

# **Physical Education – 5-year Overview**

Y8

## **INVASION GAMES**

## HEALTH-RELATED EXERCISE

SENDING & RECEIVING FOR **POSSESSION** 

**BALANCE & SOCIAL DANCE SEQUENCES** 

FITNESS TESTING

## STRIKING & FIELDING **GAMES**

**ATHLETICS** 

**NET/WALL GAMES** 

CATCHING, THROWING & HITTING

RUN, JUMP & THROW **TECHNIQUES** 

SERVING & RALLYING

## **INVASION GAMES**

## **GYMNASTICS**

## HEALTH-RELATED EXERCISE

**CREATING SPACE** 

PRINCIPLES OF FLIGHT

**MUSCLES & TRAINING TYPES** 

## STRIKING & FIELDING **GAMES**

### **ATHLETICS**

## **NET/WALL GAMES**

FIELDING, BOWLING & **BATTING** 

**IMPROVING DISTANCES &** TIMES

SHOT CONSISTENCY & **ATTACKING** 

## **INVASION GAMES**

## HEALTH-RELATED EXERCISE

UTILISING SPACE IN ATTACK

**RACE TACTICS & PROBLEM** SOLVING

PRINCIPLES OF TRAINING

## STRIKING & FIELDING GAMES

## **ATHLETICS**

## **EMERGING SPORTS**

## **NET/WALL GAMES**

**ROLE-RELATED TECHNIQUES** 

ADV TECHNIQUES TO MAXIMISE PERFORMANCE **CURRENT EMERGING** SPORTS IN THE UK

