



HeathPark
EVERY PUPIL ALWAYS IN FOCUS

CURRICULUM OVERVIEW 2022/23

Department: PE

LONG TERM PLAN

WHOLE SCHOOL VISION	MISSION
"Where do we aim to be?"	"What do we do? What makes a difference?"
<p>Quality of Education To have challenged young people to continue to build the knowledge and skills of so that they can access the next steps in life and learning within and beyond Heath Park.</p>	<p>We provide an engaging and broad curriculum that develops skills, knowledge and understanding of the importance of leading a healthy and active lifestyle (HAL) in preparation for life beyond Heath Park.</p>
<p>Personal Development To have developed self respecting, self aware, resilient young people able to take advantage of all that life offers and find their place as citizens of all communities to which they belong.</p>	<p>Our physical education programme develops students who are resilient, respectful, confident, responsible, reflective and able to communicate effectively.</p>
<p>Behaviour To have equipped young people to make positive choices for themselves and positively influence others.</p>	<p>Our high expectations of students' behaviour promote self and peer respect to ensure positive learning environments.</p>
<p>Leadership To have share the vision of Heath Park, understood by all members of the school community which drives all to seek improvement and innovation.</p>	<p>PE leaders passionately role model a set of high standards that embed the schools/departments shared vision. Sports leadership is an essential part of our provision and students are encouraged to utilise their skills to support the school community.</p>

CORE KS3 & KS4 COURSE STRUCTURE

Aims and objectives

In core PE students will experience a wide range of opportunities to develop their **declarative** and **procedural knowledge of motor competence, rules, strategies and tactics, and healthy participation**. Develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sport and activities, and lead healthy, active lifestyles.

Students in KS3 taught to:

- Use a range of tactics and strategies to overcome opponents
- Develop their technique to improve performance
- Develop teamwork, trust and problem-solving skills through outdoor adventurous activities (OAA)
- Analyse performance to improve outcomes
- Take part in competitive sports and activities
- Develop Resilience, Responsibility, Respect, Reflectiveness, Communication and Confidence

Students in KS4 taught to:

- Use and develop a range of tactics and strategies to overcome opponents.
- To develop their technique and improve their performance.
- Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group.
- Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.
- Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.

This is achieved through participation in the following activities-

	Units Delivered	
	Year 7	Year 8
Autumn 1	Swimming Gymnastics OAA HRE Football/Rugby Badminton/Volleyball Basketball/Netball Alternative Sports e.g. Dodgeball or Tchoukball	Swimming Gymnastics OAA HRE Football/Rugby Badminton/Volleyball Basketball/Netball Alternative Sports e.g. Dodgeball or Tchoukball Sports Leaders
Autumn 2		
Spring 1		
Spring 2		
Summer 1	Tennis Cricket	Tennis Cricket

Summer 2	Athletics Rounders	Athletics Rounders
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	Units Delivered	
	Year 9/10/11	
Autumn 1	Badminton/Volleyball Football/Rugby HRF Basketball/Netball Alternative Sport	
Autumn 2		
Spring 1		
Spring 2		
Summer 1	Tennis Cricket Athletics Rounders	
Summer 2		

	Assessment Record		
Autumn 1	Communication	Technical	Tactical
Autumn 2	Confidence	Technical	Tactical
Spring 1	Resilience	Technical	Tactical
Spring 2	Responsibility	Technical	Tactical
Summer 1	Respect	Technical	Tactical
Summer 2	Reflection	Technical	Tactical

Assessment

See assessment grid below. Expected year securing in the first column. We apply the following tiered results for those above and below their expected year. From our initial assessments' students will receive target grades in relation to their technical, tactical and life skills.

- Mastering
- Securing
- Developing
- Emerging

Expected Securing Level	Accurate Replication/ Development of Skills (Technical)	Knowledge and Application of Tactics	Life Skills					
			Communication	Reflective/ Evaluate and Improve	Resilience/ Effort	Responsibility for Leading A Healthy and Active Lifestyle	Confidence	Respect
11+	You are an expert in your technical performance. You consistently and confidently demonstrate a	You are an expert in your tactical awareness. You consistently and	You confidently use both verbal and non-verbal communication skills in	You are able to evaluate learning and performance, and create ways to successfully	You independently analyse and then act upon setbacks to overcome	You take responsibility for physical, social and mental wellbeing on a regular basis	You have a high level of confidence and maturity to ensure progress is evident in a number of	You can observe others' rights, feelings and thoughts and are able to listen to and act upon these in a

