

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



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Year 8			ME in PE: Cognitive	Me in PE: Physical	Me in PE: Cognitive	Team Sports
	_	Team Sports	Team Sports	Team Sports	Team Sports	Building on Core
		Building on Core	Building on Core	Building on Core	Building on Core	Knowledge in
	_	Knowledge in	Knowledge in	Knowledge in	Knowledge in	Skills/Tactics,
		Skills/Tactics,	Skills/Tactics,	Skills/Tactics,	Skills/Tactics,	Evaluation/Analysis,
		Evaluation/Analysis,	Evaluation/Analysis,	Evaluation/Analysis,	Evaluation/Analysis,	Fitness in Basketball,
		Fitness in Basketball,	Fitness in Basketball,	Fitness in Basketball,	Fitness in Basketball,	Football, Rugby,
	Fitness in Basketball,	Football, Rugby,	Football, Rugby,	Football, Rugby,	Football, Rugby,	Netball, Handball,
	Football, Rugby,	Netball, Handball,	Netball, Handball,	Netball, Handball,	Netball, Handball,	Lacrosse
	Netball, Handball,	Lacrosse	Lacrosse	Lacrosse	Lacrosse	
	Lacrosse <u>I</u>	Individual Sports	Individual Sports	Individual Sports	Individual Sports	Individual Sports
	Individual Sports E	Badminton, Gymnastics,	Badminton, Gymnastics,	Badminton, Gymnastics,	Athletics	Athletics
	Badminton, Gymnastics, F	Fitness	Fitness	Fitness	PE Theory	PE Theory
	Fitness	PE Theory	PE Theory	PE Theory	Names of Muscles in	Names of Muscles in
	PE Theory	Components of Fitness	Components of Fitness	Components of Fitness	Sporting Activity	Sporting Activity
		& Testing (Speed and	& Testing (Balance, Co-	& Testing (Muscular	Assessment:	Assessment:
	· ·	Agility)	Ordination, Reaction	Strength and Power)	ME in PE and Practical	ME in PE and Practical
	= 1	Assessment:	Time)	Assessment:	grading and self-	grading and self-
		ME in PE and Practical	Assessment:	ME in PE and Practical	assessment and Exam	assessment and Exam
		grading and self-	ME in PE and Practical	grading and self-	Question	Question
		assessment and Exam	grading and self-	assessment and Exam	Question	Question
		Question	assessment and Exam	Question		
	assessment	Question	Question	Question		
			Question			
Year 9	ME in PE Physical +	ME in PE Health +	ME in PE: Cognitive+	Me in PE: Physical +	ME in PE Social	ME in PE Cognitive +
		Social	Health	Social	Team Sports	Physical
		Team Sports	Team Sports	Team Sports	Interleaved knowledge	Team Sports
		Interleaved knowledge	Interleaved knowledge	Interleaved knowledge	built upon Core	Interleaved knowledge
		built upon Core	built upon Core	built upon Core	Knowledge	built upon Core
	<u> </u>	Knowledge	Knowledge	Knowledge	Skills/Tactics,	Knowledge
	·	Skills/Tactics,	Skills/Tactics,	Skills/Tactics,	Evaluation/Analysis,	Skills/Tactics,
		Evaluation/Analysis,	Evaluation/Analysis,	Evaluation/Analysis,	Fitness in Basketball,	Evaluation/Analysis,
		Fitness in Basketball,	Fitness in Basketball,	Fitness in Basketball,	Football, Rugby,	Fitness in Basketball,
	Lvaluation/Analysis,	i itiless III basketball,	Titiless III basketudii,	Titiless III basketudii,	i ootball, Rugby,	Titiless III basketball,



