Ark John Keats Academy

The PE Curriculum at AJK

Why should all students learn your subject?

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.

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 skill acquisition and sports psychology units which introduces the cognitive side 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

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.

What is the core knowledge in your subject?

- Develop a deeper understanding of how physical activity effects the different body systems (Skeletal, Muscular, Cardiovascular and Respiratory Systems).
- Understand the importance of sports psychology and skill acquisition and critically evaluate their use in elite sports performance.
- Identify the key links between Physical Education and key science concepts including subjects like biology and physics.

What is the key way students practice in your subject?

- 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.
- Participate in three sports to a high standard both inside and outside of school. Students will need to a have a varied practical skillset to prepare them for future non-exam assessments.
- Demonstrate the ability to apply key principles of training to a variety of sports and performers.
- Apply scientific based 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.

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PE Curriculum Content Overview			
	Autumn	Spring	Summer
Year 7	Practical: Baselining unit Theory: Warm up and cool down The health related components of fitness	Practical: Handball & Basketball Theory: Skill related components of fitness	Practical: Athletics
Year 8	Practical: Handball Theory: Diet and nutrition Ethics and issues in sport Performance enhancing drugs	Practical: Basketball Theory Classification of skills Characteristics of skilful performance	Practical: Athletics
Year 9	Practical: Badminton Theory: The components and purpose of the cardiovascular system The different blood vessels and their roles. The effect of exercise on the cardiovascular system.	Practical: Netball Theory: The components of the muscular & skeletal system The effect of exercise on the muscular system Antagonistic pairs & connective tissues	Practical : Athletics Theory : The components of the skeletal system Connective tissues.
Year 10	Sports Psychology Health, Fitness & wellbeing Socio-cultural influences	Anatomy and physiology	Analysis and evaluation of performance
Year 11	Anatomy and physiology	Revision	