	<p>range of key and advanced skills and techniques within various competitive situations with precision and success.</p> <p>You are able to evaluate the performance of others and provide technical feedback in order for them to improve their performance.</p>	<p>successfully use originality, proficiency and imagination when participating in PE. Independently you are able to come up with strategies to overcome advanced tactics used by others across a range of sports/activities.</p>	<p>a variety of settings and situations that show clear subject knowledge and use of appropriate terminology.</p>	<p>develop solutions that consistently improve intended outcomes.</p>	<p>challenging situations in order to move forward physically, socially, cognitively and emotionally.</p>	<p>outside of school.</p>	<p>different roles within a range of activities.</p>	<p>supportive and respectful way.</p>
11	<p>You can consistently and confidently demonstrate a range of key and advanced skills and techniques within various competitive situations with success.</p>	<p>You are confident in your tactical awareness. You are able to demonstrate a range of strategies and advanced tactics to produce effective outcomes across a range of sports/activities.</p>	<p>You express ideas confidently and clearly in group situations showing clear subject knowledge and use of appropriate terminology.</p>	<p>You take into consideration and prioritise all the relevant factors and opinions needed to improve performance.</p>	<p>You are able to reflect on constructive feedback in a positive way and accept advice on how to move forward.</p>	<p>You begin to take ownership for your physical, social and mental wellbeing on a regular basis through regular participation in extracurricular clubs.</p>	<p>You express ideas confidently and take ownership of the progress you make in a variety of group settings.</p>	<p>You listen to and challenge others points of view or actions in a respectful way.</p>
10	<p>You can consistently and confidently demonstrate a range of skills and techniques within a range of physical activities and competitive sporting situations. You attempt to demonstrate some advanced skills with varying success.</p>	<p>You are beginning to understand advanced tactics that can be used in the activity being performed and are competent in your tactical awareness. You attempt to apply advanced strategies/tactics to overcome your opponent(s) across a range of sports/activities.</p>	<p>At times you express ideas confidently in group situations showing basic subject knowledge.</p>	<p>You regularly act upon feedback, and at times are able to identify factors that develop learning and improve in performance.</p>	<p>You demonstrate a determined attitude when learning a new skill or experiencing a new activity and at times you are able to reflect on constructive feedback in a positive way.</p>	<p>You understand and promote the importance of leading a healthy and active lifestyle and regularly attend an extracurricular club(s).</p>	<p>You express ideas confidently and begin to take ownership of the progress you make in a variety of group settings.</p>	<p>You respect the views, actions, feelings and rights of others outside my friendship group and on occasion will challenge other points of view or action in a respectful way.</p>
9	<p>You can competently demonstrate key skills and techniques within a range of physical activities and competitive sporting situations. You attempt to use a range of skills with varied success.</p>	<p>You understand a range of tactics that can be used in the activity being performed and demonstrate these with success across a range of sports/activities in both attacking and defensive situations.</p>	<p>You use both verbal and non-verbal communication skills when participating / leading physical activity.</p>	<p>You regularly act upon internal and external feedback to develop learning and improvement in performance.</p>	<p>You demonstrate a determined attitude when learning a new skill or experiencing a new activity and will at times seek advice/feedback from your staff and peers in order to</p>	<p>You understand the importance of leading a healthy and active lifestyle and regularly attend an extracurricular club(s).</p>	<p>You express ideas confidently and clearly in a variety of group settings.</p>	<p>You respect the views, actions, feelings and rights of others outside your friendship group.</p>

