

Key Stage 3 PE

Curriculum Map 3-year Curriculum

Students will participate in a range of activities throughout each year, depending on individual needs, group requirements and spacing



Off to GCSE

Transition Unit

Summer 2:
Introduction to GCSE PE/OCR Cambridge National

Examination PE
Overview of the content delivered at KS4

Sport Psychology

Using a range of Victorian and modern texts explore how much life has really changed

Summer 1:
Athletics Softball Rounders Cricket

Spring 2:
Table Tennis Cross country Olympics Dance

Anatomy & Physiology
Explore rhetoric in a range of texts while learning to write your own

Anatomy & Physiology

Learn about the manipulation of the media and how to spot fake news

Spring 1:
Basketball Fitness Hockey Rugby

Autumn 2:
Netball Football Softball Badminton

Principles of training
Try your hand at writing about a dystopian world

Principles of training

Read and analyse the characters / themes presented in the novel

Autumn 1:
How to analyse/evaluate sport

Year 9: Transition to skills required at GCSE

Year 8: Application to Sport

Principles of training

Understanding how the rules of fitness applies to sport and individuals

Autumn 1:
How to apply concepts to sport

Autumn 2:
Netball Football Softball Badminton

Spring:
Basketball Fitness Hockey Rugby

Summer 1:
Table Tennis Cross country Olympics Dance

Summer 2:
Athletics Softball Rounders ricket

Sport Psychology
Understand how the mind applies to sport and how individuals can use this to improve

Anatomy & Physiology

Understanding how the body can be adapted to different sports or activities

Anatomy & Physiology
Understanding the basic structure and function of the body

Summer 2:
Athletics Softball Rounders Cricket

Summer 1:
Table Tennis Cross country Olympics Dance

Spring Term:
Basketball Fitness Hockey Rugby

Autumn 2:
Netball Football Softball Badminton

Principles of Training
Understanding the basic rules of improving your physical fitness

Introduction Unit
Autumn 1: Rules and expectations in PE

Principles of training
Understanding the basic rules of improving your physical fitness

Sport Psychology
Understand how the mind works in the sporting world

Anatomy & Physiology
Understanding the basic structure and function of the body

Year 7: Rules and expectations in PE

Thinking of studying PE? Don't forget to pick up your KS5 transition pack



Off to your future

AQA Paper 2
1 hour 15 mins

Paper 2 – Contemporary issues in sport

Exam:
GCSE PE Paper 2
30%

AQA Paper 1
1 hour 15 mins

Paper 1 – The body in sport

Exam:
GCSE PE Paper 1
30%

AQA Practical

GCSE PE Practical exam via visiting moderator to observe chosen activities

Exam:
GCSE PE Practical
40%

Past Paper Focus / Finalising coursework

Your teacher will provide you with activities and past papers as you approach your exam / Cam Nat – Your teacher will discuss final adjustments to coursework to be submitted

Exams

Summer 1:

OCR – Final coursework prep

GCSE PE - Final exam prep



GCSE PE – Movement analysis

Unit focusing on the biomechanics of how the body moves during sport

Spring 2:

OCR – Sports Nutrition

GCSE PE - Movement analysis

GCSE PE – Health, Fitness & Wellbeing

Unit focusing on the basic principles of being healthy, fit and well

Spring 1:

OCR – Sports Nutrition

GCSE PE – Health, Fitness & Wellbeing

Exam:
OCR Cam Nat
25%

OCR Cambridge National in Sport Science
1 hour 15 mins

OCR – Sports Nutrition

Unit looking at how nutrition can affect a healthy lifestyle

GCSE PE – Socio-cultural influences

Unit looking at how society and culture have affected sport within history

Autumn 1:
OCR – Sport Psychology
GCSE PE – Socio-cultural influences

Autumn 2:
OCR – Exam prep
GCSE PE – Socio-cultural influences

OCR - Exam Preparation

2nd exam attempt prep

OCR – Sports Psychology

Unit looking at the psychology of sport and how it affects performance

Summer 2:

OCR – Sports Psychology
GCSE PE – Anatomy & Physiology

Year 11

Gap Close

Your teacher will focus on developing exam skills and areas of concern from your mock.

