

Key Stage 3 and 4 Curriculum Plans - PE & Sports – Wolstanton High School

All students will cover a broad range of practical sports all of which prepare them, should they choose to take GCSE PE at year 10. Key stage 3 students (2 hours of PE per week) cover 10 sports throughout the year and Key Stage 4 (1 hour of PE per week) cover 6 sports throughout the year.

Throughout both key stages students will be taught theoretical aspects of PE through their practical lessons to prepare them for GCSE PE. The complexity of theory work will increase year on year and every student will be tested at the end of each year on the theory content learnt throughout that year.

Each year students will cover **theoretical aspects** including:

- Applied anatomy and physiology (1)
- Movement analysis (2)
- Physical Training (3)
- Use of data (4)
- Sports Psychology (5)
- Socio-cultural influences (6)
- Health, fitness and well-being (7)

During Key stages 3 and 4 all students will develop competence to excel in the following team and individual **practical sports**:

- Football
- Netball
- Badminton
- Basketball
- Athletics
- Cricket
- Handball
- Volleyball
- Rugby
- Dance
- Gymnastics
- Fitness

Non-traditional and alternative sports will also be offered to students as part of extensive extra-curricular sports programme at lunchtimes and after school.

Year 7	Practical Sport	Theory covered (21 areas covered)	Within topic... (1-7 from list above)
Autumn Term	<ul style="list-style-type: none"> Baseline Testing 	<ul style="list-style-type: none"> During this first 4 week block in year 7 teachers will assess pupils practically against GCSE criteria and give them a starting grade from 1-9 in a range of team and individual sports. Less time will therefore be spent teaching theoretical aspects at this point. Warming up and cooling down 	(3)
	<ul style="list-style-type: none"> Football (Boys) Netball (Girls) 	<ul style="list-style-type: none"> Location of bones Location of Muscles Somatotypes Define aerobic and anaerobic 	(1) (1) (7) (1)
	<ul style="list-style-type: none"> Fitness 	<ul style="list-style-type: none"> Definitions of components of fitness Define Health and Fitness Measuring components of fitness Plotting a basic HR graph 	(3) (1) (3) (4)
Spring Term	<ul style="list-style-type: none"> Badminton 	<ul style="list-style-type: none"> Structure of the heart The pathway of air Mechanics of breathing 	(1) (1) (1)
	<ul style="list-style-type: none"> Handball (Boys) Volleyball (Girls) 	<ul style="list-style-type: none"> Considerations to prevent injury Definitions of skill and ability Definition of arousal 	(3) (5) (5)
	<ul style="list-style-type: none"> Rugby (Boys) Dance (Girls) 	<ul style="list-style-type: none"> Direct and indirect aggression Introvert and Extrovert definition/characteristics Conduct of performers 	(5) (5) (6)
	<ul style="list-style-type: none"> Basketball 	<ul style="list-style-type: none"> Consequences of a sedentary lifestyle Immediate effects of exercise on body Recovery process from vigorous exercise 	(7) (1) (1)
Summer Term	<ul style="list-style-type: none"> Athletics 	<ul style="list-style-type: none"> Recap of theory work covered in Autumn and Spring terms in readiness for year 7 exam in Summer term Revision sheets to be issued to pupils 	Students will have their end of year 7 exam during this term
	<ul style="list-style-type: none"> Cricket 		
	<ul style="list-style-type: none"> Gymnastics 		

Year 8	Practical Sport	Theory covered (17 areas covered)	Within topic... (1-7 from list above)
Autumn Term	<ul style="list-style-type: none"> Fitness 	<ul style="list-style-type: none"> Blood Vessels Definition and understanding of oxygen debt Linking aerobic and anaerobic exercise to practical sporting examples Relationship between health and fitness 	(1) (1) (1) (3)
	<ul style="list-style-type: none"> Football (Boys) Netball (Girls) 	<ul style="list-style-type: none"> Structure of skeleton Short term effects of exercise Long term effects of exercise 	(1) (1) (1)
	<ul style="list-style-type: none"> Handball 	<ul style="list-style-type: none"> Linking sports to required components of fitness Classifications of skill SMART targets 	(3) (5) (5)
Spring Term	<ul style="list-style-type: none"> Badminton 	<ul style="list-style-type: none"> Principles of training and overload Inverted U Theory Physical activity and health links 	(3) (5) (7)
	<ul style="list-style-type: none"> Volleyball 	<ul style="list-style-type: none"> Definition of intrinsic and extrinsic motivation Obesity 	(5) (7)
	<ul style="list-style-type: none"> Rugby (Boys) Dance (Girls) 	<ul style="list-style-type: none"> Seasonal aspects Reasons why hooliganism occurs 	(3) (6)
	<ul style="list-style-type: none"> Basketball 	<ul style="list-style-type: none"> Recap of theory work covered in Autumn and Spring terms in readiness for year 8 exam in Summer term Revision sheets to be issued to pupils 	Students will have their end of year 8 exam during this term
<ul style="list-style-type: none"> Athletics 			
<ul style="list-style-type: none"> Cricket 			
Summer Term	<ul style="list-style-type: none"> Gymnastics 		

