



CORE PE

Rationale

The main focus of the Core PE curriculum at TMWS is to encourage pupils to enjoy and have a passion for the subject. Alongside this we want students to broaden their knowledge and skills across a wide range of sports.

KS3

The KS3 PE Curriculum is a broad and balanced programme which allows students to develop skills in a variety of both team and individual activities. Throughout the key stage students develop skills in isolation and game play, as well as tactics and evaluating performance.

Practical skill lessons drive pupils to get their `My Personal Best `which is a Youth Sport Trust initiative to develop life skills of confidence, competence, motivation and resilience through participation in sport.

Assessment

Students are assessed on their development of these skills as well as in a range activities. Students are also assessed on their attitude to learning and effort levels. Boys and girls follow a slightly different curriculum to utilise staffs expertise and strengths. Pupils have access to 2 hours of Core PE a week. A different sport each lesson.

Programme of Study

KS3 PROGRAMME OF STUDY (YEAR 7)											
SPORT 1	September	October	November	December	January	February	March	April	May	June	July
BOYS	FOOTBALL- Field		BADMINTON- SH		BASKETBALL- SH		HANDBALL- Astro		ATHLETICS- Field		TENNIS- Outside
GIRLS	HOCKEY- Astro		FITNESS- GYM		GYMNASTICS- Gym		FOOTBALL		BASKETBALL- SH		ATHLETICS- Field
SPORT 2	September	October	November	December	January	February	March	April	May	June	July
BOYS	RUGBY- Field		FITNESS- GYM		BADMINTON- SH		GYMNASTICS- Gym		CRICKET- Astro/ field		ATHLETICS- Field
GIRLS	NETBALL- Outside/ SH		NETBALL- Outside/ SH		DANCE- Gym		BADMINTON- SH		ATHLETICS- Field		ROUNDERS- Field
KS3 PROGRAMME OF STUDY (YEAR 8)											
SPORT 1	September	October	November	December	January	February	March	April	May	June	July
BOYS	FOOTBALL- Field		GYMNASTICS- Gym		BASKETBALL- SH		HANDBALL- Astro		ATHLETICS- Field		TENNIS- Outside
GIRLS	HOCKEY- Astro		BASKETBALL- SH		GYMNASTICS- Gym		FOOTBALL		HANDBALL		ATHLETICS- Field
SPORT 2	September	October	November	December	January	February	March	April	May	June	July
BOYS	RUGBY- Field		FITNESS- SH		BADMINTON- SH		TABLE TENNIS- Gym		CRICKET- Astro/ field		ATHLETICS- Field
GIRLS	NETBALL- Outside/ SH		DANCE- SH		FITNESS- SH		BADMINTON- SH		ATHLETICS- Field		ROUNDERS- Field
KS4 PROGRAMME OF STUDY (YEAR 9)											
SPORT 1	September	October	November	December	January	February	March	April	May	June	July
BOYS	RUGBY- Field		FITNESS- Gym/ outside		TABLE TENNIS- Gym		BASKETBALL- SH		ATHLETICS- Field		TENNIS- Outside
GIRLS	NETBALL- SH		BASKETBALL- SH		BADMINTON- SH		FOOTBALL- FIELD		NETBALL- SH		ATHLETICS- Field
SPORT 2	September	October	November	December	January	February	March	April	May	June	July
BOYS	FOOTBALL- Field		HANDBALL- SH		BADMINTON- SH		BASKETBALL- SH		CRICKET- Astro/ field		ATHLETICS- Field
GIRLS	HOCKEY- Astro		FITNESS- Gym/ outside		DANCE- Gym/ Hall		HANDBALL- Gym		ATHLETICS- Field		ROUNDERS- Field



KS4

In KS4 students continue with their 2 hours of Core PE a week which focuses on developing the key transferable skills embedded at KS3 into more game based activities.

Students are encouraged to take on a variety of roles within sport such as leadership and umpiring in order to develop a more tactical understanding of the activities and build confidence on leading their own activities. Mental health and wellbeing is a focus to enable pupils to relieve exam stress that may build during GCSE study.

