Henlow Academy PE Curriculum Information

Intent	Implementation	Impact					
Our exposure-focused Physical Education (PE) curriculum aims to provide students with a wide range of physical activities, sports, and fitness experiences. The curriculum is designed to cultivate a lifelong appreciation for physical activity, promote holistic	1. Comprehensive Activity Range: Our curriculum offers a diverse range of activities, including traditional sports, individual and team-based games, dance, martial arts, outdoor pursuits, and recreational activities. This variety ensures that students are exposed to a broad spectrum of physical activities, promoting exploration, skill acquisition,	1. Physical Literacy: Our exposure-focused curriculum aims to develop physical literacy among students. By introducing them to a wide range of activities, we provide opportunities for students to acquire and refine a broad repertoire of movement skills, enhancing their physical competence and confidence.					
development, and encourage healthy habits. By exposing students to diverse activities, we aim to nurture their physical, social, emotional, and cognitive growth, fostering a well-rounded and balanced approach to their overall well-being. Link and build on previously learned fundamental	 and personal preference discovery. 2. Inclusive Approach: We adopt an inclusive approach that accommodates students of all abilities and backgrounds. Our curriculum embraces adaptive physical education strategies to ensure that every student can actively participate and experience success. By promoting inclusivity, we foster a sense of belonging and respect for 	2. Holistic Development: Our curriculum recognises the interconnectedness of physical, social, emotional, and cognitive development. Through exposure to diverse activities, students experience personal growth, develop resilience, build relationships, and enhance their cognitive abilities. They become well-rounded individuals with a balanced approach to their overall well-being.					
movement skills (locomotor skills (like running), stability skills (like balancing) and manipulation skills (like catching) and introduce sports specific skills. Explore the rules and regulations of different sports and	diversity within our physical education program. 3. Skill Development: Our curriculum emphasizes skill development across different activities. We provide structured learning opportunities that focus on fundamental	3. Lifelong Appreciation: By exposing students to a variety of physical activities, we strive to cultivate a lifelong appreciation for active lifestyles. We aim to instill a sense of enjoyment, curiosity, and enthusiasm for physical activity,					
activities. Evaluate their own and others performance	movement skills, such as coordination, balance, agility, and spatial awareness. As students progress, they are exposed to advanced skills and techniques, enabling them to	encouraging students to continue engaging in physical pursuits beyond their schooling years.					
Prepare students to achieve their personal bests in both the practical and theory GCSE PE and BTEC Sport.	 enhance their capabilities and enjoy a sense of mastery. 4. Collaboration and Sportsmanship: Through our curriculum, we emphasise the value of collaboration, teamwork, and good sportsmanship. Students engage in 	4. Inclusivity and Empathy: Our curriculum promotes inclusivity and fosters empathy by providing opportunities for students to understand and respect individual differences. By collaborating and participating in activities together, students develop empathy, acceptance, and a					
Develop an understanding and awareness of the effect of activity on health (mind and body)	 cooperative activities, team-based challenges, and competitive events, fostering skills like communication, empathy, and respect for others. We promote a positive and supportive environment that encourages healthy competition while emphasizing the importance of fair play and ethical conduct. 5. Health and Fitness Education: Alongside physical 	 deeper appreciation for diversity. 5. Health Consciousness: Through our curriculum, students gain knowledge and understanding of the importance of leading a healthy lifestyle. They are equipped with the tools to make informed decisions about their well-being, leading to improved physical fitness, mental health, and overall quality of life. 					
	activities, our curriculum incorporates health and fitness education. We educate students about the benefits of regular exercise, proper nutrition, stress management, and overall well-being. By raising awareness of healthy habits, we empower students to make informed decisions that positively impact their physical and mental health.	By implementing our exposure-focused PE curriculum, we aim to inspire a generation of students who value physical activity, embrace diversity, and prioritize their well-being. Our intent is to empower them with the necessary skills, knowledge, and attitudes to lead active, fulfilling lives both during their education and beyond.					