OCR – Injuries in sport (Exam)

Unit looking at injuries in sport

Summer 1:
OCR – Injuries in Sport (Exam prep)
GCSE PE – Anatomy & Physiology

Spring 1:
OCR – Injuries in Sport (Exam prep)
GCSE PE – Sport Psychology

Spring 1:
OCR – Principles of training
GCSE PE – Sport Psychology

OCR - Principles of training

Unit looking at how the body can use exercise to improve and develop

Autumn 2:
OCR – Principles of training
GCSE PE – Physical Training

Autumn 1:
OCR – Principles of training
GCSE PE – Physical Training

Year 10

GCSE PE – Anatomy & Physiology

Unit looking at the body and how it is used in various ways within sport

GCSE PE – Sport Psychology

Unit looking at the psychology of sport and how it affects performance

GCSE PE - Physical training

Unit looking at how the body can use exercise to improve and develop

Key Stage 4 PE

Curriculum Map 2 year Curriculum

Students will opt for either OCR Cambridge National in Sport Science or GCSE PE at KS4.





The Prescot School Subject Overview for

Head of Department – Mrs G Robinson

PE - Year 7

Number of lessons per fortnight

For Key Stage 3 – 3 lessons

1 Course/Subject introduction

Throughout the year a series of activities are followed by all students that will develop the skills required for success and progression in Key stage 3. Alongside this, the theory content covered within the practical setting of the lessons will provide an insight into the required skills for Key Stage 4 and GCSEs.

2 Course/Subject structure

Term 1	<p>Students will participate in a range of activities that focus on identifying their physical, mental and social ability within PE. These activities may include:</p> <table style="width: 100%; border: none;"> <tbody> <tr> <td style="width: 50%; vertical-align: top;"> <p><u>Girls</u> Baselining Fitness Netball</p> </td> <td style="width: 50%; vertical-align: top;"> <p><u>Boys</u> Baselining Football Badminton</p> </td> </tr> </tbody> </table> <p>These activities will be accompanied by a theory element from the KS4 specifications, in order to develop students understanding of how practical sport connects to the theoretical element of PE. The key words covered within this term will come from the Principles of Training and Anatomy & Physiology units.</p>	<p><u>Girls</u> Baselining Fitness Netball</p>	<p><u>Boys</u> Baselining Football Badminton</p>
<p><u>Girls</u> Baselining Fitness Netball</p>	<p><u>Boys</u> Baselining Football Badminton</p>		
Term 2	<p>Students will go on to participate in different activities to Term 1, focusing on other skills required from the various settings. They will continue to focus on how each student can use their physical, mental and social skills to develop. The activities covered in this term may include:</p> <table style="width: 100%; border: none;"> <tbody> <tr> <td style="width: 50%; vertical-align: top;"> <p><u>Girls</u> Football Badminton Practical Theory Cricket</p> </td> <td style="width: 50%; vertical-align: top;"> <p><u>Boys</u> Fitness Handball Rugby Basketball</p> </td> </tr> </tbody> </table> <p>These activities will again be accompanied by a theory element from the KS4 specifications. The key words covered within this term will come from the Sport Psychology unit and will aim to develop students' oral responses to questioning from this area.</p>	<p><u>Girls</u> Football Badminton Practical Theory Cricket</p>	<p><u>Boys</u> Fitness Handball Rugby Basketball</p>
<p><u>Girls</u> Football Badminton Practical Theory Cricket</p>	<p><u>Boys</u> Fitness Handball Rugby Basketball</p>		

Term 3

In the final term of Year 7, students will again participate in different activities to hone their individual and team skills. Students will look to develop their skills to improve how they perform in PE as a whole subject. The activities covered in this term may include:

Girls

Rounders
Athletics
Basketball
Short Tennis

Boys

Short Tennis
Athletics
Practical Theory
Cricket

This term will return to focus on different key terms from the previously taught Principles of Training and Anatomy & Physiology units covered in Term 1. Recall and connections will be made to previously covered terminology during this term, allowing the students to develop a deeper understanding and how the terms are linked to sport and activity.