Assessment

All pupils are assessed on attitude to learning and effort at KS4.

Year 11

Pupils are timetabled for 2 hours of Core PE lessons a week. GCSE PE intervention also runs during these lessons in a combination of individual 1-1 and small group work.

Year 11 for one of their lessons are allowed a choice from a variety of sports.

At KS4 we also offer GCSE PE following the new OCR specification which enables students to develop their skills and specialise in 3 of their strongest sports whilst having the opportunity to learn theoretical concepts across anatomy and physiology and social- cultural issues in sport.

Programme of study

KS4 PROGRAMME OF STUDY (YEAR 10)											
SPORT 1	September	October	November	December	January	February	March	April	May	June	July
BOYS	RUGBY- Field		FITNESS- Gym/ outside		HANDBALL		BASKETBALL- SH	ATHLETICS- Field		TENNIS- Outside	
GIRLS	NETBALL- Outside		BASKETBALL- SH		NETBALL- SH		HANDBALL- Astro	ROUNDERS- Field		ATHLETICS- Field	
SPORT 2	September	October	November	December	January	February	March	April	May	June	July
BOYS	FOOTBALL		BASKETBALL- SH		BADMINTON- SH		TABLE TENNIS	CRICKET- Astro/ field		ATHLETICS- Field	
GIRLS	HOCKEY- Astro		FITNESS- Gym/ outside		DANCE- Gym/ Hall		BADMINTON- SH	ATHLETICS- Field		ROUNDERS- Field	
KS4 PROGRAMME OF STUDY (YEAR 11)											
SPORT 1	September	October	November	December	January	February	March	April	May	June	July
BOYS	FOOTBALL/ RUGBY- Field		BASKETBALL- SH		FOOTBALL- Field		INTERVENTION				
GIRLS	NETBALL/ HOCKEY- SH		FITNESS- Gym		BASKETBALL- SH		INTERVENTION				
SPORT 2	September	October	November	December	January	February	March	April	May	June	July
BOYS	INTERVENTION		INTERVENTION		INTERVENTION		INTERVENTION				
GIRLS	INTERVENTION		INTERVENTION		INTERVENTION		INTERVENTION				
Subject to change depending on numbers in lessons											
Intervention will run alongside											
Maths											
English											
History											
Science											



Key themes

- Communication
- Leadership
- Team work
- Resilience
- Goal setting
- Sportsmanship/ Respect for others
- Wide range of knowledge on a variety of sports

Key reasons for teaching the subject

- Increase physical activity and awareness of health benefits
- Lifelong participation in physical activity
- Increase mood/ self-esteem to help with improving mental health

The order of topics

The order of topics will be based upon seasons sports covered are taught for at least a half term.

For girls in year 9 plus netball will be taught over 2 half terms to help with GCSE grading. For boys this is also an option for basketball.

The curriculum has some movement depending on needs of individual groups- especially taking into account SEN pupils, size of groups, weather and spaces available for teaching. This can change lesson to lesson.

Pedagogical Methodology

The Core PE curriculum is broken down by sport and each lesson a different skill focus.

Each lesson a new skill is introduced- KS3 this will include presentation of new knowledge. KS4 will be recapping and refining skills.

KS3 lessons will have a variety of different of different practices to improve the performance of these skills

Activities are learn in isolation and then performed in a competitive situation at KS3 more activities will be done in isolation KS4 more time in lessons spent in competitive situation.

Lessons are broken down and taught using the 6ps learning cycle:

1. Prepare

Pupils get changed, register, 3 minutes of continuous running for warm up. Recap last lessons focus.

2. Purpose

What is the focus in today's lesson? Each lesson has 3 differentiated outcomes.

Good, Brilliant, Awesome Or Bronze, Silver, Gold



3. Present

Students will be presented with new information e.g. a demonstration, use of a video. The skill presented will be the focus of the lesson

4. Practice

Pupils will get the opportunity to practice focused skill in isolation

5. Prove it

Can you perform the skill in a competitive situation?