SHOT COMBINATIONS & VARIETY

## **INVASION GAMES**

## **NET-WALL GAMES**

## **HEALTH-RELATED EXERCISE**

APPLY & ADAPT SKILLS / TACTICS IN TEAM COMPETITION

APPLY & ADAPT SKILLS / TACTICS IN INDIVIDUAL COMPETITION

PERSONAL TRAINING PLANS

## STRIKING & FIELDING GAMES

## APPLY & ADAPT SKILLS / TACTICS IN TEAM

## **SPORTS EDUCATION**

## **CULTURAL SPORT**

COMPETITION

DEVELOPING LEADERSHIP & **ORGANISATION SKILLS** 

**EXPLORING RULES, CUSTOMS** & PLAY

## **GAMES ACTIVITIES**

## **HEALTH-RELATED EXERCISE**

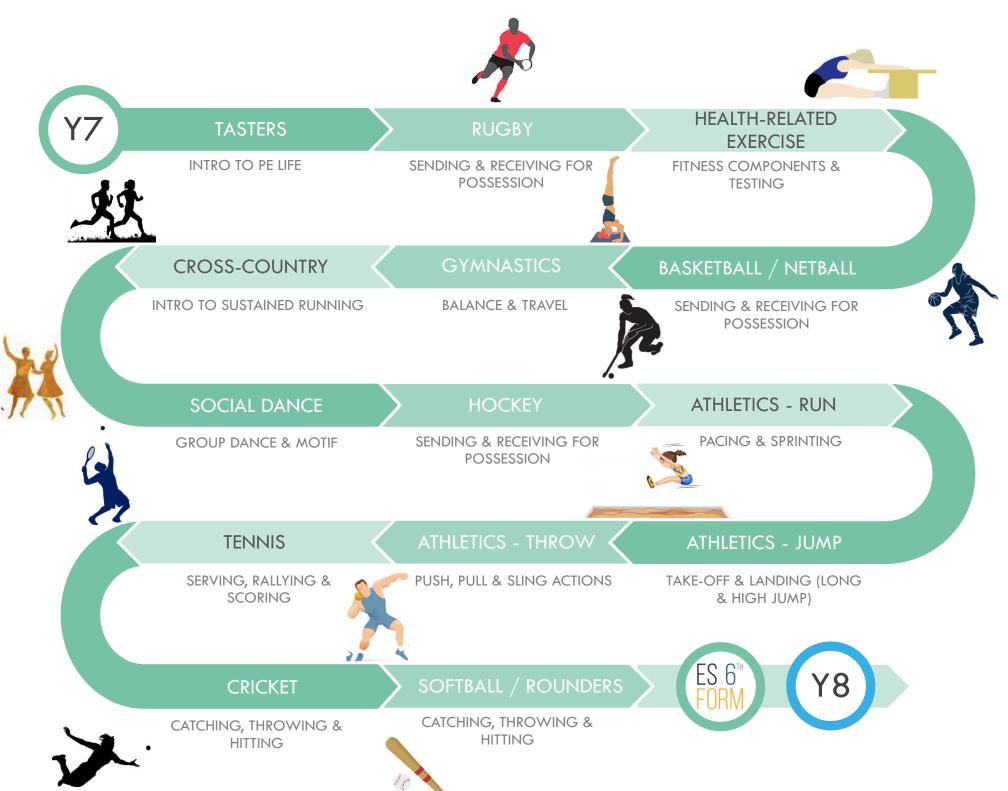
**IMPLEMENT TACTICS & STRATEGIES** IN TEAM & INDIVIDUAL SPORTS

OPTIMISING TRAINING -**GOALS & METHODS** 

**ORGANISE & OFFICIATE** TOURNAMENT FIXTURES



## PE - Y7 LEARNING JOURNEY



# PE - Y8 LEARNING JOURNEY







Y8

## **RUGBY**

TO CREATE SPACE

