

Wollaston School: 2021/22 Curriculum Map for PE

Curriculum Lead: Mr Andrew Bennett

Curriculum Aim & Scope: We aim to provide a broad, balanced and enriching PE curriculum which is accessible to all students. Our curriculum is mastery lead with the intention that students build upon their previous experiences and core knowledge. We aim to develop their wider knowledge and cultural capital and enhance their understanding of Health and Fitness whilst consistently developing skills in a variety of practical and physical areas. Our aim is to focus on assessment in ME in PE with five key areas; Cognitive, Physical, Healthy, Social, Observation and Analysis and Fitness. In KS3 we study the Core Skills element in order to focus on building knowledge in double PE lessons. In single lessons, students have the opportunity to develop their wider cultural capital in PE Theory and education lessons. At KS4 pupils have the opportunity to study GCSE PE as an option to build upon their prior learning in KS3. Core PE focuses on the overall health and well-being of the individuals. Students in KS5 have the opportunity to study either A Level PE or OCR Sport depending on their preferred pathway.

	Autumn 1 - 2021	Autumn 2 - 2021	Spring 1 – 2022	Spring 2 - 2022	Summer 1 – 2022	Summer 2 - 2022
Year 7	<p>Me in PE: Physical</p> <p>Introduction to fundamental purpose and PE activities. Carousel of sports and activities.</p> <p>Assessment: Observation and summative assessment. ME in PE criteria of holistic and whole learner.</p>	<p>Me in PE: Healthy</p> <p>Team Sports Fundamental Skills/Tactics, Evaluation/Analysis, Fitness in Basketball, Football, Rugby, Netball, Handball, Lacrosse</p> <p>Individual Sports Badminton, Gymnastics, Fitness</p> <p>PE Theory Components of a Warm Up</p> <p>Assessment: ME in PE and Practical grading and self assessment.</p>	<p>ME in PE: Cognitive</p> <p>Team Sports Fundamental Skills/Tactics, Evaluation/Analysis, Fitness in Basketball, Football, Rugby, Netball, Handball, Lacrosse</p> <p>Individual Sports Badminton, Gymnastics, Fitness</p> <p>PE Theory Components of a Cool Down</p> <p>Assessment: ME in PE and Practical grading and self-assessment</p>	<p>Me in PE: Physical</p> <p>Team Sports Fundamental Skills/Tactics, Evaluation/Analysis, Fitness in Basketball, Football, Rugby, Netball, Handball, Lacrosse</p> <p>Individual Sports Badminton, Gymnastics, Fitness</p> <p>PE Theory Prevention of Injury</p> <p>Assessment: ME in PE and Practical grading and self-assessment and Exam Question</p>	<p>ME in PE Health</p> <p>Team Sports Fundamental Skills/Tactics, Evaluation/Analysis, Fitness in Cricket, Rounders, Handball, Lacrosse</p> <p>Individual Sports Athletics, PE Theory Types of muscle action in Sport</p> <p>Assessment: ME in PE and Practical grading and self-assessment and Exam Question</p>	<p>Team Sports Fundamental Skills/Tactics, Evaluation/Analysis, Fitness in Cricket, Rounders, Ultimate Frisbee, Handball, Lacrosse</p> <p>Individual Sports Athletics, PE Theory Names of Muscles in Sport</p> <p>Assessment: ME in PE and Practical grading and self-assessment and Exam Question</p>