3 Recommended texts or websites to support home learning

<https://www.bbc.co.uk/bitesize/subjects/znyb4wx>

<https://grobison977.wixsite.com/ocrportscience>

<https://brianmac.co.uk/>

4 Specialist equipment/materials required if applicable.

Due to the nature of PE, all students require full PE kit, including The Prescott School t-shirt, shorts and black knee-high socks as a minimum, along with suitable trainers or football boots where applicable. Students can dress for the weather with The Prescott School tracksuit pants and hoody if desired. Under armour layers can also be purchased and worn underneath The Prescott School logo clothing if desired.



The Prescot School Subject Overview for

Head of Department – Mrs G Robinson

PE - Year 8

Number of lessons per fortnight

For Key Stage 3 – 4 lessons

1 Course/Subject introduction

Throughout the year a series of activities are followed by all students that will develop the skills required for success and progression in Key stage 3. Alongside this, the theory content covered within the practical setting of the lessons will provide an insight into the required skills for Key Stage 4 and GCSEs.

2 Course/Subject structure

Term 1	<p>Students will participate in a range of activities that focus on identifying their physical, mental and social ability within PE. These activities may include:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><u>Girls</u> Cross Country Fitness testing Fitness Netball</p> </td> <td style="width: 50%; vertical-align: top;"> <p><u>Boys</u> Cross Country Fitness testing Football Badminton</p> </td> </tr> </table> <p>These activities will be accompanied by a theory element from the KS4 specifications, in order to develop students understanding of how practical sport connects to the theoretical element of PE. The key words covered within this term will come from the Principles of Training and Anatomy & Physiology units.</p>	<p><u>Girls</u> Cross Country Fitness testing Fitness Netball</p>	<p><u>Boys</u> Cross Country Fitness testing Football Badminton</p>
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Term 2	<p>Students will go on to participate in different activities to Term 1, focusing on other skills required from the various settings. They will continue to focus on how each student can use their physical, mental and social skills to develop. The activities covered in this term may include:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><u>Girls</u> Football Badminton Practical Theory Cricket</p> </td> <td style="width: 50%; vertical-align: top;"> <p><u>Boys</u> Fitness Handball Rugby Basketball</p> </td> </tr> </table> <p>These activities will again be accompanied by a theory element from the KS4 specifications. The key words covered within this term will come from the Sport Psychology unit and will aim to develop students' oral responses</p>	<p><u>Girls</u> Football Badminton Practical Theory Cricket</p>	<p><u>Boys</u> Fitness Handball Rugby Basketball</p>
<p><u>Girls</u> Football Badminton Practical Theory Cricket</p>	<p><u>Boys</u> Fitness Handball Rugby Basketball</p>		

	to questioning from this area.		
Term 3	<p>In the final term of Year 7, students will again participate in different activities to hone their individual and team skills. Students will look to develop their skills to improve how they perform in PE as a whole subject. The activities covered in this term may include:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><u>Girls</u> Rounders Athletics Basketball Short Tennis</p> </td> <td style="width: 50%; vertical-align: top;"> <p><u>Boys</u> Short Tennis Athletics Practical Theory Cricket</p> </td> </tr> </table> <p>This term will return to focus on different key terms from the previously taught Principles of Training and Anatomy & Physiology units covered in Term 1. Recall and connections will be made to previously covered terminology during this term, allowing the students to develop a deeper understanding and how the terms are linked to sport and activity.</p>	<p><u>Girls</u> Rounders Athletics Basketball Short Tennis</p>	<p><u>Boys</u> Short Tennis Athletics Practical Theory Cricket</p>
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The Prescott School Subject Overview for

Head of Department – Mrs G Robinson

PE - Year 9

Number of lessons per fortnight:

For Key Stage 3 – 4 lessons

1 Course/Subject introduction

Throughout the year a series of activities are followed by all students that will develop the skills required for success and progression in Key stage 3. Alongside this, the theory content covered within the practical setting of the lessons will provide an insight into the required skills for Key Stage 4 and GCSEs.

