

## Physical Education Intent

### **CURRICULUM INTENT**

Physical activity is a critical life-skill which will impact on an individual's health and well-being. Our curriculum is designed around high-quality experiences in a varied and broad spectrum of physical activity and sport. Students are encouraged to find an activity that engages, challenges and inspires them to participate in a 'life-long' active pursuit. Students experience a variety of roles such as official, coach & choreographer and are given the opportunity to develop their Leadership skills through the Sports Leader Award. As our student's progress, they should be able to participate, organise, lead active learning challenges and be confident in accessing physical activity outside of school.

### **Aims**

Our aim is to provide a supportive atmosphere, promoting and enhancing students' experiences and enthusiasm for physical activity. Students should experience & develop their core skills & fitness which apply across the range of activities. Students gain knowledge in the key theoretical aspects of the subject which will enable them to lead an active healthy lifestyle.

*Our curriculum for Physical Education aims to ensure that all students:*

- Experience a large range of activities to inspire an active life-long participation
- Become and remain physically active
- Have the opportunity to select and study the subject at GCSE level
- Are able to fulfil their potential in any given activity or sport
- Develop the confidence & knowledge to access physical activity and sport outside of the school environment

### **Subject content**

Students are taught to develop their fitness & core skills and apply these effectively in both competitive and performance based activities. They will develop their ability to evaluate and improve performance increasing their proficiency in ever more challenging situations.

### **Extra-Curricular**

Students are encouraged to participate in recreational activity, alongside intra & inter school competitions. Students have access to a wide range of clubs and competitions throughout the year and their success is celebrated at the Annual Sports Awards Presentation Evening.

### **Career opportunities**


Physical fitness & health are crucial to all aspects of life. There are many opportunities to pursue a career in the field of physical activity:-

- Leisure Management
- Physiotherapist
- Professional Sportsperson
- Sports Scientist/Consultant
- Coach/Personal trainer
- Diet & Fitness Instructor
- PE Teacher




**ST CLEMENT'S**  
**HIGH SCHOOL**

# Curriculum Plan 2020-21

	Half Term	Year 7	Year 8	Year 9	Year 10 (CORE)	Year 11 (CORE)
<b>Autumn Term 2020</b>	<b>1</b>	<p><b>YEAR FOCUS;</b> Development of fundamental skills and techniques in a range of sports from the PE National Curriculum</p> <ul style="list-style-type: none"> <li>Stages/principles of a warm up</li> <li>Stages / principles of a cool down</li> </ul>	<p><b>YEAR FOCUS;</b> Progression of fundamental skills to advanced skills and techniques in a range of sports from the PE National Curriculum. Skills and techniques applied through defensive and attacking principles.</p> <ul style="list-style-type: none"> <li>Immediate effects of exercise on the muscular and skeletal system</li> <li>Immediate effects of exercise on the cardiorespiratory system.</li> </ul>	<p><b>YEAR FOCUS;</b> Development of tactics and strategies to create success in a range of sports from the PE national curriculum. Development of leadership skills through a Sport Education programme where possible.</p> <ul style="list-style-type: none"> <li>Principles of training</li> <li>The implications of key principles when planning a training programme</li> </ul>	<p><b>YEAR FOCUS;</b> Sports Leader UK award delivered within Core PE lessons. All students have option of completing qualification. Practice sessions delivered to other year 10 students, KS3 students primary school pupils. Core PE plan in place with options chosen at start of year. Students are encouraged to be physically active in sports they enjoy.</p> <ul style="list-style-type: none"> <li>Communication and Confidence (Leadership)</li> </ul>	<p><b>YEAR FOCUS;</b> Students given opportunity to be physically active to gain both the physical and mental benefits from exercise. Options given to encourage students to be physically active in sports they enjoy.</p> <ul style="list-style-type: none"> <li>Mental Health and Well-being</li> <li>Social Benefits</li> <li>Lifestyle Choices</li> <li>PPE Examinations &amp; preparation for GCSEs</li> </ul>
	<b>2</b>	<ul style="list-style-type: none"> <li>Name &amp; location of voluntary muscles</li> </ul>			<ul style="list-style-type: none"> <li>Health &amp; Safety (Risk Assessment)</li> <li>Officiating Rules and Regulations</li> </ul>	
<b>Spring Term 2021</b>	<b>3</b>	<ul style="list-style-type: none"> <li>Function of the Skeleton and types of bones</li> <li>Name and location of all skeletal bones</li> </ul>	<ul style="list-style-type: none"> <li>Different heart rates and exercise intensities</li> <li>Fitness components and the practical application</li> </ul>	<ul style="list-style-type: none"> <li>Long term effects of exercise on the muscular &amp; skeletal system</li> <li>Long term effects of exercise on the cardiorespiratory system</li> </ul>	<ul style="list-style-type: none"> <li>Sports Injury</li> <li>Broader roles within club environment</li> </ul>	
	<b>4</b>				<ul style="list-style-type: none"> <li>Lifelong Participation (links to local providers)</li> </ul>	
<b>Summer Term 2021</b>	<b>5</b>	<ul style="list-style-type: none"> <li>Types of joints</li> <li>Movements at a joint</li> <li>Structure &amp; function of a joint</li> </ul>	<ul style="list-style-type: none"> <li>Fitness tests: method, purpose and results analysis</li> <li>Methods of training and the practical application</li> </ul>	<ul style="list-style-type: none"> <li>Diet: sources and functions</li> <li>The implications of a sedentary lifestyle</li> </ul>	<p><b>COMPULSORY; SPORTS LEADER AWARD &amp; ATHLETICS</b></p>	<p><b>7 ACTIVITIES COMPLETED</b></p>
	<b>6</b>	<p><b>11 ACTIVITIES COMPLETED</b></p>	<p><b>11 ACTIVITIES COMPLETED</b></p>	<p><b>11 ACTIVITIES COMPLETED</b></p>	<p><b>11 ACTIVITIES COMPLETED</b></p>	