Year 8	<p><u>ME in PE Healthy</u></p> <p><u>Team Sports</u> Building on Core Knowledge in Skills/Tactics, Evaluation/Analysis, Fitness in Basketball, Football, Rugby, Netball, Handball, Lacrosse</p> <p><u>Individual Sports</u> Badminton, Gymnastics, Fitness</p> <p><u>PE Theory</u> Components of Fitness & Testing (CV and Muscular Endurance)</p> <p><u>Assessment:</u> ME in PE and Practical grading and self-assessment</p>	<p><u>ME in PE Social</u></p> <p><u>Team Sports</u> Building on Core Knowledge in Skills/Tactics, Evaluation/Analysis, Fitness in Basketball, Football, Rugby, Netball, Handball, Lacrosse</p> <p><u>Individual Sports</u> Badminton, Gymnastics, Fitness</p> <p><u>PE Theory</u> Components of Fitness & Testing (Speed and Agility)</p> <p><u>Assessment:</u> ME in PE and Practical grading and self-assessment and Exam Question</p>	<p><u>ME in PE: Cognitive</u></p> <p><u>Team Sports</u> Building on Core Knowledge in Skills/Tactics, Evaluation/Analysis, Fitness in Basketball, Football, Rugby, Netball, Handball, Lacrosse</p> <p><u>Individual Sports</u> Badminton, Gymnastics, Fitness</p> <p><u>PE Theory</u> Components of Fitness & Testing (Balance, Co-Ordination, Reaction Time)</p> <p><u>Assessment:</u> ME in PE and Practical grading and self-assessment and Exam Question</p>	<p><u>Me in PE: Physical</u></p> <p><u>Team Sports</u> Building on Core Knowledge in Skills/Tactics, Evaluation/Analysis, Fitness in Basketball, Football, Rugby, Netball, Handball, Lacrosse</p> <p><u>Individual Sports</u> Badminton, Gymnastics, Fitness</p> <p><u>PE Theory</u> Components of Fitness & Testing (Muscular Strength and Power)</p> <p><u>Assessment:</u> ME in PE and Practical grading and self-assessment and Exam Question</p>	<p><u>Me in PE: Cognitive</u></p> <p><u>Team Sports</u> Building on Core Knowledge in Skills/Tactics, Evaluation/Analysis, Fitness in Basketball, Football, Rugby, Netball, Handball, Lacrosse</p> <p><u>Individual Sports</u> Athletics</p> <p><u>PE Theory</u> Names of Muscles in Sporting Activity</p> <p><u>Assessment:</u> ME in PE and Practical grading and self-assessment and Exam Question</p>	<p><u>Team Sports</u> Building on Core Knowledge in Skills/Tactics, Evaluation/Analysis, Fitness in Basketball, Football, Rugby, Netball, Handball, Lacrosse</p> <p><u>Individual Sports</u> Athletics</p> <p><u>PE Theory</u> Names of Muscles in Sporting Activity</p> <p><u>Assessment:</u> ME in PE and Practical grading and self-assessment and Exam Question</p>
Year 9	<p><u>ME in PE Physical + Cognitive</u></p> <p><u>Team Sports</u> Interleaved knowledge built upon Core Knowledge in Skills/Tactics, Evaluation/Analysis,</p>	<p><u>ME in PE Health + Social</u></p> <p><u>Team Sports</u> Interleaved knowledge built upon Core Knowledge Skills/Tactics, Evaluation/Analysis, Fitness in Basketball,</p>	<p><u>ME in PE: Cognitive+ Health</u></p> <p><u>Team Sports</u> Interleaved knowledge built upon Core Knowledge Skills/Tactics, Evaluation/Analysis, Fitness in Basketball,</p>	<p><u>Me in PE: Physical + Social</u></p> <p><u>Team Sports</u> Interleaved knowledge built upon Core Knowledge Skills/Tactics, Evaluation/Analysis, Fitness in Basketball,</p>	<p><u>ME in PE Social</u></p> <p><u>Team Sports</u> Interleaved knowledge built upon Core Knowledge Skills/Tactics, Evaluation/Analysis, Fitness in Basketball, Football, Rugby,</p>	<p><u>ME in PE Cognitive + Physical</u></p> <p><u>Team Sports</u> Interleaved knowledge built upon Core Knowledge Skills/Tactics, Evaluation/Analysis, Fitness in Basketball,</p>