PASSING, RUCKING & KICKING DRI

## **FOOTBALL**

BASKETBALL / NETBALL

DRIBBLING & TURNING TO CREATE SPACE

DRIBBLING & PASSING TO CREATE SPACE



## **CROSS COUNTRY**

IMPROVING PERSONAL BESTS

## **GYMNASTICS**

PRINCIPLES OF FLIGHT & JUDGING
CRITERIA

# HEALTH-RELATED EXERCISE

KEY MUSCLES & TYPES OF TRAINING





## **ORIENTEERING**

MAP READING & TEAMWORK

## BADMINTON

RALLYING & ATTACKING SHOTS TO CREATE SPACE

## ATHLETICS - RUN

IMPROVING TIMES & RELAY RUNNING





## ATHLETICS - THROW

## ATHLETICS - JUMP

RALLYING & ATTACKING IMPROVING DISTANCES – RELEASE SHOTS TO CREATE SPACE SPEED & HEIGHT, RUN-UPS

IMPROVING DISTANCES –
SEQUENCING & COORDINATING



## CRICKET

FIELDING, BOWLING & BATTING
IN DIFFERENT CONTEXTS

## SOFTBALL / ROUNDERS

FIELDING, BOWLING & BATTING
IN DIFFERENT CONTEXTS









# **PE - Y9 LEARNING JOURNEY**







Y9

## **HOCKEY**

PASSING, DRIBBLING & SHOOTING TACTICS TO UTILISE SPACE