Autumn-Spring terms & Summer term activity carousels. Significant changes in place due to COVID restrictions

# Curriculum Plan 2020-21

	Half Term	Year 10 (GCSE)	Year 11 (GCSE)
Autumn Term 2020	1	<ol style="list-style-type: none"> <li>1. Physical, emotional and social health</li> <li>2. Lifestyle choices</li> <li>3. Impact of lifestyle choices</li> <li>4. Sedentary lifestyles and consequences</li> <li>5. Balanced diet and the role of nutrients</li> <li>6. Dietary manipulation for sport</li> <li>7. Optimum weight</li> </ol>	" 3.1 Engagement patterns of different social groups 3.3 Ethical & socio-cultural issues 3.2 Commercialisation 3.5.5 PEDS"  PRACTICAL FINAL ASSESSMENT INCLUDING VIDEO EVIDENCE
	2	<ol style="list-style-type: none"> <li>8. Functions of the skeletal system</li> <li>9. Classification of bones</li> <li>10. Structure of the skeletal system</li> <li>11. Location and roles of key voluntary muscles</li> </ol> <p style="text-align: center;">NETBALL FOOTBALL TRAMPOLINING</p>	
Spring Term 2021	3	<ol style="list-style-type: none"> <li>1. Antagonistic muscles</li> <li>2. Fast and slow twitch muscle fibres</li> <li>3. Structure and function of the cardiovascular system</li> <li>4. Arteries, capillaries and veins</li> <li>5. Vascular shunting</li> </ol>	<p style="text-align: center;">REVISION/RECALL &amp; PPE PREPARATIONS                      PAPER 1 &amp; PAPER 2</p> <p style="text-align: center;">PREPARATION FOR PRACTICAL MODERATION</p>
	4	<ol style="list-style-type: none"> <li>6. Components of blood and their significance for physical activity</li> <li>7. Respiratory system – composition of air; lung volumes</li> <li>8. Location and roles of principal components of respiratory system</li> <li>9. Structure and function of alveoli</li> <li>10. Energy sources; aerobic and anaerobic exercise and short term effects of exercise</li> </ol> <p style="text-align: center;">TABLE TENNIS BADMINTON DANCE</p>	
Summer Term 2021	5	<ol style="list-style-type: none"> <li>1. Goal setting – SMART targets</li> <li>2. Classification of skills</li> <li>3. Forms of practice – theory and practical application</li> <li>4. Types of guidance – theory and practical application</li> <li>5. Mental preparation for performance; Types of feedback</li> </ol>	<p><b>Exam dates:</b></p> <p style="text-align: center;"><b>MAY 2021</b></p> <p style="text-align: center;"><b>PAPER 1 &amp; PAPER 2 DATES TBC</b></p> <div style="text-align: center;">  </div>
	6	<ol style="list-style-type: none"> <li>6. Sports psychology – use of data</li> </ol> <p style="text-align: center;">ATHLETICS</p>	

Duration of each practical activity varies depending on the cohort's strength