

Physical Education Curriculum Map

Key = matching colours denote links between topics either in content or skills across year groups and key stages.

	INJURIES		STRATEGIC DEVELOPMENT
	CORE SKILLS		NUTRITION
	ADVANCED SKILLS		FITNESS & TRAINING
	TACTICAL UNDERSTANDING		EXTERNAL EXAMS
	ANATOMY AND PHYSIOLOGY		CAREERS

KEY STAGE 3	7	<u>Core Skills</u> Football, Rugby, Trampoline, Netball, Basketball, OAA, Dance, and Handball	Inclusive & Disability Sports	<u>Core Skills</u> Badminton, Trampoline, Dance, Football, Fitness, Rugby, and Hockey	<u>Core Skills</u> Athletics, Rounders, Cricket, Softball, and Tennis
	8	<u>Advanced Skills</u> Football, Rugby, Trampoline, Netball, Basketball, OAA, Dance, and Handball	Inclusive & Disability Sports	<u>Advanced Skills</u> Badminton, Trampoline, Dance, Football, Fitness, Rugby, and Hockey	<u>Advanced Skills</u> Athletics, Rounders, Cricket, Softball, and Tennis
	9	<u>Tactical Understanding</u> Football, Rugby, Trampoline, Netball, Basketball, OAA, Dance, and Handball	Inclusive & Disability Sports	<u>Tactical Understanding</u> Badminton, Trampoline, Dance, Football, Fitness, Rugby, and Hockey	<u>Tactical Understanding</u> Athletics, Rounders, Cricket, Softball, and Tennis

By the end of KS3, students will have developed their skills in a variety of sports across KS3. They will also develop their ability to plan, evaluate, and analyse performance. Students will also be able to apply a range of tactics and strategies in a variety of games, developing their knowledge and understanding of a variety of sporting activities and explaining how the body responds to exercise. Students will develop skills, such as: teamwork, cooperation, communication, problem solving, and officiating. During PE lessons, students will understand and know the rules, apply the skills, and evaluate their performance when participating in a range of different sports. Skills are built upon each year from learning the core skills, developing into advanced skills, and then gaining a tactical understanding of how to improve and strategically enhance performance.

KEY STAGE 4	10 CORE	<u>Strategic Development:</u> Football, Rugby, Trampoline, Netball, Badminton, Fitness	<u>Strategic Development:</u> Handball, Hockey, Fitness, Basketball, Table Tennis	<u>Strategic Development:</u> Badminton, Trampoline, Football, Hockey, Handball, and Fitness	<u>Strategic Development:</u> Flag Football, Futsal, Dance, Rugby, Trampoline	<u>Strategic Development:</u> Athletics, Rounders, Cricket, Softball, Tennis	
	10 CNAT	R181 Task 1: Exploring the components of fitness applied in sport	R181 Task 2: Exploring the components of fitness applied in sport and drills	R181 Task 3: Exploring the principles of training and training methods	R181 Task 4: Organising and planning a fitness training programme	R181 Task 5: Evaluating your own performance in the planning and delivery of a fitness training programme	R183 Task 1 and 2: Exploring the nutrients needed for a healthy, balanced nutrition plan
	11 CORE	<u>Strategic Development:</u> Football, Rugby, Trampoline, Netball, Badminton	<u>Strategic Development:</u> Handball, Hockey, Fitness, Basketball, Table Tennis	<u>Strategic Development:</u> Badminton, Trampoline, Football, Hockey, Handball	<u>Strategic Development:</u> Fitness, Trampoline, Badminton, Handball, Hockey		
	11 CNAT	R183 Task 3 and 4: Developing a balanced nutrition plan for a selected sporting activity		Examination Unit (R180): Reducing the risk of injuries and dealing with common medical conditions		GCSE REVISION AND EXAMS	

Core PE:

By the end of KS4, students will have developed their skills in a variety of sports. Students will also develop their ability to plan, evaluate, and analyse performance. They will further develop their knowledge and understanding of sporting activities and be able to select and apply the correct tactics and strategies needed to be successful. Students will continue to develop skills such as teamwork, cooperation, communication, problem solving and officiating.

Level 2 CNAT:

By the end of KS4, students will have developed their ability to plan, evaluate, and analyse sports performance via a variety of fitness testing and training methods. They will also develop the knowledge and understanding of how the body system work. Students will also develop skills such as monitoring and analysing their own performance, time management and problem solving, and research techniques through a practical and skills approach to learning and assessment.

KEY STAGE 5	12	Unit 1: Musculoskeletal cardiorespiratory system		Unit 1: Effects of exercise on the cardiovascular system		Unit 1: Energy Systems		PEARSON LEVEL 3 UNIT 1 AND 2 REVISION AND EXAMS		
		Unit 2: Positive and negative lifestyle factors and modifications		Unit 2: Programme related nutritional needs		Unit 2: Training methods for different components of fitness			Unit 2: Understanding training program design	
	13	Unit 3: Understanding career opportunities in sport		Unit 3: Career development action plan		Unit 3: Recruitment activity in a selected pathway			Unit 3: Evaluation on the performance during the selection process	
		Unit 5: Principles of fitness testing		Unit 5: Fitness tests for different components		Unit 5: Exploring and conducting fitness test based on relevant component of fitness			Unit 5: Creating a fitness profile for a performer	

By the end of KS5, students will have developed a detailed understanding of key areas in sport such as body systems, application of fitness testing, fitness training and programming for health, sport and well-being, and development in the sports industry. Through studying a range of sport and exercise topics, students will develop a comprehensive understanding of how the body responds to exercise, how to plan and create fitness programs, how to apply different fitness tests, and understanding the career process in the sporting industry.