Year 7 Curriculum Plan								
	Autumn 1	Autumn 1 Autumn 2 Spring 1 Spring 2 Summer 1 Summer 2						
Theme	Coordination Agility Bicep Triceps	Reaction Time - Cardiovascular Endurance- Trapezius Deltoids	Flexibility Balance Abdominals Gluteals	Strength Muscular Endurance Latissimus Dorsi Gastrocnemius	Speed Power Quadriceps Hamstring	Components of fitness definition revision Muscle Revision		
Key Concepts	Recognise the 'components of fitness of the half term' Names and locations of the 'muscles of the half term'. Explore sports specific skills and rules with a focus on invasion and net and wall games.	Recognise the 'components of fitness of the half term' Names and locations of the 'muscles of the half term'. Explore sports specific skills and rules with a focus on net and wall games OAA and athletics	Recognise the 'components of fitness of the half term' Names and locations of the 'muscles of the half term'. Explore sports specific skills and rules with a focus on invasion games, gymnastics and dance.	Recognise the 'components of fitness of the half term' Names and locations of the 'muscles of the half term'. Explore sports specific skills and rules with a focus on invasion games, OAA, gymnastics and dance.	Recognise the 'components of fitness of the half term' Names and locations of the 'muscles of the half term'. Explore sports specific skills and rules with a focus on Athletics and striking and fielding activities.	Recap the components of fitness and muscles. Explore sports specific skills and rules with a focus on Athletics and striking and fielding activities.		
SMSC and British Values	The importance of respecting and following rules. Setting personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation, communication skills	The importance of respecting and following rules. Setting personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation, communication skills	The importance of respecting and following rules. Setting personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation, communication skills	The importance of respecting and following rules. Setting personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation, communication skills	The importance of respecting and following rules. Setting personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation, communication skills	The importance of respecting and following rules. Setting personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation, communication skills		
Parental Support	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.		

Year 8 Curriculum Plan							
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Theme	Coordination Agility Bicep Triceps Flexion Extension	Reaction Time - Cardiovascular Endurance- Trapezius Deltoids	Flexibility Balance Abdominals Gluteals	Strength Muscular Endurance Latissimus Dorsi Gastrocnemius	Speed Power Quadriceps Hamstring Flexion Extension	Components of fitness definition revision Muscle Revision	
Key Concepts	Applying the 'components of fitness of the half term, giving relevant examples. Exploring movement produced by the 'muscles of the half term'. Develop sports specific skills and rules with a focus on invasion and net and wall games. Through a more games based approach.	Applying the 'components of fitness of the half term, giving relevant examples. Exploring movement produced by the 'muscles of the half term'. Develop sports specific skills and rules with a focus on net and wall games OAA and athletics	Applying the 'components of fitness of the half term, giving relevant examples. Exploring movement produced by the 'muscles of the half term'. Develop sports specific skills and rules with a focus on invasion games, gymnastics and dance. Through a more games based approach.	Applying the 'components of fitness of the half term, giving relevant examples. Exploring movement produced by the 'muscles of the half term'. Develop sports specific skills and rules with a focus on invasion games, OAA, gymnastics and dance.	Applying the 'components of fitness of the half term, giving relevant examples. Exploring movement produced by the 'muscles of the half term'. Develop sports specific skills and rules with a focus on Athletics and striking and fielding activities.	Recap the components of fitness and muscles. Develop sports specific skills and rules with a focus on Athletics and striking and fielding activities. Sports Day preparation.	
SMSC and British Values	The importance of respecting and following rules. Setting personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation, communication skills	The importance of respecting and following rules. Setting personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation, communication skills	The importance of respecting and following rules. Setting personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation, communication skills	The importance of respecting and following rules. Setting personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation, communication skills	The importance of respecting and following rules. Setting personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation, communication skills	The importance of respecting and following rules. Setting personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation, communication skills	
Parental Support	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	

