

The Physical Education Curriculum at Ark John Keats

<p>Why should all students learn your subject?</p> <p>We believe that all students should have access to a wide and varied PE curriculum that helps students develop a passion for physical activity. We know that regular exercise has many physical and mental benefits and we aim to give students the knowledge required to reap these. We ultimately aim to support students in leading a healthy and balanced lifestyle both inside and outside the classroom.</p> <p>Through their study, students will develop foundational knowledge including how the different body systems function and how they respond to physical activity. We focus on lifestyle units which introduce the health benefits of sport. We also use physical education as a tool to develop key student habits, which will help them throughout all aspects of their education. All students will become hardworking individuals that embrace challenge, they will work efficiently as individuals and thrive in team settings</p> <p>Finally, we want students to embed themselves within the sporting community. We actively learn about the wider issues in society and how sport has the potential to impact these. At the end of their study with us students will become competent, confident and creative users of sports media and content. This will allow them to attend their chosen universities and have a positive influence on a competitive sports industry.</p>	<p>What is the core knowledge in your subject? Pupils should:</p> <p>KS3</p> <ul style="list-style-type: none"> An introduction into Handball, Volleyball, Athletics, Rounders, Basketball Badminton, Cricket, Dance, Gymnastics, Fitness and Netball fundamentals Development of core skills within these sports and the introduction of tactical application How and why we warm up and cool down (Year 7) The skill and health related components of fitness (Year 7) Sports ethics and nutrition (Year 8) The body systems and how they change at the onset of exercise (Year 9) <p>KS4</p> <ul style="list-style-type: none"> Students are assessed in six sports (Handball, Badminton, Athletics, Netball, Table tennis and Football). They must demonstrate a variety of core and advanced skills as mentioned in the OCR non-exam assessment guide. Students identify the physical factors that affect sporting performance (Paper 1) Students identify the socio-cultural factors that affect sporting performance (Paper 2) 	<p>What is the way students practice in your subject?</p> <ul style="list-style-type: none"> Regularly participate in an individual and team sport both in lesson and outside of school. Students will focus on key foundational skills within each sport and eventually develop an advanced skill set in at least three sports. This is all in preparation for GCSE assessment. Apply physics to develop an understanding of biomechanics in sport. Use knowledge of biology to explain the changes in body systems at the onset of physical activity. Explaining principles of training, injury prevention, components of fitness and warm ups/cool downs. Regular engagement with popular sports psychology theories and their use within elite sports performance. Participate in three sports to a high standard both inside and outside of school. Students will need to have a varied practical skillset to prepare them for future non-exam assessments.
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	Autumn Term	Spring Term	Summer Term			
Year 7	<p>Practical</p> <ul style="list-style-type: none"> - All students complete a variety of invasion, striking and fielding and athletics lessons. Their practical performance is assessed preparing them for future PE re-grouping. <p>Theory</p> <ul style="list-style-type: none"> - How we Warm up in sport and the reasons behind it. - Components of fitness with a variety of sporting examples 	<p>Practical: Tag Rugby and Basketball</p> <ul style="list-style-type: none"> - An introduction to tag-rugby and basketball fundamentals <p>Theory</p> <ul style="list-style-type: none"> - Components of fitness with a variety of sporting examples (Part 2). - How we cool down and the reasons behind it 	<p>Practical:</p> <ul style="list-style-type: none"> - An introduction into movement fundamentals (a variety of Dance, Gymnastics and Fitness activities) - An introduction to rounders fundamentals <p>Theory</p> <ul style="list-style-type: none"> - Revision of warm ups, cool downs, and all components of fitness. 			
Year 8	<p>Practical:</p> <ul style="list-style-type: none"> - Development handball fundamentals. - Development volleyball fundamentals. <p>Theory</p> <ul style="list-style-type: none"> - Ethics and issues in sport - Performance enhancing drugs 	<p>Practical</p> <ul style="list-style-type: none"> - Development of movement fundamentals (dance, gymnastics, and fitness) - Development of individual fitness levels <p>Theory</p> <ul style="list-style-type: none"> - Diet and nutrition 	<p>Practical</p> <ul style="list-style-type: none"> - Development of key athletics skills in a variety of events. - Development cricket skills with the introduction of tactical application. <p>Theory</p> <ul style="list-style-type: none"> - Revision of previous content. 			
Year 9	<p>Practical</p> <ul style="list-style-type: none"> - Development of badminton skills with the introduction of tactical application. - Development of Netball fundamentals <p>Theory</p> <ul style="list-style-type: none"> - The components of the skeletal system - The 5 functions of the skeleton 	<p>Practical</p> <ul style="list-style-type: none"> - An introduction to table tennis fundamentals - Development basketball skills with the introduction of tactical application. <p>Theory</p> <ul style="list-style-type: none"> - The components of the muscular system - The effect of exercise on the muscular system - Antagonistic pairs 	<p>Practical</p> <ul style="list-style-type: none"> - Specialisms within athletic performance. Focus on borough events and cohorts needs. - Development rounders skills with the introduction of tactical application. <p>Theory</p> <ul style="list-style-type: none"> - Revision of previous content 			
Year 10	<p>Theory - Paper 1</p> <p>Anatomy and Physiology</p> <ul style="list-style-type: none"> - Skeletal system - Muscular system - Movement analysis 	<p>Theory - Paper 1</p> <p>Anatomy and Physiology</p> <ul style="list-style-type: none"> - The cardiovascular and respiratory systems - Effects of exercise on the body - Physical Training and preventing injury 	<p>Theory – Paper 1</p> <p>Anatomy and Physiology</p> <ul style="list-style-type: none"> - Movement analysis - Biomechanics. - Principles of Training - Components of Fitness 	<p>Theory - Paper 2</p> <p>Sports Psychology</p> <ul style="list-style-type: none"> - Classification of skill - Goal setting 	<p>Theory – NEA</p> <ul style="list-style-type: none"> - Analysis and evaluation of performance coursework. 	<p>Theory – NEA</p> <p>Analysis and evaluation of performance coursework.</p>
Year 11	<p>Theory - Paper 2</p> <p>Sports Psychology</p> <ul style="list-style-type: none"> - Characteristics of skilful movement - Types of guidance & Feedback - Mental preparation 	<p>Theory – Paper 2</p> <p>Health, Fitness and Well being</p> <ul style="list-style-type: none"> - Health, fitness and well being - Diet and nutrition <p>Socio – Cultural Influences</p> <p>Engagement patterns of social groups in sport</p> <p>Commercialisation of sport Ethical and socio-cultural issues in sport</p>	<p>Revision</p>	<p>Revision</p>	<p>Revision</p>	