## **HEALTH-RELATED EXERCISE**

TRAINING PRINCIPLES & **METHODS** 



## BADMINTON

SHOT COMBINATIONS & VARIETY TO UTILISE SPACE

PASSING & SHOOTING TACTICS

TO UTILISE SPACE

PROBLEM SOLVING & TEAM **TACTICS** 

## **CROSS COUNTRY**

**RACE TACTICS & SPECIALISED TRAINING** 





## **VOLLEYBALL**

**RALLYING & ATTACKING SHOTS** TO UTILSE SPACE

**RALLYING & ATTACKING SHOTS** TO UTILSE SPACE

## **EMERGING SPORTS**

**EXPLORING (& LEADING)** EMERGING SPORTS IN THE UK



## **TENNIS**

SHOT COMBINATIONS & VARIETY TO UTILISE SPACE

**EVENT-SPECIFIC TECHNIQUES TO** MAXIMISE PERFORMANCE

## ATHLETICS - RUN/JUMP

**EVENT-SPECIFIC TECHNIQUES &** TACTICS TO MAXIMISE **PERFORMANCE** 



## **CRICKET**

BOWLING & BATTING TO **OUTWIT OPPONENTS** 

## SOFTBALL / ROUNDERS

**BOWLING & BATTING TO OUTWIT OPPONENTS** 





# ES.6<sup>™</sup> FORM

# **KS4 CORE PE – 2 YEAR OVERVIEW**



## **TEAM GAMES**

PT SKILLS / APPLY & ADAPT SKILLS / NVASION TACTICS IN NET-WALL

