Goal setting • Basic Model of Information Processing • Feedback • Types of Guidance • Arousal – Inverted U Theory • Arousal continued – controlling arousal • Aggression & Personality • Motivation 	<ul style="list-style-type: none"> • Begin NEA – Introduction • Identifying Fitness strengths • Identifying Fitness weaknesses • Selecting Training – Principles & methods • Designing the training session 	<ul style="list-style-type: none"> • Skills Strength • Skill weakness • Applying to another component • NEA – write up • NEA - submission

Year 11	<ul style="list-style-type: none"> Commercialisation and Sponsorship Sport and the Media Technology and Developments in Sport Physical, mental and social well-being Somatotypes Sedentary lifestyle and obesity Energy Use and Diet Diet -The 6 Nutrients Diet and carbo loading Engagement Patterns Barriers to Participation Ethical Issues – PEDS Ethical issues - Etiquette, sportsmanship etc Spectator Behaviour and Hooliganism 	<u>REVISION AND REVISIT</u> <ul style="list-style-type: none"> Revisit Function of Skeletal & Bone classification Revisit Joints and Types of Movement Revisit muscular system – names / function Muscles, Movement and Antagonistic pairs Respiratory System, Gaseous Exchange /spirometer/Aerobic/Anaerobic CV system and heart (CO/SV) Blood and Blood vessels 	<u>REVISION AND REVISIT</u> <ul style="list-style-type: none"> Effects of exercise – CV (LT/ST) Health & Fitness Components of fitness Training methods Principles of Training Fitness Testing High altitude training, warm up, cool down Recovery 	<u>REVISION AND REVISIT</u> <ul style="list-style-type: none"> Sports psychology revisit - skill and ability Skill continuums Info Processing Mode Arousal - inverted U Goal setting - SMART Aggression and personality 	<u>Specific Exam based AQA Revision</u> <p>Revision - Focus on multiple choice</p> <p>Revision - Focus on 2-4 mark questions</p> <p>Revision - Focus on 6-9 mark questions</p> <p>Tapering revision and prep towards exams</p>	Exams
----------------	--	---	---	--	---	--------------

KS4 GCSE PRACTICAL PE Curriculum Map

Year 10
and Year
11

YEAR 10 GCSE PROGRAMME (1 hour per week) PRACTICAL 2024-25

Practical – P4 (teaching weeks) / Theory – Weds P3 & T1
(Year 10 exams – 16th and 23rd June 2024)

Rotation No. and w/c	Boys		Girls
	Group 1	Group 2	Group 3
1 11/09	Football	Badminton	Netball
2 23/10 * No S/hall 2 weeks-mocks	Hockey (Option)	Rugby (Option)	Badminton
3 11/12	Badminton	Football	Football
4 05/02	Fitness (AS) – focus on different methods	Fitness (AS) – focus on different methods	Hockey
5 26/03 *No Hall GCSEs	Handball	Athletics	Fitness (AS) – focus on different methods
6 21/06 *No Hall *Y10 mocks	Athletics	Handball	Athletics

YEAR 11 GCSE PROGRAMME PRACTICAL

Theory – Tues 3 / Practical – Thurs

Theory – 30 weeks / Practical – 22-24 weeks (4)

Date			
1 14/09 5 weeks	Athletics		Bad
2 19/10 5 weeks	Route 1	Route 2	Girls
3 14/12 5 weeks	Badminton	Badminton	Netball
4 31/01 4 weeks	Rugby	Hockey	Football
08/03 & 15/03	Handball	Foot	Hockey
22/03 & 29/03	2 nd Mocks – limited ac		
w/c 04/04	Free weeks / catch up / final sp		
	Internal Moderation Week		
	Easter Hols		
25/04	External moderation Day - Remote work sent off		
	Revision in Theory Groups		

KS4 CORE PE Curriculum Narrative

At Manor, our KS4 continues to explore our ethos of sport for all and aims to continue to give students a wide experience in a range of activities and sports. The Year 10 programme aims to introduce more advanced skills and techniques within a variety of team and individual games settings. The emphasis continues from Year 9 in terms of developing students' ability to select and apply the correct skills and knowledge to situations, to be able to adopt and implement a range of strategies and to start to transfer skills and strategies across the range of sports.. Added to this students will take more responsibility for officiating and scoring within their activities and experience a range of game contexts from small sided to full context to reflect and support the GCSE PE syllabus.

The Year 10 and 11 curriculum features one hour of taught Physical Education in which the aim is to deliver learning in a wide range of sports with short, focused blocks of work.

A health related exercise element underpins the curriculum at KS4 with designated units of work to give students experiences of 'Healthy activities for life' which encompasses teaching a range of fitness styles and techniques with a view to encouraging lifelong participation.

KS4 CORE Curriculum Map

	Autumn Term		Spring Term		Summer Term	
Year 10	Boys - Invasion games through Rugby, Football and Hockey. Net/wall game skills in Badminton Advanced Game play (full sided games and doubles play)	Girls - Fitness for Life - Exercise to music Net/wall game skills in Badminton Invasion games through Rugby, Football and Hockey. Advanced Game play (full sided games and doubles play)	Boys - invasion skills through Hockey and net/wall skills through Table Tennis. Advanced Game play (full sided games and doubles play)	Girls - Performance skills through Trampolining and invasion skills through Netball. Advanced Game play (full sided games and doubles play)	Boys - Improvement against personal best achievements through Athletics Strike Field skills through rounders and softball Experiences of alternative sports curriculum such as frisbee, lacrosse, Danish longball	Girls - Strike/field skills through Rounders/Softball/Cricke t Experiences of alternative sports curriculum such as frisbee, lacrosse, Danish longball

Year 11	3 week short blocks of invasion games through football, rugby and Hockey Net/Wall games through Badminton Health related fitness through circuit training/boxercise/yoga	3 week short blocks of invasion games through football, rugby and Hockey Net/Wall games through Badminton Health related fitness through circuit training/boxercise/yoga	Students to choose an activity to take part in with a view to recreational enjoyment and stress relief	Students to choose an activity to take part in with a view to recreational enjoyment and stress relief	GCSE Exams and Exam revision time	