Year 9 Curriculum Plan								
	Autumn 1 Autumn 2 Spring 1 Spring 2 Summer 1 Summer							
Theme	Coordination Agility Bicep Triceps Flexion Extension	Reaction Time - Cardiovascular Endurance- Trapezius Deltoids	Flexibility Balance Abdominals Gluteals	Strength Muscular Endurance Latissimus Dorsi Gastrocnemius	Speed Power Quadriceps Hamstring Flexion Extension	Components of fitness definition revision Muscle Revision		
Key Concepts	Evaluating the components of fitness and their relevance to certain sports and activities. Exploring movement produced by the 'muscles of the half term'. Develop sports specific skill and tactics with a focus on invasion games. Explore health and fitness through a year long Healthy Active Lifestyles unit. Take ownership of their fitness though choice.	Evaluating the components of fitness and their relevance to certain sports and activities. Exploring movement produced by the 'muscles of the half term'. Develop sports specific skill and tactics with a focus on athletics. Explore health and fitness through a year long Healthy Active Lifestyles unit. Take ownership of their fitness though choice.	Evaluating the components of fitness and their relevance to certain sports and activities. Exploring movement produced by the 'muscles of the half term'. Develop sports specific skill and tactics with a focus on gymnastics and OAA. Explore health and fitness through a year long Healthy Active Lifestyles unit. Take ownership of their fitness though choice.	Evaluating the components of fitness and their relevance to certain sports and activities. Exploring movement produced by the 'muscles of the half term'. Develop sports specific skill and tactics with a focus on gymnastics and OAA. Explore health and fitness through a year long Healthy Active Lifestyles unit. Take ownership of their fitness though choice.	Evaluating the components of fitness and their relevance to certain sports and activities. Exploring movement produced by the 'muscles of the half term'. Develop sports specific skill and tactics with a focus on striking and fielding and athletics. Explore health and fitness through a year long Healthy Active Lifestyles unit. Take ownership of their fitness though choice.	Evaluating the components of fitness and their relevance to certain sports and activities. Exploring movement produced by the 'muscles of the half term'. Develop sports specific skill and tactics with a focus on striking and fielding and athletics. Explore health and fitness through a year long Healthy Active Lifestyles unit. Sports day preparation.		
SMSC and British Values	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation, communication skills	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation,	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation,	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation,	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation,	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation,		
Parental Support	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.		

Year 10 Curriculum Plan								
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2		
Theme	Training Methods & Choice	Handball & Choice	Trampolining & Choice	Badminton & Choice	Rounders & Choice	Athletics & Choice		
Key Concepts	Physical, mental and social benefits of physical activity and sport. Explore fitness training methods - Circuit - Interval - Fartlek - HIIT - Yoga - Weight Training - Plyometrics - Pilates - Boxercise - Zumba Take ownership of their fitness though choice.	Physical, mental and social benefits of physical activity and sport. Develop knowledge of the rules, skill and tactics specific to handball. Draw on transferable skills learnt in KS3. Take ownership of their fitness though choice.	Physical, mental and social benefits of physical activity and sport. Develop knowledge of the rules, skill and tactics specific to trampolining. Draw on transferable skills learnt in KS3. Take ownership of their fitness though choice.	Physical, mental and social benefits of physical activity and sport. Develop knowledge of the rules, skill and tactics specific to badminton Draw on transferable skills learnt in KS3. Explore the different types of competition, knockout, round robin, leagues Take ownership of their fitness though choice.	Physical, mental and social benefits of physical activity and sport. Develop knowledge of the rules, skill and tactics specific to rounders. Draw on transferable skills learnt in KS3. Take ownership of their fitness though choice.	Physical, mental and social benefits of physical activity and sport. Develop knowledge of the rules, skill and tactics specific to athletics. Draw on transferable skills learnt in KS3. Take ownership of their fitness though choice.		
SMSC and British Values	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation, communication skills	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation,	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation,	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation,	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation,	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation,		
Parental Support	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.		