## **FITNESS**

TRAINING TYPES FOR PERSONAL FITNESS TRAINING

APPLY & ADAPT SKILLS / TACTICS IN INVASION COMPETITION

## STRIKING & FIELDING GAMES

APPLY & ADAPT SKILLS / TACTICS IN TEAM COMPETITION

## **SPORTS EDUCATION**

**INDIVIDUAL GAMES** 

COMPETITION

DEVELOPING LEADERSHIP & ORGANISATION SKILLS

## **CULTURAL SPORT**

EXPLORING RULES, CUSTOMS & PLAY

## TEAM COMPETITION

IMPLEMENT TACTICS & STRATEGIES IN TEAM ACTIVITY

## INDIVDUAL COMPETITION

IMPLEMENT TACTICS & STRATEGIES IN INDIVIDUAL ACTIVITY

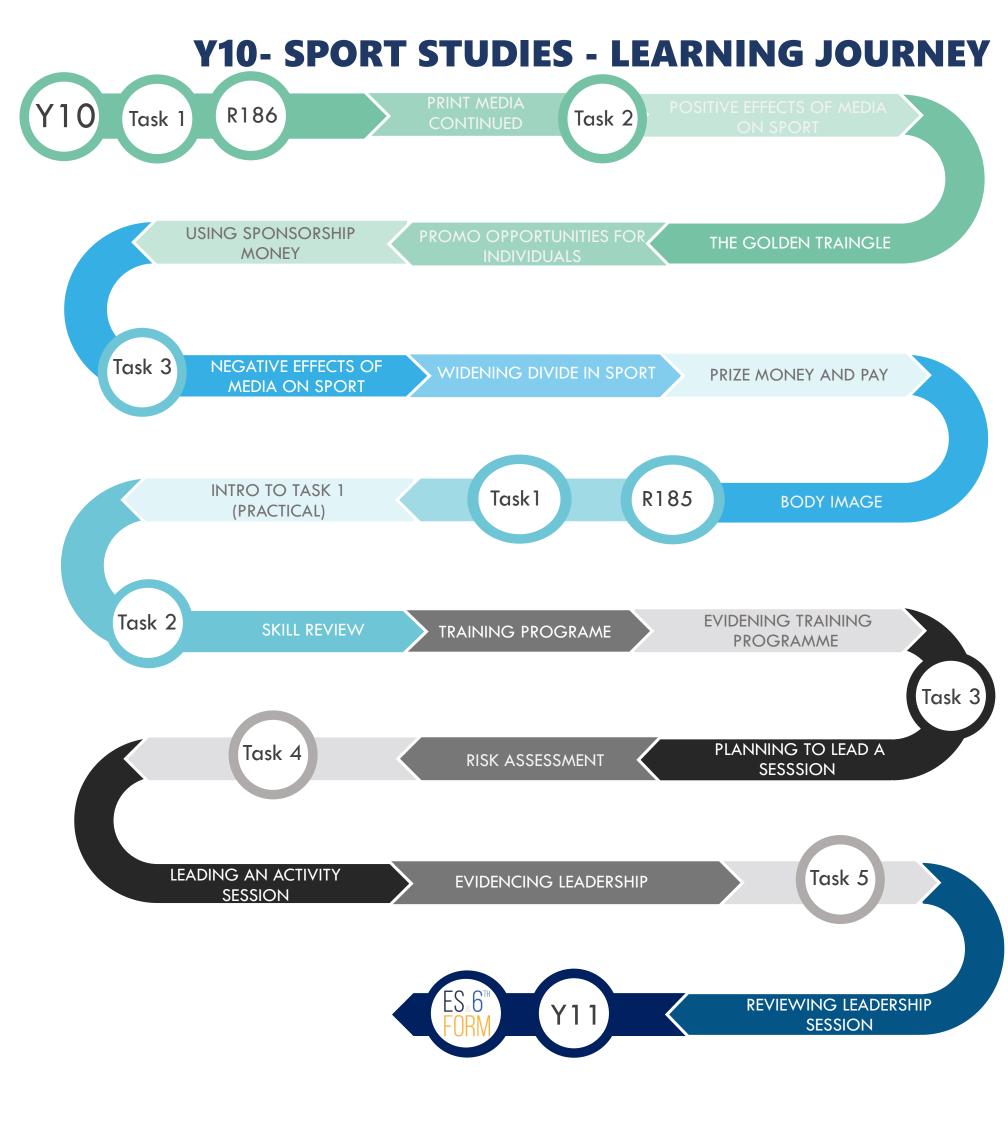
## **FITNESS**

OPTIMISING TRAINING — GOALS & METHODS PERSONAL TRAINING PLANS

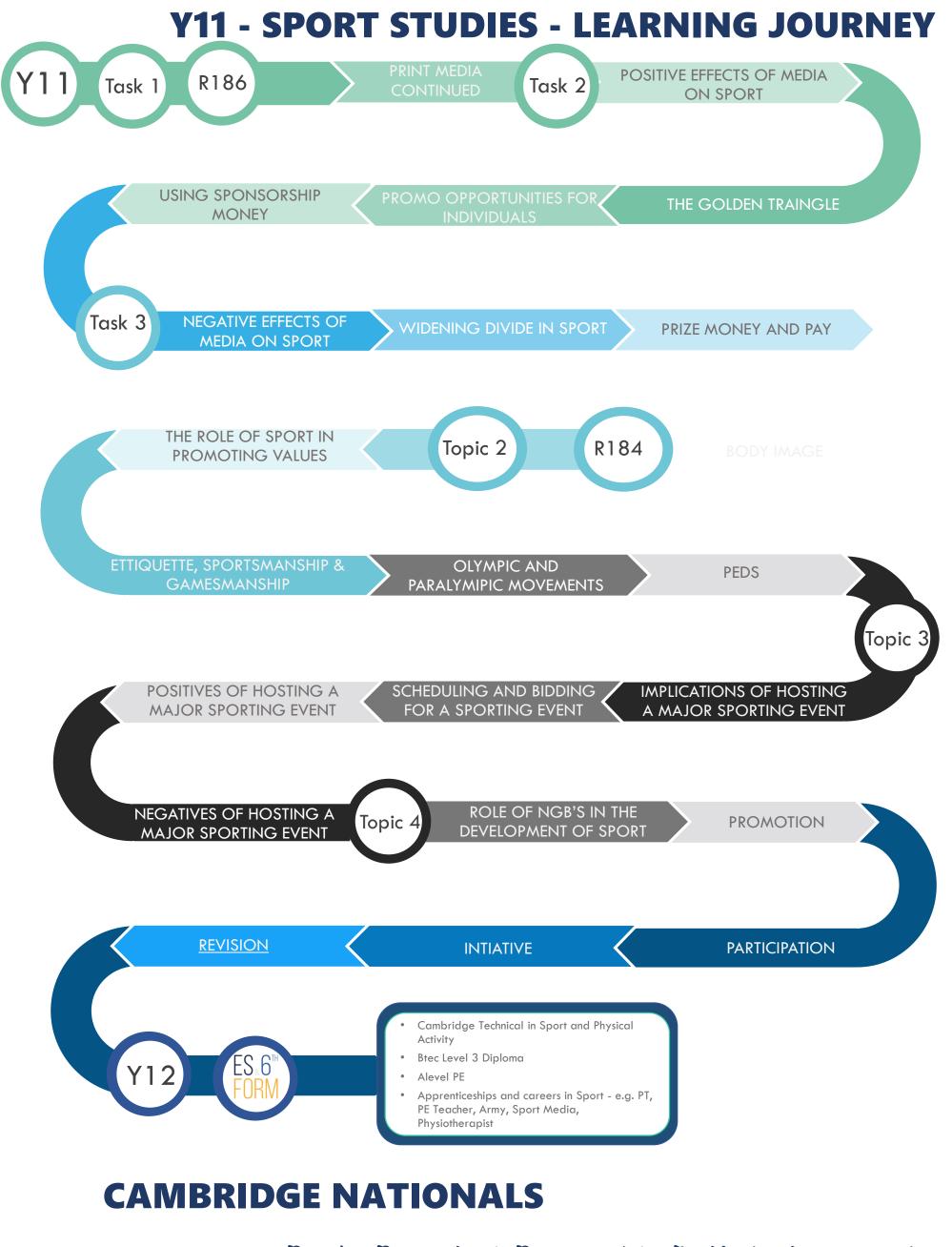
ES.6<sup>th</sup>

## **SPORTS EDUCATION**

ORGANISE & OFFICIATE TOURNAMENT FIXTURES

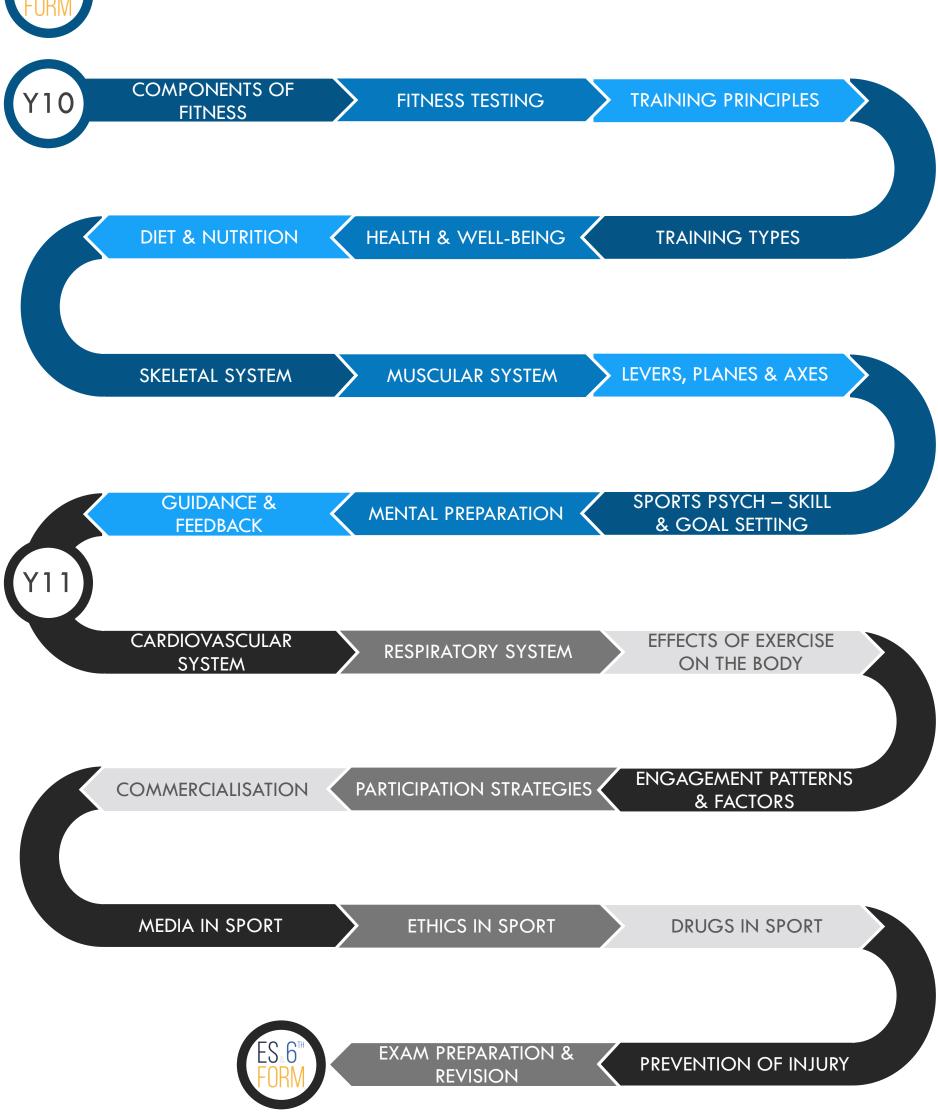


# **CAMBRIDGE NATIONALS**



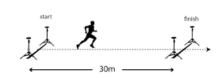