	<p>Fitness in Basketball, Football, Rugby, Netball, Handball, Lacrosse</p> <p>Individual Sports Badminton, Gymnastics, Fitness</p> <p>PE Theory Methods of Training (Continuous, Fartlek)</p> <p>Assessment: ME in PE and Practical grading and self-assessment and Exam Question</p>	<p>Football, Rugby, Netball, Handball, Lacrosse</p> <p>Individual Sports Badminton, Gymnastics, Fitness</p> <p>PE Theory Methods of Training (Interval, Circuit)</p> <p>Assessment: ME in PE and Practical grading and self-assessment and Exam Question</p>	<p>Football, Rugby, Netball, Handball, Lacrosse</p> <p>Individual Sports Badminton, Gymnastics, Fitness</p> <p>PE Theory Methods of Training GCSE PE delivery (Weight, Plyometrics)</p> <p>Assessment: ME in PE and Practical grading and self-assessment and Exam Question</p>	<p>Football, Rugby, Netball, Handball; Lacrosse</p> <p>Individual Sports Badminton, Gymnastics, Fitness</p> <p>PE Theory Skeletal System GCSE PE delivery (Names of Bones)</p> <p>Assessment: ME in PE and Practical grading and self-assessment and Exam Question</p>	<p>Netball, Handball, Lacrosse</p> <p>Individual Sports Athletics</p> <p>PE Theory Skeletal System (Names of Bones)</p> <p>Assessment: ME in PE and Practical grading and self-assessment and Exam Question</p>	<p>Football, Rugby, Netball, Handball, Lacrosse</p> <p>Individual Sports Athletics</p> <p>PE Theory GCSE PE Streaming (PEP)</p> <p>Assessment: ME in PE and Practical grading and self-assessment and Exam Question</p>
Year 10	<p>GCSE Building core knowledge of Body Systems (Skeletal, Muscular, Cardiovascular, Respiratory)</p> <p>Assessment: Unit and end of term written examinations</p> <p>Core Wider Cultural Capital building on Core Skills/Fitness learned in KS3.</p>	<p>GCSE Building core knowledge of Components of Fitness and Fitness Testing (Including AEP Task)</p> <p>Assessment: Unit and end of term written examinations</p> <p>Core Wider Cultural Capital building on Core Skills/Fitness learned in KS3.</p>	<p>GCSE Building core knowledge of Methods of Training, Principles of Training and Risks in Sport (Including AEP Task)</p> <p>Assessment: Unit and end of term written examinations</p> <p>Core Wider Cultural Capital building on Core Skills/Fitness learned in KS3.</p>	<p>GCSE Building core knowledge of Warm ups/Cool Down and formal completion of AEP Task</p> <p>Assessment: Interim of AEP completion</p> <p>Core Wider Cultural Capital building on Core Skills/Fitness learned in KS3.</p>	<p>GCSE Building core knowledge of Lever Systems, Biomechanics in Sporting activities.</p> <p>Assessment: Sports performance assessment and AEP completion</p> <p>Core Wider Cultural Capital building on Core Skills/Fitness learned in KS3.</p>	<p>GCSE Building core knowledge of Healthy Lifestyles Topic in GCSE Paper 2.</p> <p>Assessment: Unit and end of year written examinations</p> <p>Core Wider Cultural Capital building on Core Skills/Fitness learned in KS3.</p>