					make progress.			
8	You can demonstrate key skills and techniques within isolated practices and conditioned competitive situations.	You understand the basic tactics that can be used in the activity being performed and attempt to demonstrate these with success across a range of sports/activities.	You respond both verbally and non-verbally to instructions and will use these communication methods successfully when participating in physical activity.	You are able to assuredly identify areas of strength and development in your own learning.	You listen to and act on advice from staff and your peers which may direct you on a different pathway.	You understand the importance of leading a healthy and active lifestyle and show willingness to attend extracurricular clubs.	You have the confidence to work with others outside of your friendship group, expressing ideas and thoughts clearly.	You enable your learning by respecting oneself, facilities, equipment and the rights of everyone within the learning environment and respect the views, actions and feelings of those in your friendship group.
7	You are working towards becoming competent in your technical performance and your skills across a range of sports and physical activities.	You understand the basic tactics that can be used in the activity being performed and attempt to demonstrate these with some success in both attacking and defensive situations.	You respond both verbally and non-verbally to instructions and at times will attempt to use these communication methods when participating in physical activity.	You are able to identify areas of strength and development in your own and others learning.	You listen to and act on advice from staff and on occasion your peers, which may direct you on a different pathway.	You regularly take part in Physical Education lessons and are have developed a clear understanding of leading a healthy and active lifestyle.	You have the confidence to work within your friendship group expressing ideas and thoughts clearly.	You enable your learning by respecting oneself, facilities, equipment and the rights of everyone within the learning environment.
>7	You use fundamental movement skills (running, jumping throwing and catching) with inconsistency during isolated practices with some success. At times they can link actions and sequences.	You have a limited understanding of basic tactics used in different activities but do not fully apply these when participating in PE lessons.	You enjoy responding both verbally and non-verbally to instructions .	You are able to identify a few areas of strength and development in your own learning and beginning to identify areas of strength and development of others.	You listen to and act on advice from staff which may direct you on a different pathway.	You regularly take part in Physical Education lessons and are starting to develop a basic understanding of leading a healthy and active lifestyle.	You take part in physical activity with belief and the confidence to work with others.	You enable your learning by respecting oneself, facilities, equipment and the rights of most pupils within the learning environment.
<<7	You use fundamental movement skills (running, jumping throwing and catching) with inconsistency during isolated practices with some success. However, you struggle to link actions and sequences.	You have a limited understanding of basic tactics used in different activities but do not apply these when participating in PE lessons.	You can respond verbally to instructions .	You are able to identify a few areas of strength and development in your own learning.	On occasion, you listen to and act on advice from staff which may direct you on a different pathway.	You regularly take part in Physical Education lessons and can identify basic factors to leading a healthy and active lifestyle.	You take part in physical activity with growing belief and the confidence to work with others.	You are learning to respect oneself, facilities, equipment and the rights of most pupils within the learning environment.

BTEC First Award in Sport- KS4 COURSE STRUCTURE

Course Title	BTEC First Level 2 Award in Sport
Qualification (GCSE, BTEC etc)	BTEC
Exam Board	Pearson

Unit	Title	Weighting	Examination Method
1	Fitness for Sport and Exercise	25%	Onscreen Exam
2	Practical Performance in Sport	25%	Internal Coursework
3	Applying the Principles of Personal Training	25%	Internal Coursework
5	The Sports Performer in Action	25%	Internal Coursework

	Units Delivered		
	Year 9	Year 10	Year 11
Autumn 1	Unit 2	Unit 1	Unit 3
Autumn 2	Unit 2	Unit 1	Unit 3
Spring 1	Unit 2	Unit 1	Preparation for Sampling
Spring 2	Unit 5	Unit 1	
Summer 1	Unit 5	Unit 3	
Summer 2	Unit 5	Unit 3	

	Assessment Task Schedule		
	Year 9	Year 10	Year 11
Autumn 1	Unit 2 Learning Aim A Rules and Regs Learning Aim A Roles and Responsibilities	Unit 1 Learning Aim A- CoF and PoT recall Learning Aim B- Methods of Training recall	Learning Aim C reflection D1- Programme review
Autumn 2	Learning Aim A Compare and contrast roles and responsibilities	Learning Aim C- Fitness Tests recall test Mock Exam	Intervention period

	Components of physical fitness recall		
Spring 1	Learning Aim B Technical and Tactical Learning Aim C- Strengths and weaknesses	Learning Aim A- Recap Test on exam technique Learning Aim B- Recap Test on exam technique	
Spring 2	Unit 5 Short term effects on MS & CR Long term effects on MS	Learning Aim C- Recap Test on exam technique Unit 3 B1- recall test	
Summer 1	Long term effects on CR Compare and contrast effects on MS & CR	A1- Training diary 6 week plan submission C3- Training Diary Write up week 1-2	
Summer 2	Energy systems write up Energy systems compare and contrast	C3- Training Diary Write up week 3-4 C3- Training Diary Write up week 5-6	

Tech Award in Sport- KS4 COURSE STRUCTURE

Course Title	BTEC Tech Award in Sport
Qualification (GCSE, BTEC etc)	BTEC
Exam Board	Pearson

Component	Title	Weighting	Examination Method
1	Preparing Participants to take part in Sport and Physical Activity	30%	Internally assessed Pearson set assignments – moderated externally
2	Taking Part and Improving Other Participants Sporting Performance	30%	Internally assessed Pearson set assignments – moderated externally
3	Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity	40%	External Exam set and marked by Pearson sat in Jan/Feb or May/June.