Year 11 Curriculum Plan								
	Autumn 1	Autumn 1 Autumn 2		Spring 2				
Theme	Bootcamp Fitness & Choice	Invasion Games & Choice	Trampolining, Badminton & Choice	Trampolining, Badminton & Choice				
Key Concepts	 Physical, mental and social benefits of physical activity and sport. Competition (Individually and with peers) Build cardiovascular endurance, muscular endurance and strength Relieve stress Improved confidence with attending clubs and activities outside of school. 	Physical, mental and social benefits of physical activity and sport. Develop knowledge of the rules, skill and tactics specific to handball, netball, football and rugby. Draw on transferable skills learnt in KS3. Take ownership of their fitness though choice.	Physical, mental and social benefits of physical activity and sport. Develop knowledge of the rules, skill and tactics specific to trampolining and badminton. Draw on transferable skills learnt in KS3. Explore the different types of competition, knockout, round robin, leagues Take ownership of their fitness though choice.	Physical, mental and social benefits of physical activity and sport. Develop knowledge of the rules, skill and tactics specific to trampolining and badminton. Draw on transferable skills learnt in KS3. Explore the different types of competition, knockout, round robin, leagues Take ownership of their fitness though choice.				
SMSC and British Values	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation, communication skills	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation,	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation,	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Range of activities harvesting a respect for differences. Positive contributions to lessons Teamwork, cooperation,				
Parental Support	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.	Organising the correct kit and equipment. Accessing the schools extra curricular programme. Providing the opportunity for physical activity and healthy nutrition at home.				

GCSE PE Year 10 Curriculum Plan								
	Autumn 1 Autumn 2 Spring 1 Spring 2 Summer 1				Summer 2			
Theme	1.2.a Components of Fitness 1.2. B Applying the Principles of training	Component 2	Component 2	Component 2	Component 1	Component 1		
Key Concepts	 1.2.a Components of Fitness 1.2.b Applying the Principles of training 	Component 2: Taking Part and Improving Other Participants Sporting Performance A Understand how different components of fitness are used in different physical activities B Be able to participate in sport and understand the roles and responsibilities of officials C Demonstrate ways to improve participants sporting techniques.	Component 2: Taking Part and Improving Other Participants Sporting Performance A Understand how different components of fitness are used in different physical activities B Be able to participate in sport and understand the roles and responsibilities of officials C Demonstrate ways to improve participants sporting techniques.	Component 2: Taking Part and Improving Other Participants Sporting Performance A Understand how different components of fitness are used in different physical activities B Be able to participate in sport and understand the roles and responsibilities of officials C Demonstrate ways to improve participants sporting techniques.	Component 1: Preparing Participants to Take Part in Sport and Physical Activity A Explore types and provision of sport and physical activity for different types of participant B Examine equipment and technology required for participants to use when taking part in sport and physical activity C Be able to prepare participants to take part in sport and physical activity.	Component 1: Preparing Participants to Take Part in Sport and Physical Activity A Explore types and provision of sport and physical activity for different types of participant B Examine equipment and technology required for participants to use when taking part in sport and physical activity C Be able to prepare participants to take part in sport and physical activity.		
SMSC and British Values	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Positive contributions to lessons Teamwork, cooperation, communication skills	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Positive contributions to lessons Teamwork, cooperation, communication skills	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Positive contributions to lessons Teamwork, cooperation, communication skills	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Positive contributions to lessons Teamwork, cooperation, communication skills	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Positive contributions to lessons Teamwork, cooperation, communication skills	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Positive contributions to lessons Teamwork, cooperation, communication skills		
Parental Support	Organising and completing homework. Accessing extra curricular sport in and out of school hours to develop Non examination assessment. Support with kit and equipment	Organising and completing homework. Accessing extra curricular sport in and out of school hours to develop Non examination assessment. Support with kit and equipment	Organising and completing homework. Accessing extra curricular sport in and out of school hours to develop Non examination assessment. Support with kit and equipment	Organising and completing homework. Accessing extra curricular sport in and out of school hours to develop Non examination assessment. Support with kit and equipment	Organising and completing homework. Accessing extra curricular sport in and out of school hours to develop Non examination assessment. Support with kit and equipment	Organising and completing homework. Accessing extra curricular sport in and out of school hours to develop Non examination assessment. Support with kit and equipment		