	<p>Variety of Practical Activities which are bespoke to individual groups. Including a designated programme designed to enhance GCSE PE practical grades.</p> <p>Assessment Self-assessment and review reaching ME in PE mastery and wider PE fulfilment</p>	<p>Variety of Practical Activities which are bespoke to individual groups. Including a designated programme designed to enhance GCSE PE practical grades.</p> <p>Assessment Self-assessment and review reaching ME in PE mastery and wider PE fulfilment</p>	<p>Variety of Practical Activities which are bespoke to individual groups. Including a designated programme designed to enhance GCSE PE practical grades.</p> <p>Assessment Self-assessment and review reaching ME in PE mastery and wider PE fulfilment</p>	<p>Variety of Practical Activities which are bespoke to individual groups. Including a designated programme designed to enhance GCSE PE practical grades.</p> <p>Assessment GCSE- AEP Coursework Assignment (16 Hours)</p>	<p>Variety of Practical Activities which are bespoke to individual groups. Including a designated programme designed to enhance GCSE PE practical grades.</p> <p>Assessment GCSE- End of Unit Test</p>	<p>Variety of Practical Activities which are bespoke to individual groups. Including a designated programme designed to enhance GCSE PE practical grades.</p> <p>Assessment GCSE- Y10 Mock Exams.</p>
Year 11	<p>GCSE Completion of AEP. Combined with review and consolidation of Paper 1 Anatomy Physiology Assessment:AEP</p> <p>Core Wider Cultural Capital building on Core Skills/Fitness learned in KS3. Variety of Practical Activities which are bespoke to individual groups.</p>	<p>GCSE Interleaved knowledge Anatomoy and physiology Assessment: Mock Exam 2 Theory papers.</p> <p>Core Wider Cultural Capital building on Core Skills/Fitness learned in KS3. Variety of Practical Activities which are bespoke to individual groups.</p>	<p>GCSE Interleaved knowledge of Sociology of Sport (Sportsmanship, Gamesmanship, Ethics in Sport) Assessment: Unit Test Paper 2</p> <p>Core Wider Cultural Capital building on Core Skills/Fitness learned in KS3. Variety of Practical Activities which are bespoke to individual groups.</p>	<p>GCSE Developing Cultural Capital and Interleaved Knowledge in Preparation for exams in Paper 1 and Paper 2. Assessment: Unit Test Paper 2</p> <p>Core Wider Cultural Capital building on Core Skills/Fitness learned in KS3. Variety of Practical Activities which are bespoke to individual groups.</p>	<p>GCSE Interleaving knowledge, consolidation of core skills in preparation for GCSE Exams in Paper 1 and Paper 2. Assessment: Full Mock 2xpapers</p> <p>Core Wider Cultural Capital building on Core Skills/Fitness learned in KS3. Variety of Practical Activities which are bespoke to individual groups.</p>	N/A

	<p>Including a designated programme designed to enhance GCSE PE practical grades.</p> <p>Assessment Self-assessment and review reaching ME in PE mastery and wider PE fulfilment</p>	<p>Including a designated programme designed to enhance GCSE PE practical grades.</p> <p>Assessment Self-assessment and review reaching ME in PE mastery and wider PE fulfilment</p>	<p>Including a designated programme designed to enhance GCSE PE practical grades.</p> <p>Assessment Self-assessment and review reaching ME in PE mastery and wider PE fulfilment</p>	<p>Including a designated programme designed to enhance GCSE PE practical grades.</p> <p>Assessment Self-assessment and review reaching ME in PE mastery and wider PE fulfilment</p>	<p>Including a designated programme designed to enhance GCSE PE practical grades.</p>	
Year 12	<p>A Level PE Developing Core knowledge and building on wider cultural capital from GCSE PE in studying the 3 major areas. 1. Sociology of Sport, 2. Anatomy and Physiology 3. Psychology of Sport</p> <p>Assessment: End of Unit Test.</p> <p>OCR Sport Developing Core knowledge and building on wider cultural capital from GCSE PE in studying Unit 1 (Exam Unit) and Unit 2. Unit 1 Anatomy and Physiology Unit 2 Sports Coaching</p>	<p>A Level PE Developing Core knowledge and building on wider cultural capital from GCSE PE in studying the 3 major areas. 1. Sociology of Sport, 2. Anatomy and Physiology 3. Psychology of Sport</p> <p>Assessment: End of Unit Test.</p> <p>OCR Sport Developing Core knowledge and building on wider cultural capital from GCSE PE in studying Unit 1 (Exam Unit) and Unit 2 Unit 1 Anatomy and Physiology Unit 2 Sports Coaching</p>	<p>A Level PE Developing Core knowledge and building on wider cultural capital from GCSE PE in studying the 3 major areas. 1. Sociology of Sport, 2. Anatomy and Physiology 3. Psychology of Sport</p> <p>Assessment: End of Unit Test.</p> <p>OCR Sport Developing Core knowledge and building on wider cultural capital from GCSE PE in studying Unit 1 (Exam Unit) and Unit 2 Unit 1 Anatomy and Physiology Unit 2 Sports Coaching Assessment: Unit 1 Exam (mock)</p>	<p>A Level PE Developing Core knowledge and building on wider cultural capital from GCSE PE in studying the 3 major areas. 1. Sociology of Sport, 2. Anatomy and Physiology 3. Psychology of Sport</p> <p>Assessment: Mock Exam</p> <p>OCR Sport Developing Core knowledge and building on wider cultural capital from GCSE PE in studying Unit 1 (Exam Unit) and Unit 2 Unit 1 Anatomy and Physiology Unit 2 Sports Coaching</p>	<p>A Level PE Developing Core knowledge and building on wider cultural capital from GCSE PE in studying the 3 major areas. 1. Sociology of Sport, 2. Anatomy and Physiology 3. Psychology of Sport</p> <p>Assessment: End of Unit Test.</p> <p>OCR Sport Developing Core knowledge and building on wider cultural capital from GCSE PE in studying Unit 1 (Exam Unit) and Unit 2 Unit 1 Anatomy and Physiology Unit 2 Sports Coaching</p>	<p>A Level PE Developing Core knowledge and building on wider cultural capital from GCSE PE in studying the 3 major areas. 1. Sociology of Sport, 2. Anatomy and Physiology 3. Psychology of Sport</p> <p>Assessment: End of Unit Test.</p> <p>OCR Sport Developing Core knowledge and building on wider cultural capital from GCSE PE in studying Unit 8 and Unit 2 Unit 1 Anatomy and Physiology Unit 2 Sports Coaching Assessment: Unit 1 External Exam</p>