# ES<sub>∞</sub>6<sup>™</sup> FORM

## GCSE PE - 2 YEAR OVERVIEW



# **Y10 GCSE PE – LEARNING JOURNEY**





# Y10

# FITNESS - COMPONENTS

DEFINITONS & SPORTING EXAMPLES

## FITNESS TESTING

SET-UP, COLLECTION & ANALYSIS OF DATA (AEP)

## TRAINING - PRINCIPLES

EXPLAIN & APPLY EXAMPLES OF TRAINING PRINCIPLES



BENEFITS OF A HEALTHY LIFSESTYLE

## WARM UP & COOL DOWN

KEY PARTS OF & BENEFITS OF W/UP AND C/DOWN

## TRAINING -OPTIMISING

TYPES OF TRAINING



## SEDENTARY LIFESTYLES

PHYSICAL, EMOTIONAL & SOCIAL CONSEQUENCES

## DIET & NUTRITION

BALANCED DIET & SPORTS NUTRITION

## SKELETAL SYSTEM

STRUCTURE & FUNCTION, KEY BONES



ANTAGONISTIC PAIRS

## MUSCULAR SYSTEM

ROLE & FUNCTION OF KEY MUSCLES

## **JOINTS & MOVEMENT**

KEY MUSCLES; ANTAGONISTIC
MUSCLE ACTION



## LEVERS, PLANES & AXES

ROLE IN MOVEMENT ANALYSIS

## SPORTS PSYCHOLOGY -SKILL

CHARACTERISTICS AND © CLASSIFICATION OF SKILL (AEP)

