

## Physical Education Key Stage 3 Curriculum

	Autumn Term	Spring Term	Summer Term
<b>Y7</b>	<b>Games Programme</b> Football Rugby  <b>PE Programme</b> Gymnastics Swimming	<b>Games Programme</b> Hockey Rugby  <b>PE Programme</b> Basketball Health-related fitness	<b>Games Programme</b> Tennis Cricket  <b>PE Programme</b> Athletics Badminton
<b>Y8</b>	<b>Games Programme</b> Football Inter-House Football  <b>PE Programme</b> Gymnastics Swimming	<b>Games Programme</b> Rugby Hockey  <b>PE Programme</b> Rackets (Table Tennis & Squash) Health-related fitness	<b>Games Programme</b> Tennis Cricket  <b>PE Programme</b> Athletics Basketball
<b>Y9</b>	<b>Games Programme</b> Football Inter-House Football  <b>PE Programme</b> Rackets (Table Tennis & Squash) Life Saving	<b>Games Programme</b> Rugby Hockey  <b>PE Programme</b> Badminton Health-related fitness	<b>Games Programme</b> Handball Inter-House Softball  <b>PE Programme</b> Athletics Tennis

## Sports Studies GCSE Curriculum Overview

	Autumn Term	Spring Term	Summer Term
<b>Y10</b>	<p><b>Theory component:</b></p> <ul style="list-style-type: none"> <li>Structure and function of the muscular skeletal system</li> <li>Movement analysis</li> <li>Planes and axis</li> <li>Components of fitness</li> <li>Fitness testing</li> <li>Classification of skill</li> <li>Goal setting and SMART targets</li> <li>Guidance and feedback</li> <li>Health and fitness</li> <li>Energy use diet and nutrition</li> </ul> <p><b>Practical component:</b></p> <ul style="list-style-type: none"> <li>Climbing, badminton and table tennis</li> </ul>	<p><b>Theory component:</b></p> <ul style="list-style-type: none"> <li>Training Methods &amp; Principles of training</li> <li>Structure and function of cardio-respiratory system</li> <li>Mechanics of breathing Anaerobic and Aerobic exercise</li> <li>Short and long-term effects of exercise</li> <li>Seasonal aspects</li> <li>Warm and cool down</li> <li>Use of data &amp; information processing</li> <li>Mental preparation for performance</li> <li>Social cultural influences</li> </ul> <p><b>Practical component:</b></p> <ul style="list-style-type: none"> <li>Climbing, badminton and table tennis</li> </ul>	<p><b>Theory component:</b></p> <ul style="list-style-type: none"> <li>How to optimise training and prevent injury</li> <li>Coursework</li> <li>Drugs in sport</li> <li>Commercialisation and sponsorship</li> </ul> <p><b>Practical component:</b></p> <ul style="list-style-type: none"> <li>Written coursework</li> </ul>
<b>Y11</b>	<p><b>Theory component:</b></p> <ul style="list-style-type: none"> <li>Ethical and socio-cultural influences</li> <li>Spectator behaviour</li> <li>Coursework</li> <li>Revision &amp; examination technique</li> </ul> <p><b>Practical component:</b></p> <ul style="list-style-type: none"> <li>Climbing, badminton and table tennis</li> <li>Filming for practical component</li> <li>Commentary sheets</li> <li>Preparation for moderation</li> </ul>	<p><b>Theory component:</b></p> <ul style="list-style-type: none"> <li>Revision &amp; examination technique</li> </ul> <p><b>Practical component:</b></p> <ul style="list-style-type: none"> <li>Climbing, badminton and table tennis</li> <li>Preparation for moderation</li> </ul>	<p><b>Theory component:</b></p> <ul style="list-style-type: none"> <li>Revision &amp; examination preparation</li> </ul>