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



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



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	Including a designated	Including a designated	Including a designated	Including a designated	Including a designated	
	programme designed to	programme designed to	programme designed to	programme designed to	programme designed to	
	enhance GCSE PE	enhance GCSE PE	enhance GCSE PE	enhance GCSE PE	enhance GCSE PE	
	practical grades.	practical grades.	practical grades.	practical grades.	practical grades.	
	Assessment	Assessment	Assessment	Assessment		
	Self-assessment and	Self-assessment and	Self-assessment and	Self-assessment and		
	review reaching ME in	review reaching ME in	review reaching ME in	review reaching ME in		
	PE mastery and wider	PE mastery and wider	PE mastery and wider	PE mastery and wider		
	PE fulfilment	PE fulfilment	PE fulfilment	PE fulfilment		
Year 12	A Level PE	A Level PE	A Level PE	A Level PE	A Level PE	A Level PE
	Developing Core	Developing Core	Developing Core	Developing Core	Developing Core	Developing Core
	knowledge and building	knowledge and building	knowledge and building	knowledge and building	knowledge and building	knowledge and building
	on wider cultural capital	on wider cultural capital	on wider cultural capital	on wider cultural capital	on wider cultural capital	on wider cultural capital
	from GCSE PE in	from GCSE PE in	from GCSE PE in	from GCSE PE in	from GCSE PE in	from GCSE PE in
	studying the 3 major	studying the 3 major	studying the 3 major	studying the 3 major	studying the 3 major	studying the 3 major
	areas. 1. Sociology of	areas. 1. Sociology of	areas. 1. Sociology of	areas. 1. Sociology of	areas. 1. Sociology of	areas. 1. Sociology of
	Sport, 2. Anatomy and Physiology 3.	Sport, 2. Anatomy and Physiology 3.	Sport, 2. Anatomy and Physiology 3.	Sport, 2. Anatomy and Physiology 3.	Sport, 2. Anatomy and Physiology 3.	Sport, 2. Anatomy and Physiology 3.
	Psychology of Sport	Psychology of Sport	Psychology of Sport	Psychology of Sport	Psychology of Sport	Psychology of Sport
	1 Sychology of Sport	1 sychology of sport	1 sychology of sport	1 sychology of sport	1 sychology of sport	1 Sychology of Sport
	Assessment:	Assessment:	Assessment:	Assessment:	Assessment:	Assessment:
	End of Unit Test.	End of Unit Test.	End of Unit Test.	Mock Exam	End of Unit Test.	End of Unit Test.
	OCR Sport	OCR Sport	OCR Sport	OCR Sport	OCR Sport	OCR Sport
	Developing Core	Developing Core	Developing Core	Developing Core	Developing Core	Developing Core
	knowledge and building	knowledge and building	knowledge and building	knowledge and building	knowledge and building	knowledge and building
	on wider cultural capital	on wider cultural capital	on wider cultural capital	on wider cultural capital	on wider cultural capital	on wider cultural capital
	from GCSE PE in	from GCSE PE in	from GCSE PE in	from GCSE PE in	from GCSE PE in	from GCSE PE in
	studying Unit 1 (Exam	studying Unit 1 (Exam	studying Unit 1 (Exam	studying Unit 1 (Exam	studying Unit 1 (Exam	studying Unit 8 and Unit
	Unit) and Unit 2. Unit 1 Anatomy and	Unit) and Unit 2 Unit 1 Anatomy and	Unit) and Unit 2 Unit 1 Anatomy and	Unit) and Unit 2 Unit 1 Anatomy and	Unit) and Unit 2 Unit 1 Anatomy and	2 Unit 1 Anatomy and
	Physiology	Physiology	Physiology	Physiology	Physiology	Physiology
	Unit 2 Sports Coaching	Unit 2 Sports Coaching	Unit 2 Sports Coaching	Unit 2 Sports Coaching	Unit 2 Sports Coaching	Unit 2 Sports Coaching
	Sinc 2 Sports couching	Sinc 2 Sports couching	Asssessment:	Shirt 2 Sports Couching	Jane 2 Sports Couching	Assessment:
			Unit 1 Exam (mock)			Unit 1 External Exam
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			Unit 2 Completion Task 1+2			Unit 2 Completion of Task 3+4
Year 13	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	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	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	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. Completion of the practical sports and	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 Preparation of Exam	N/A
	Assessment: End of Unit Test.	Assessment: End of Unit Test.	Assessment: End of Unit Test.	Analysis evaluation coursework  Assessment: End of Unit Test.	Skills for End of course exams.  Assessment: End of Unit Test.	
	OCR Sport Developing Core knowledge and building on wider cultural capital from GCSE PE in studying: Content to completed Unit 3 (Exam Unit) and Unit 8	OCR Sport Developing Core knowledge and building on wider cultural capital from GCSE PE in studying Unit 3 (Exam Unit) and Unit 8 Assessment:	OCR Sport Developing Core knowledge and building on wider cultural capital from GCSE PE in studying Unit 5 and Unit 8	OCR Sport Developing Core knowledge and building on wider cultural capital from GCSE PE in studying Unit 5 and Unit 8	OCR Sport Developing Core knowledge and building on wider cultural capital from GCSE PE in studying Unit 5 and Unit 8	
		Unit 3: external exam task 1+2 Unit 1: Resit opportunity to improve grade.		Assessment: Unit 8 Completion Task Task 1+2 QN visit and SV process	Assessment: Unit 5 Completion of tasks 3+4. Finish paperwork and submit.	