## SPORTS PSYCHOLOGY -GOAL SETTING

APPLY USES & EXAMPLES OF GOAL SETTING



CONTROLLED ASSESSMENT

## SPORTS PSYCHOLOGY — GUIDANCE & FEEDBACK

TYPES & USES

## SPORTS PSYCHOLOGY — MENTAL PREPARATION

**EXAMPLES OF TECHNIQUES** 





## **Y11 GCSE PE – LEARNING JOURNEY**



CARDIOVASCULAR SYSTEM - HEART

STRUCTURE & FUNCTION, PATHWAY OF BLOOD



HEART RESPONSE TO EX, RED **BLOOD CELLS** 

RESPIRATORY SYSTEM -PATHWAY OF AIR

STRUCTURE & FUNCTION, PATHWAY OF AIR

EFFECTS OF EXERCISE - LT

LONG-TERM EFFECTS OF TRAINING ON THE BODY EFFECTS OF EXERCISE — ST

SHORT-TERM EFFECTS OF EXERCISE ON THE BODY

RESPIRATORY SYSTEM -**BREATHING MECHANICS** 

RESPIRATORY MUSCLES, LUNG VOLUMES, GASEOUS EXCHANGE

**ENGAGEMENT PATTERNS** 

TRENDS & FACTORS AFFECTING **PARTICIPATION** 

PARTICIPTION STRATEGIES

PROMOTION, PROVISION & **ACCESS** 

COMMERCIALISATION

**GOLDEN TRIANGLE. POSITIVES & NEGATIVES OF SPONSORSHIP** 

ETHICS - DRUGS

ETHICS - SPORTSMANSHIP

MEDIA IN SPORT

TYPES & REASONS OF DRUGS IN SPORT

SPORTSMANSHIP, GAMESMANSHIP & DEVIANCE

TYPES & INFLUENCE ON

ETHICS - VIOLENCE

**REASONS FOR PLAYER &** SPECTATOR VIOLENCE

PREVENTION OF INJURY

POTENTIAL HAZARDS & MINIMISING RISK

**EXAM PREPARATION** 





# A LEVEL PE – 2 YEAR OVERVIEW SKELETAL & MUSCULAR CARDIOVASCULAR RESPIRATORY SYSTEM **SYSTEMS SYSTEM** ENVIRONMENTAL EFFECTS INTRO TO BIOMECHANICS ENERGY FOR EXERCISE ON BODY SYSTEMS SKILL ACQUISITION -**SKILL & TYPES OF PERSONALITY LEARNING & GUIDANCE PRACTICE** PRE- & POST-INDUSTRIAL **INDIVIDUAL DIFFERENCES SPORT** HOSTING GLOBAL EMERGENCE & EVOLUTION OF MODERN SPORT SPORTING EVENTS Y13 LINEAR AND ANGULAR **BIOMECHANICS** PROJECTILES AND SPIN EX PHYS - INURY AND EX PHYS- DIET AND NUTRITION **EX PHYS - TRAINING REHAB** ATTRIBUTION & SPORTS **GROUP DYNAMICS &** INDIVIDUAL DIFFERENCES (cont.) CONFIDENCE **GOAL SETTING** COMMERCIALISATION **LEADERSHIP & STRESS** ROUTES TO SPORTING MODERN TECHNOLOGY **ETHICS & DEVIANCE EXCELLENCE**