## Sports Studies A level Curriculum

	Autumn Term	Spring Term	Summer Term
<b>Y12</b>	<p><b>Psychology</b>            Personality            Attitudes            Anxiety</p> <p><b>Skill Acquisition</b>            Skill &amp; transfer of learning            Methods of presenting practice            Types of practice            Stages of learning            Learning plateaus            Theories of learning</p> <p><b>Socio-Cultural</b>            Pre-Industrial sport            Mob football, athletics &amp; real tennis            The Industrial Revolution            Amateurism and professionalism            Rationalisation of sports</p> <p><b>Physiology</b>            Movement analysis &amp; centre of mass            Newton's Laws &amp; angular momentum            Projectile and linear motion            Fluid mechanics            Diet and nutrition</p> <p><b>Practical Component</b>            Filming for chosen sport</p>	<p><b>Psychology</b>            Arousal            Aggression            Motivation            Social facilitation</p> <p><b>Skill Acquisition</b>            Characteristics of Skill            Transfer of learning            Methods of presenting practice            Types of practice</p> <p><b>Socio-Cultural</b>            Sociology of sport            Under-represented groups in the UK            Barriers, solutions and effectiveness</p> <p><b>Physiology</b>            Cardio-respiratory system            gaseous exchange            Adaptations through training            Cardiovascular system            Neuromuscular            Specialised training methods            Principles of training</p> <p><b>Practical Component</b>            Filming for chosen sport</p>	<p><b>Psychology</b>            Group dynamics            Cohesion            Goal setting            Stress management</p> <p><b>Skill Acquisition</b>            Information processing            Memory            Schema</p> <p><b>Socio-Cultural</b>            Concepts and characteristics            Development of elite sport in the UK</p> <p><b>Physiology</b>            Written Coursework            Factors affecting VO<sub>2</sub> max and onset of blood lactate accumulation            Introduction to energy systems</p> <p><b>Practical Component</b>            Filming for chosen sport</p>

<b>Y13</b>	<p><b>Psychology</b></p> <ul style="list-style-type: none"> <li>Achievement motivation</li> <li>Confidence</li> <li>Leadership</li> <li>Attribution Theory</li> </ul> <p><b>Socio-Cultural</b></p> <ul style="list-style-type: none"> <li>Organisations providing support and progression</li> <li>Sport UK</li> <li>English Institute of Sport</li> <li>National governing bodies</li> <li>Whole sports plans</li> </ul> <p><b>Physiology</b></p> <ul style="list-style-type: none"> <li>Energy systems</li> <li>Drugs in sport</li> <li>Injury types</li> <li>Rehabilitation and prevention</li> </ul> <p><b>Practical Component</b></p> <ul style="list-style-type: none"> <li>Filming chosen sport</li> <li>Commentary sheets</li> <li>Preparation for moderation</li> </ul>	<p><b>Psychology</b></p> <ul style="list-style-type: none"> <li>Revision &amp; examination technique</li> </ul> <p><b>Socio-Cultural</b></p> <ul style="list-style-type: none"> <li>Ethics in sport</li> <li>Sport and the law</li> <li>Commercialism</li> <li>Technology</li> </ul> <p><b>Physiology</b></p> <ul style="list-style-type: none"> <li>Revision &amp; examination technique</li> </ul> <p><b>Practical Component</b></p> <ul style="list-style-type: none"> <li>Filming chosen sport</li> <li>Commentary sheets</li> <li>Preparation for moderation</li> </ul>	<p><b>Psychology</b></p> <ul style="list-style-type: none"> <li>Revision &amp; examination technique</li> </ul> <p><b>Socio-Cultural</b></p> <ul style="list-style-type: none"> <li>Revision &amp; examination technique</li> </ul> <p><b>Skill Acquisition</b></p> <ul style="list-style-type: none"> <li>Revision &amp; examination technique</li> </ul> <p><b>Physiology</b></p> <ul style="list-style-type: none"> <li>Revision &amp; examination technique</li> </ul>
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