BTEC PE Year 10 Curriculum Plan							
	Autumn 1	Autumn 1Autumn 2Spring 1Spring 2Summer 1Summer 2					
Theme	1.2.a 1.2. b	1.1.a 1.1.b 1.1.c 1.1.d	1.1.e	1.2.c	2.1.a	2.1.b	
Key Concepts	 1.2.a Components of Fitness 1.2.b Applying the Principles of training 	 1.1a The Structure and function of the skeletal system 1.1b The structure and function of the muscular system 1.1c Movement Analysis 1.1d The cardio and respiratory systems. 	1.1.e The effect of exercise on the body systems.	1.2.c Preventing Injury in physical activity and training.Paper 1 revision	2.1.a Engagement patterns of different social groups in physical activities and sports.	2.1.b The commercialisation of physical activities and sports.	
SMSC and British Values	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Positive contributions to lessons Teamwork, cooperation, communication skills	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Positive contributions to lessons Teamwork, cooperation, communication skills	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Positive contributions to lessons Teamwork, cooperation, communication skills	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Positive contributions to lessons Teamwork, cooperation, communication skills	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Positive contributions to lessons Teamwork, cooperation, communication skills	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Positive contributions to lessons Teamwork, cooperation, communication skills	
Parental Support	Organising and completing homework. Accessing extra curricular sport in and out of school hours to develop Non examination assessment. Support with kit and equipment	Organising and completing homework. Accessing extra curricular sport in and out of school hours to develop Non examination assessment. Support with kit and equipment	Organising and completing homework. Accessing extra curricular sport in and out of school hours to develop Non examination assessment. Support with kit and equipment	Organising and completing homework. Accessing extra curricular sport in and out of school hours to develop Non examination assessment. Support with kit and equipment	Organising and completing homework. Accessing extra curricular sport in and out of school hours to develop Non examination assessment. Support with kit and equipment	Organising and completing homework. Accessing extra curricular sport in and out of school hours to develop Non examination assessment. Support with kit and equipment	

BTEC PE Year 11 Curriculum Plan								
	Autumn 1	Autumn 2	Spring 1	Spring 2				
Theme	Component 1	Component 1	Component 3	Component 3				
Key Concepts	Component 1: Preparing Participants to Take Part in Sport and Physical Activity A Explore types and provision of sport and physical activity for different types of participant B Examine equipment and technology required for participants to use when taking part in sport and physical activity C Be able to prepare participants to take part in sport and physical activity.	Component 1: Preparing Participants to Take Part in Sport and Physical Activity A Explore types and provision of sport and physical activity for different types of participant B Examine equipment and technology required for participants to use when taking part in sport and physical activity C Be able to prepare participants to take part in sport and physical activity.	Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity Demonstrate knowledge of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise.	Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity Demonstrate knowledge of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise.				
SMSC and British Values	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Positive contributions to lessons Teamwork, cooperation, communication skills	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Positive contributions to lessons Teamwork, cooperation, communication skills	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Positive contributions to lessons Teamwork, cooperation, communication skills	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Positive contributions to lessons Teamwork, cooperation, communication skills				
Parental Support	Organising and completing homework. Accessing extra curricular sport in and out of school hours to develop Non examination assessment. Support with kit and equipment	Organising and completing homework. Accessing extra curricular sport in and out of school hours to develop Non examination assessment. Support with kit and equipment	Organising and completing homework. Accessing extra curricular sport in and out of school hours to develop Non examination assessment. Support with kit and equipment	Organising and completing homework. Accessing extra curricular sport in and out of school hours to develop Non examination assessment. Support with kit and equipment				