# **Y12 A LEVEL PE – LEARNING JOURNEY**





## JOINTS, MOVEMENTS AND MUSCLES

MUSCLE NAMES AND ANALYSIS OF MOVEMENTS

## MUSCULAR CONTRACTIONS

TYPES OF CONTACTION AND FIBRE TYPE



## CV SYSTEM AT REST

CARDIAC CYCLE



**EFFECTS OF EXERCISE** AND RECOVERY

## RESPIRATORY SYSTEM AT REST

**MECHANICS OF BREATHING AT REST** 

## CV SYSTEM **DURING EXERCISE**

REDISTRIBUTION AND **RECOVERY** 



## **ENERGY TRANSFER & ENERGY SYSTEMS**

ATP AND COUPLED REACTIONS DIFFERENT SYSTEMS & ATP RE-**SYNTHESIS** 

## RECOVERY PROCESS

**EPOC** 

## ALTITUDE AND HEAT

THE EFFECTS ON THE CV AND **RESPIRATORY SYSTEMS** 



TYPES OF PRACTICE & SKILL **TRANSFER** 

## SKILL CLASSIFICATION

**CONTINUA CHARACTERISTICS & PLACEMENT** 



## **BIOMECHANICS**

NEWTON'S LAWS, **FORCE & RESISTANCE** 



THEORIES & STAGES OF LEARNING

## **GUIDANCE & FEEDBACK**

TYPES & USES LINKING TO STAGES OF LEARNING

### **MEMORY**

APPLICATION OF MEMORY **MODELS** 



3 THEORIES OF AROUSAL

## **ATTITUDES**

TRIADIC MODEL AND CHANGING ATTITUDES

## **PERSONALITY**

**DEFINITIONS & APPLYING** THEORIES OF PERSONALITY



## PRE-INDUSTRIAL SPORT

SOCIO-CULTURAL FACTORS INFLUENCE ON SPORTS

## POST-INDUSTRIAL SPORT

AFFECT OF INDUSTRIAL **REVOLUTION & PATRONAGE** 

## 19<sup>TH</sup> CENTURY PUBLIC SCHOOLS

INFLUENCE OF ETHICS & ATHLETICISM ON SPORT



## SPORTS LEGISLATION

## EVOLUTION OF MODERN SPORT

## 20<sup>TH</sup> CENTURY SPORT

GOLDEN TRIANGLE, POSITIVES & **NEGATIVES OF SPONSORSHIP** 



### NEGLIGENCE, CRIMINAL CASES, MATCH FIXING

CONTEMPORARY FACTORS GLOBALISATION OF SPORT



## BACKGROUND & AIMS. POLITICAL EXPLOITATION

MODERN OLYMPIC

**GAMES** 

## HOSTING GLOBAL SPORTING EVENTS

SPORTING, SOCIAL, ECONOMIC & POLITICAL IMPACT





# **Y13 A LEVEL PE – LEARNING JOURNEY**





## **BIOMECHANICS**

**NEWTON'S LAWS & FORCE** 

## **LEVERS & TECHNOLOGY** IN SPORT

LEVER SYSTEMS & MECHANICAL ADVANTAGE

## LINEAR & ANGULAR MOTION

APPLICATION OF FORCE, **INERTIA & INTERPRETING** DATA



## **AEROBIC &** ANAEROBIC TRAINING

VO2 MAX, METHODS OF **EVALUATING & DEVELOPING** 

## **DIET & NUTRTION**

**DIET COMPONENTS & ERGOGENIC AIDS** 

## PROJECTILES & **MECHANICS**

IMPACT OF FORCE & TYPES OF SPIN



## STRENGTH & FLEXIBILITY **TRAINING**

TYPES OF STRENGTH/FLEX, METHODS OF EVALUATING & DEVELOPING

## **PERIODISATION**

PHASES OF TRAINING & IMPACT ON LIFESTYLE DISEASES

## **INJURIES**

TYPES OF INJURY, RISK FACTORS & INJURY PREVENTION



ANXIETY, AGGRESSION & SOCIAL FACILITATION

THEORIES AND DEFINITIONS



## **REHABILITATION**

**RESPONSE & TREATMENT** OF INJURIES

DEFNITIONS AND MINIMISING SOCIAL INHIBITION



## **GROUP DYNAMICS**

STAGES OF GROUP DEVELOPMENT, MODELS

## **GOAL SETTING**

IMPORTANCE AND EFFECTIVENESS OF GOAL SETTING

WEINERS ATTRIBUTION THEORY APPLICATION TO **PERFORMANCE** 



## STRESS MANAGEMENT

CAUSES OF STRESS; COGNITIVE & SOMATIC TECHNIQUES

## **LEADERSHIP**

STYLES & THEORIES OF **LEADERSHIP** 

## CONFIDENCE AND SELF-**EFFICACY**

VEALEY AND BANDURAS **MODELS** 



## MEDIA COVERAGE

## **ROUTES TO EXCELLENCE**



FACTORS & IMPACT OF; **GOLDEN TRIANGLE** 

POSITIVE & NEGATIVE EFFECTS ON SPORT & COMMERCIALISATION

TALENT ID TO ELITE SPORT; ROLE OF SCHOOLS & CLUBS



USE OF TECH TO IMPROVE OUTCOMES & ENTERTAINMENT

## **MODERN TECH – ELITE** SPORT / PARTICIPATION

TECHNOLOGY IMPACT ON **ELITE SPORT & GENERAL PARTICIPATION** 

## **INSTITUTES OF SPORT**

**ROLE OF ORGANISATIONS &** STRATEGIES IN ELITE SPORT



VIOLENCE & GAMBLING

CAUSES & IMPLICATIONS OF





**REASONS & IMPACT OF PEDs:** LEGAL SUPPLEMENTS