Year 9	Practical Sport	Theory covered (17 areas covered)	Within topic... (1-7 from list above)
Autumn Term	<ul style="list-style-type: none"> Fitness 	<ul style="list-style-type: none"> Demonstration of how data is collected for fitness testing Application of the principles of training High altitude training Gaseous exchange 	(3/4) (3) (3) (1)
	<ul style="list-style-type: none"> Football (Boys) Netball (Girls) 	<ul style="list-style-type: none"> Arousal levels in sport Arousal control/stress management in sport Strategies to combat hooliganism 	(5) (5) (6)
	<ul style="list-style-type: none"> Handball 	<ul style="list-style-type: none"> Definitions of types of goals Performance and outcome goal setting Merits of intrinsic and extrinsic motivation 	(5) (5) (5)
Spring Term	<ul style="list-style-type: none"> Badminton 	<ul style="list-style-type: none"> Functions of the skeleton Types of freely moveable joints Analysis of basic sporting movements 	(1) (1) (2)
	<ul style="list-style-type: none"> Volleyball 	<ul style="list-style-type: none"> Identification of relevant planes Commercialisation 	(2) (6)
	<ul style="list-style-type: none"> Rugby (Boys) Dance (Girls) 	<ul style="list-style-type: none"> Energy use Nutrition – reasons for having a balanced diet 	(7) (7)
	<ul style="list-style-type: none"> Basketball 	<ul style="list-style-type: none"> Recap of theory work covered in Autumn and Spring terms in readiness for year 9 exam in Summer term Revision sheets to be issued to pupils 	Students will have their end of year 9 exam during this term
<ul style="list-style-type: none"> Athletics 			
<ul style="list-style-type: none"> Cricket 			
Summer Term	<ul style="list-style-type: none"> Gymnastics 		

Year 10	Practical Sport	Theory covered (16 areas covered)	Within topic... (1-7 from list above)
Autumn Term	<ul style="list-style-type: none"> Football (Boys) Netball (Girls) 	<ul style="list-style-type: none"> Hydration and Dehydration Prohibited substances Prohibited methods Drug restrictions 	(7) (6) (6) (6)
	<ul style="list-style-type: none"> Badminton 	<ul style="list-style-type: none"> Nutrition – Role of Carbs, fat, protein and vitamins/minerals Advantages and disadvantages of training types Structure of a synovial joint Analysing a sporting movement 	(7) (3) (1) (1)
Spring Term	<ul style="list-style-type: none"> Fitness 	<ul style="list-style-type: none"> The cardiac cycle and pathway of blood Reasons for/limitations of fitness testing Quantitative data Qualitative data 	(1) (1) (4) (4)
	<ul style="list-style-type: none"> Basketball 	<ul style="list-style-type: none"> First, second and third class lever systems Types of sponsorship and media Positive and negative impacts of sponsorship/media Basic information processing model 	(2) (6) (6) (5)
Summer Term	<ul style="list-style-type: none"> Athletics 	<ul style="list-style-type: none"> Recap of theory work covered in Autumn and Spring terms in readiness for year 10 exam in Summer term Revision sheets to be issued to pupils 	Students will have their end of year 10 exam during this term
	<ul style="list-style-type: none"> Cricket 		

Year 11	Practical Sport	Theory covered (10 areas covered)	Within topic... (1-7 from list above)
Autumn Term	<ul style="list-style-type: none"> Football (Boys) Netball (Girls) 	<ul style="list-style-type: none"> Identify and evaluate different types of guidance Identify and evaluate different types of feedback 	(5) (5)
	<ul style="list-style-type: none"> Badminton 	<ul style="list-style-type: none"> Types of movement at different joints Positive and negative impacts of technology 	(1) (6)
Spring Term	<ul style="list-style-type: none"> Fitness 	<ul style="list-style-type: none"> Cardiac output, stroke volume and heart rate Interpretation of a spirometer trace Training thresholds/ calculating intensities 	(1) (1)
	<ul style="list-style-type: none"> Basketball 	<ul style="list-style-type: none"> Mechanical advantage (effort arm/weight arm) Which performers may use different performance enhancing drugs (PED's) Advantages/disadvantages of PED's on the performer and the sport 	(2) (6) (6)
Summer Term	<ul style="list-style-type: none"> Athletics 	<ul style="list-style-type: none"> Recap of theory work covered in Autumn and Spring terms in readiness for year 11 exam in Summer term 	Students will have their end of year 11 exam during this term
		<ul style="list-style-type: none"> Revision sheets to be issued to pupils. 	