GCSE PE Year 11 Curriculum Plan								
	Autumn 1	Autumn 2	Spring 1	Spring 2				
Theme	2.1.c 2.2	2.2	Non Examination Assessment	Non Examination Assessment & Revision				
Key Concepts	2.1.c Ethical and socio-cultural issues in physical activity and sport2.2 Sports Psychology	2.2 Sport Psychology 2.3 Health Fitness and W ell being	Non-exam assessment (NEA) Personal Exercise Programme (PEP) 10% of total GCSE (9–1) 20 marks This NEA will consist of a written task (Personal Exercise Programme)that must be produced under controlled conditions.	Non-exam assessment (NEA) 30% of total GCSE (9–1) 60 marks This NEA will consist of three activities, including at least one 'team' and at least one 'individual' sport from the approved activity lists, all performed in competitive situations. Revision				
SMSC and British Values	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Positive contributions to lessons Teamwork, cooperation, communication skills	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Positive contributions to lessons Teamwork, cooperation, communication skills	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Positive contributions to lessons Teamwork, cooperation, communication skills	Allows students to make choices and set personal goals. Encouraging autonomy and decision making Positive contributions to lessons Teamwork, cooperation, communication skills				
Parental Support	Organising and completing homework. Accessing extra curricular sport in and out of school hours to develop Non examination assessment. Support with kit and equipment	Organising and completing homework. Accessing extra curricular sport in and out of school hours to develop Non examination assessment. Support with kit and equipment	Organising and completing homework. Accessing extra curricular sport in and out of school hours to develop Non examination assessment. Support with kit and equipment	Organising and completing homework. Revision				

Assessment Overview							
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Year 10 GCSE PE	1.2.a End of topic test 1.2.b End of Topic Test Formative assessment through questioning, feedback, homework & quizzes.	1.1.a End of topic test 1.1.b End of Topic Test 1.1.c End of topic test 1.1.c End of Topic Test Formative assessment through questioning, feedback, homework & quizzes.	1.1.e End of topic test Formative assessment through questioning, feedback, homework & quizzes.	1.2.c End of topic test Formative assessment through questioning, feedback, homework & quizzes.	2.1.a End of topic test Formative assessment through questioning, feedback, homework & quizzes.	2.1.b End of topic test Formative assessment through questioning, feedback, homework & quizzes.	
Year 11 GCSE PE	2.1.c End of topic test Paper 1 Mock Test	2.2 End of topic test 2.3 End of topic test	Non Examination Assessment Personal Exercise Programme Mock Exam Paper	Non Examination Assessment Practical Moderation	J587/01 Physical factors affecting performance 60 marks J587/02 Socio-cultural issues and sports psychology 60 marks		
Year 10 BTEC PE	1.2.a End of topic test 1.2.b End of Topic Test	Formative assessment through questioning, feedback, homework & quizzes.	Formative assessment through questioning, feedback, homework & quizzes.	Component 2 Internal Non exam internal assessment. Pearsons Set Assignment (PSA) 60 marks	Formative assessment through questioning, feedback, homework & quizzes.	Formative assessment through questioning, feedback, homework & quizzes.	
Year 11 BTEC PE	Component 1 Internal Non exam internal assessment. Pearsons Set Assignment (PSA) 60 marks	Formative assessment through questioning, feedback, homework & quizzes.	Formative assessment through questioning, feedback, homework & quizzes.	Formative assessment through questioning, feedback, homework & quizzes.	Component 3 External exam assessment 1.5 hours within the period timetabled by Pearson. 60 marks.		