			<u>Unit 2 Completion Task 1+2</u>			Unit 2 Completion of Task 3+4
Year 13	<p><u>A Level PE</u> Developing Core knowledge and building on wider cultural capital from GCSE PE in studying the 3 major areas. 1. Sociology of Sport, 2. Anatomy and Physiology 3. Psychology of Sport</p> <p>Assessment: End of Unit Test.</p> <p><u>OCR Sport</u> Developing Core knowledge and building on wider cultural capital from GCSE PE in studying: Content to completed Unit 3 (Exam Unit) and Unit 8</p>	<p><u>A Level PE</u> Developing Core knowledge and building on wider cultural capital from GCSE PE in studying the 3 major areas. 1. Sociology of Sport, 2. Anatomy and Physiology 3. Psychology of Sport</p> <p>Assessment: End of Unit Test.</p> <p><u>OCR Sport</u> Developing Core knowledge and building on wider cultural capital from GCSE PE in studying Unit 3 (Exam Unit) and Unit 8 Assessment: Unit 3: external exam task 1+2 Unit 1: Resit opportunity to improve grade.</p>	<p><u>A Level PE</u> Developing Core knowledge and building on wider cultural capital from GCSE PE in studying the 3 major areas. 1. Sociology of Sport, 2. Anatomy and Physiology 3. Psychology of Sport</p> <p>Assessment: End of Unit Test.</p> <p><u>OCR Sport</u> Developing Core knowledge and building on wider cultural capital from GCSE PE in studying Unit 5 and Unit 8</p>	<p><u>A Level PE</u> Developing Core knowledge and building on wider cultural capital from GCSE PE in studying the 3 major areas. 1. Sociology of Sport, 2. Anatomy and Physiology 3. Completion of the practical sports and Analysis evaluation coursework</p> <p>Assessment: End of Unit Test.</p> <p><u>OCR Sport</u> Developing Core knowledge and building on wider cultural capital from GCSE PE in studying Unit 5 and Unit 8</p> <p>Assessment: Unit 8 Completion Task 1+2 QN visit and SV process</p>	<p><u>A Level PE</u> Developing Core knowledge and building on wider cultural capital from GCSE PE in studying the 3 major areas. 1. Sociology of Sport, 2. Anatomy and Physiology 3. Psychology of Sport Preparation of Exam Skills for End of course exams.</p> <p>Assessment: End of Unit Test.</p> <p><u>OCR Sport</u> Developing Core knowledge and building on wider cultural capital from GCSE PE in studying Unit 5 and Unit 8</p> <p>Assessment: Unit 5 Completion of tasks 3+4. Finish paperwork and submit.</p>	N/A