6. Ponder

Which objective did you achieve?

Good, Brilliant, Awesome or Bronze, Silver, Gold. What have you learnt today?

Extra-curricular

The PE department run a variety of extra-curricular activities that vary across sporting seasons. This allows pupils the opportunity to compete in fixtures and represent the school. Pupils are encouraged to attend extra-curricular to improve and refine skills in sports of their choice.

PE clubs timetable winter example

Day	Lunch time (Until 1pm)	After school (Until 4.15/4.30pm)
Monday	GCSE Year 11 revision- (AY) S1	Netball- Year 7 & 8 (PB & KC) SH
Tuesday	Basketball- All years (AY) SH Hockey- All years (KWT & KC) Astro	Football- All years (AY,CK) Field GCSE Year 11 revision drop in- (KWT) PE office
Wednesday	Handball- All years (KWT) SH Table tennis- All years (Ewan) Gym	Netball- All years (KWT, KC) SH Rugby- All years (PO, CK) Field Girls football- All years (AM) Field (Late bus available)
Thursday	Badminton- All years (PO) SH House sports- All years (Sports leaders) Gym	Dance- All years (KWT, KC, AM) Hairspray- All cast (KWT & KWO) (Until 5.20pm)
Friday	Dodgeball- All years (AY) Gym GCSE drop in- (KWT) PE office	Fitness circuits- Staff & students (KWT) Gym

When students leave TMWS they will:

- Know all the core skills in all sports covered and had the opportunity to learn and perform both core and advanced skills
- Have awareness of different types of physical activity and sports
- Had experience at leading in lessons through- umpiring, scoring/ officiating
- We want our pupils to enjoy Physical Education and want to continue exercise and physical activity for life long participation.



GCSE PE

Rationale

The main intent of the PE GCSE curriculum is to use a variety of teaching techniques and lessons to enable students to access a balanced and broad experience. This will be through teaching OCR GCSE specification.

Pupils will learn and explore a variety of topics- Ranging from bio-mechanics to drugs in sport. Allowing for pupils to gain knowledge across the whole spectrum of sport and physical activity. Upon completion students will have the skills to progress onto post 16 study through either A-levels or BTEC.

Topics

2 papers 30% each overall weighting

Key themes- Paper 1

-Anatomy, physiology and physical training

- Muscular and skeletal system
- Movement analysis
- Cardiovascular and respiratory system
- Effects of exercise on the body
- Components of fitness
- Applying the principles of training
- Preventing injury

Key themes- Paper 2

- Socio-cultural influences Sports psychology Health, fitness and well-being

- Engagement patterns of different social groups
- Commercialisation in sport and physical activity
- Ethical and socio-cultural issues
- Sports psychology
- Health, fitness and well-being

Pedagogical Methodology

- Each topic will begin with an introduction to – and explicit teaching of – key subject knowledge
- All key aspects of knowledge will be taught explicitly in the unit and formatively assessed throughout using topic tests.
- Retrieval is a departmental focus and use of metacognition techniques they will be revisited frequently both within and across topics.
- Teachers will explicitly highlight links within and between topics.
- Students will be given a I need to know check list at the start of every topic and will be given a revision folder for revision cards to be placed into.



- Key knowledge will be recapped on a regular basis using low stakes quizzes.
- Criteria based on GCSE assessment objectives will be used to inform both the writing and the assessment.
- Teachers should formatively mark student responses using the agreed department feedback codes.
- Students will be given the opportunity to make corrections and improvements in green pen after each marking cycle (DIRT time).

Links to what students already know?

In GCSE PE where possible we link with biology curriculum and help build knowledge for both subjects. Especially the cardio/respiratory system.

Teaching of key vocabulary

Very important for pupils to know the correct terms for each skill being learnt and trying to link GCSE terms

Assessment methods

GCSE PE assessment varies between topical GCSE tests and OCR GCSE style questions from OCR specification that are given to pupils throughout topics. Topic tests are completed at the end of each topic and practice exam/ mock exam papers build in with school calendar

Marking and Feedback

Books are marked within department every 2 weeks. Department coding is used. When book is marked pupils are given a WWW and EBI which is coded and then at least 1 GCSE question to answer which is also coded as pupils are given a booklet with questions in for each topic during DIRT time.

