



Key Stage 3

During KS3, pupils will have developed holistically through a focus on improving:

- Performance/skill
- Tactical awareness
- Coaching
- Leadership
- Officiating
- Knowledge of healthy active lifestyles.

Throughout KS3, these developments will have occurred through the teaching of a variety of sports including, but not limited to:

- Netball
- Football
- Handball
- Basketball
- Trampolining
- Dance
- Rugby
- Fitness
- Table Tennis
- Athletics
- Badminton
- Cricket
- Rounders
- Gymnastics
- OAA
- Cross Country
- Hockey

Year 10

Term 1

Theoretical content:
Throughout term one, pupils will begin to develop knowledge and understanding of Component One: Fitness and the Body Systems.

Within the first term, pupils will study topics areas including: Anatomy and Physiology:

- Skeletal System, Muscular System, Cardiovascular System and Respiratory System

Practical:
Within practical lessons pupils will continue to develop skills and tactical awareness developed during KS3. Pupils will understand the need to demonstrate and apply relevant skills and techniques in order to achieve success in sport at GCSE level.

Pupils will, throughout this team, be taught through a range of sports including:

- Netball, Football, Cross Country, Badminton and Table Tennis

Term 2

Theoretical content:
Throughout term two, pupils will continue to develop knowledge and understanding of Component One: Fitness and the Body Systems.

Within term two, pupils will study topics areas including: Movement Analysis and Physical Training.

Practical:
Pupils will understand the need to demonstrate and apply relevant skills and techniques in order to achieve success in sport at GCSE level.

Pupils will, throughout this team, be taught through a range of sports including:

- Trampolining, Handball and Gymnastics

Term 3

Theoretical content:
Throughout term three, pupils will begin to develop knowledge and understanding of Component Two: Health and Performance.

Within term three, pupils will study topics areas including: Health, fitness and wellbeing, Sports Psychology and Socio-cultural influences.

Practical:
Pupils will understand the need to demonstrate and apply relevant skills and techniques in order to achieve success in sport at GCSE level.

Pupils will, throughout this team, be taught through a range of sports including:

- Athletics and Football

Year 11

Theoretical content:
Pupils will use term one to complete Component Four of the specification and to begin reviewing knowledge of Component One. Pupils will begin developing their knowledge of component four including the learning surrounding the Personal Exercise Programme. Within this unit, pupils are expected to:

- Identify weaknesses within a sport
- Plan and conduct a training programme to improve those weaknesses
- Evaluate their training programme and whether improvements had been made.

Once PEP is completed, retrieval of Component One with a focus on application to sport and higher tariff and long answer questions.

Practical:
Within practical lessons pupils will be expected to conduct their personal training programme that they have created interleaving knowledge of methods of training to improve components of fitness. Pupils will be expected to demonstrate and apply skills developed in sports during Year 10 as part of a moderation process in a range of sports.

Theoretical content:
Throughout term two, pupils will continue to review knowledge of all of Component One including topics such as: Anatomy and Physiology, Movement Analysis and Physical Training

As per term one, the focus of lessons will be on pupils ability to apply knowledge to sporting examples and answer higher tariff and long answer questions.

Practical:
There will be an increased focus on practical performance during the term due to the moderation process. Pupils will, throughout this team, recap and be moderated in sports including but not limited to:

- Netball, Football, Handball, Basketball, Trampolining, Dance, Rugby, Fitness, Table Tennis, Athletics, Badminton and Cricket

Theoretical content:
Throughout term three, pupils will review knowledge of Component Two: Health and Performance.

As per term two, the focus of lessons will be on pupils ability to apply knowledge to sporting examples and answer higher tariff and long answer questions.

Health, fitness and wellbeing:

- Physical, social and emotional health, Consequences of a sedentary lifestyle and Nutrition and energy

Sports Psychology

- Classification of skill, SMART targets, Guidance and feedback and Mental Preparation

Socio-cultural influences

- Engagement patterns, Commercialisation and Ethical and socio-cultural issues

Pupils who are participating in sport that cannot be taught or assessed within the school setting will have the opportunity to be assessed by their class teacher via video

Cultural Exposure:

At KS4 for both GCSE and Cambridge National pupils, an annual OAA trip will take place allowing pupils to experience activities they may not have previously that are outside of the "norm" in Physical Education. These experiences will provide them with lifelong memories and help to relieve stress and improve mental health during KS4 examination years.

Throughout Physical Education lessons, pupils will develop sporting values of excellence, team spirit, equality and inclusion. This will happen through exposing pupils to events such as disability awareness week, Sports Day, competition within lessons and extra curricular opportunity. Pupils will also develop their communication, co-operation and confidence. They will be given the opportunity to develop understanding of healthy active lifestyles and be aware of how to improve holistic well-being and health.

Extra Curricular:

Throughout the year, all pupils will be given the opportunity to participate in extra curricular activities. The activities are inclusive of all abilities with team sport and competition against other schools being made available for all. Teams are entered into a large number of competitions and fixtures within Chorley, Lancashire and across the North West.