	Components Delivered		
	Year 9	Year 10	Year 11
Autumn 1	Introduction Year	Component 1	Component 3
Autumn 2	Introduction Year	Component 1	Component 3
Spring 1	Introduction Year	Component 2	Component 3
Spring 2	Introduction Year	Component 2	
Summer 1	Introduction Year	Component 2	
Summer 2	Introduction Year	Component 3	

	Assessment Task Schedule		
	Year 9	Year 10	Year 11
Autumn 1	Component of Fitness.	C1 PSA Task 1: Increasing participation in regular sport or physical activity for	C3 Learning Aim C Mock - Investigate different fitness training methods

		different types of sports participants.	C3 Learning Aim D Mock - Investigate fitness programming to improve fitness and sports performance
Autumn 2	Fitness Testing.	C1 PSA Task 2: Equipment and technology required for participants to use when taking part in sport and physical activity. C1 PSA Task 3: Preparing participants to take part in sport and physical activity.	EXTERNAL EXAM COMPONENT 3
Spring 1	Methods of Training.	C2 PSA Task 1: Components of fitness. C2 PSA Task 2: Participating in sport.	
Spring 2	Types of sport and participants.	C2 PSA Task 3: Officiating in sport. C2 PSA Task 4: Improving participants' sporting skill.	
Summer 1	Barrier to participation in sport and way to overcome them.	C3 Learning Aim A Mock - Explore the importance of fitness for sports performance.	
Summer 2	Planning and delivering a warm up.	C3 Learning Aim B Mock - Investigate fitness testing to determine fitness levels.	

BTEC National- KS5 COURSE STRUCTURE

Course Title	BTEC Level 3 National Diploma in Sport BTEC Level 3 Extended Certificate in Sport
Qualification (A Level, BTEC etc)	BTEC
Exam Board	Pearson

Unit	Title	Weighting	Examination Method
1	Anatomy and Physiology	120GLH	External Exam
2	Fitness training and programming for health, sport and well-being	120GLH	External Exam
3	Professional development in sports industry	60GLH	Internal
4	Sports Leadership	60GLH	Internal
5	Application of fitness testing	60GLH	Internal
17	Sports injury management	60GLH	Internal
22	Investigating business in sport and the active leisure industry	90GLH	External
23	Skill acquisition in sport	90GLH	External

25	Rules, regulations and officiating in sport	60GLH	Internal
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	Units Delivered			
	Extended Certificate		Diploma	
	Year 12	Year 13	Year 12	Year 13
Autumn 1	Unit 1	Unit 2	Unit 23	Unit 22
Autumn 2	Unit 1	Unit 2	Unit 23	Unit 22
Spring 1	Unit 1	Unit 2 Unit 4	Unit 23 Unit 5	Unit 22 Unit 25
Spring 2	Unit 1	Unit 4	Unit 5	Unit 25
Summer 1	Unit 1 Unit 2	Unit 4 Unit 3	Unit 5	Unit 17
Summer 2	Unit 2	Unit 3	Unit 22	Unit 17

	Assessment Task Schedule			
	Extended Certificate		Diploma	
	Year 12	Year 13	Year 12	Year 13
Autumn 1	Unit 1 End of Aim A test Recall Test LA A/B	Learning aim D Case Study / 60	Unit 23 Assignment A Assignment B	Case study C Case study F
Autumn 2	End of Aim test A+B Exam Questions End of Aim C test	Mock Exam Part A released and prep task	Investigations and examine nature of skill and performers Assignment C	Case Study Mock Exam
Spring 1	Recall Test /50 End of Aim test D	Part B set task external assessment Unit 4 Recall Test Unit 4 A	Assignment D Evaluation of Leading	Part B set task external assessment Unit 25 Assignment A
Spring 2	End of Aim E test Case Study / 60	Assignment A&B hand in Assignment C hand in	Unit 5 Assignment A Recall Admin of tests	Assignment B Assignment C
Summer 1	Learning Aim C+D Full Exam Paper	Unit 3 Learning aim A recall Learning aim A & B Assignment hand in	Assignment B Assignment C	Unit 17 Assignment A hand in B recall
Summer 2	Unit 2 Case study / 24 Learning Aim A	Learning aim C & D Recall	Unit 22 Case Study A	Assignment B hand in

	Case study / 32 Learning Aim A	Learning aim C & D Assignment hand in	Case Study B	Assignment C hand in
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