When students leave TMWS they will:

- Developed contextual knowledge of a wide range of topics.
- Are competent in the PE skills needed to: State (AO1) Explain (AO2) Evaluate and link practically (AO3)
- Had the opportunity to focus on 3 sports and refine skills through learning and performing with a wide range of core and advanced skills.



Programme of study- Theory

Half term 1

Physical Education- GCSE										
School Week		1	2	3	4	5	6	7	8	Half Term
Year 9	Option rotations	GCSE Taster- Skeletal system								Health, Fitness & Well-being
Year 10	Cardiovascular System	Double pump	Flow of blood	Blood vessels	Key terms	Topic test	Respiratory- flow of	Alveoli	Muscles/ Test	
Year 11	Paper 2 Sports Psychology	Recap SMART/Continuums	Characteristics of a skilful movement/ Mental prep techniques/ Types of guidance & feedback							

Half term 2

9	10	11	12	13	14	15	Christmas Skeletal System
GCSE Taster- Skeletal system							Principles of training
Aerobic & anaerobic	Short term effects	Long term effects	Topic tests	Components of fitness	COF	COF	
Benefits & consequences	Diet & nutrition	Ethics in sport- SMS, GMS, DEV, Drugs, Violence	Mock exams	Mock exams	Mock exams	Engagement patterns	

Half term 3

16	17	18	19	20	21	Half Term Muscular System
Location and functions		Components of joints, types of movement			Topic test	Injury prevention
POT	FITT	Tests	Types of training	Warm up and Cool	Topic tests	
Current trends	Social groups	Topic test	Commercialisation- Golden triangle, Sponsorship, media			

Half term 4

22	23	24	25	26	27	Easter
Location, movement and roles		Topic test	Planes	Planes	Topic test	
Prevention	Hazards/ test	Paper 2- SMART & CONTINUUM	Coursework			
Paper 1 recap			Paper 2 recap			



Half term 5

28	29	30	31	32	Half Term
Axes	Axes	Topic test	Levers	Levers	
Coursework					
Revision	Revision	Revision	Revision	PE exam	

Half term 6

33	34	35	36	37	38	39
Levers	Topic test	Retrieval	Retrieval	Retrieval	Retrieval	Retrieval
Mop up/Revision	Mop up/Revision	MOCKS	MOCKS	WORK EXPERIENCE	Practical moderation	Practical moderation

Practical- 30% weighting

3 sports- 10% weighting each

As part of the course pupils are assessed in 3 sports. Pupils who have more than 3 sports the 3 sports they will get the best scores in will be focused on.

Practical lessons

Certain sports are focused on as they are popular with pupils.

Year 9

- Basketball
- Football
- Netball
- Badminton
- Handball
- Athletics

Year 10

- Badminton
- Handball
- Athletics

Year 11

- Focused on moderation process



Programme of study- Practical

Half term 1

Physical Education- GCSE practical											
School Week		1	2	3	4	5	6	7	8	Half Term	
Year 9	Once a week	GCSE Taster- Basketball									
Year 10	Once every 2 weeks	Badminton									
Year 11	None Moderation										

Half term 2

9	10	11	12	13	14	15	Christmas
GCSE Taster- Basketball							
Badminton							

Half term 3

16	17	18	19	20	21	Half Term
Choice- Netball/ football						
Handball						
Practical moderation						

Half term 4

22	23	24	25	26	27	Easter
Handball/ Badminton						
Handball/ Coursework						
Practical moderation						

Half term 5 & 6

28	29	30	31	32	Half Term	33	34	35	36	37	38	39
Handball/ Badminton						Athletics						
Coursework						Mop up/Revision	Mop up/Revision	MOCKS	MOCKS	WORK EXPERIENCE	Practical moderation	Practical moderation