2 Course/Subject structure

Term 1	<p>Students will participate in a range of activities that focus on identifying their physical, mental and social ability within PE. These activities may include:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><u>Girls</u> Cross Country Fitness testing Fitness Netball</p> </td> <td style="width: 50%; vertical-align: top;"> <p><u>Boys</u> Cross Country Fitness testing Football Badminton</p> </td> </tr> </table> <p>These activities will be accompanied by a theory element from the KS4 specifications, in order to develop students understanding of how practical sport connects to the theoretical element of PE. The key words covered within this term will come from the Principles of Training and Anatomy & Physiology units.</p>	<p><u>Girls</u> Cross Country Fitness testing Fitness Netball</p>	<p><u>Boys</u> Cross Country Fitness testing Football Badminton</p>
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Term 2	<p>Students will go on to participate in different activities to Term 1, focusing on other skills required from the various settings. They will continue to focus on how each student can use their physical, mental and social skills to develop. The activities covered in this term may include:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><u>Girls</u> Football Badminton Practical Theory Cricket</p> </td> <td style="width: 50%; vertical-align: top;"> <p><u>Boys</u> Fitness Handball Rugby Basketball</p> </td> </tr> </table> <p>These activities will again be accompanied by a theory element from the KS4 specifications. The key words covered within this term will come from the Sport Psychology unit and will aim to develop students' oral responses to questioning from this area.</p>	<p><u>Girls</u> Football Badminton Practical Theory Cricket</p>	<p><u>Boys</u> Fitness Handball Rugby Basketball</p>
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	<p>In the final term of Year 7, students will again participate in different activities to hone their individual and team skills. Students will look to</p>		

Term 3	<p>develop their skills to improve how they perform in PE as a whole subject. The activities covered in this term may include:</p> <table border="0"> <tr> <td style="vertical-align: top;"> <p><u>Girls</u> Rounders Athletics Basketball Short Tennis</p> </td> <td style="vertical-align: top;"> <p><u>Boys</u> Short Tennis Athletics Practical Theory Cricket</p> </td> </tr> </table> <p>This term will return to focus on different key terms from the previously taught Principles of Training and Anatomy & Physiology units covered in Term 1. Recall and connections will be made to previously covered terminology during this term, allowing the students to develop a deeper understanding and how the terms are linked to sport and activity.</p>	<p><u>Girls</u> Rounders Athletics Basketball Short Tennis</p>	<p><u>Boys</u> Short Tennis Athletics Practical Theory Cricket</p>
<p><u>Girls</u> Rounders Athletics Basketball Short Tennis</p>	<p><u>Boys</u> Short Tennis Athletics Practical Theory Cricket</p>		

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GCSE PE - Year 10

Number of lessons per fortnight:
For Key Stage 4 – 6 lessons

1 Course/Subject introduction

Throughout the year, students will follow the GCSE PE AQA examination course, gaining a full GCSE qualification at the end of the course. The course allows for an understanding of sport and exercise to a deeper level, combining practical application of sport to the theoretical element of this subject. This means students need to be practically able and be able to apply the knowledge they receive when participating in sport and exercise to the classroom.

The practical element of the course requires students to participate in both team and individual activities, choosing 3 to put forward as their 'best scores'. There is also the requirement for a coursework-based piece of work for the students to complete on a sport of their choice that shows their application skills of the theory content to a practical setting.

The theory element of the course accounts for 60% of the final grade and requires the students to cover a range of topics, from sport psychology and contemporary issues to anatomy and physiology and physical training. Practical lessons will break skills down and assess students against the examination criteria, both in a skill setting and within a competitive situation.

2 Course/Subject structure

Term 1	<p><u>Theory</u> Students will cover the physical training element of the course during this term. They will learn about:</p> <ul style="list-style-type: none"> • The components of fitness • Fitness testing • Types of training <p>They will apply this knowledge to a variety of sporting situations and be able to combine knowledge to discuss the concepts to a deeper level.</p> <p><u>Practical</u> Students will participate in a range of sports covered within the GCSE specification to enable them and the teacher to discover their strengths. They will then follow a bespoke pathway for their practical development, depending on their strengths.</p> <p>Potential activities to be completed in Term 1 include: Baseline sessions for Netball, Football, Basketball, Handball, Athletics, Badminton, Table Tennis, Rounders, Cricket, Trampolining, Rugby, Gaelic Football</p>
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	Students will then spend roughly 4-5 weeks covering some of the activities they are strongest at.
Term 2	<p>Theory Students will cover the sport psychology element of the course during this term. They will learn about:</p> <ul style="list-style-type: none"> • Skills • SMART targets and goal setting • Information Processing <p>They will apply this knowledge to a variety of sporting situations and be able to combine knowledge to discuss the concepts to a deeper level.</p> <p>Practical Potential activities to be completed in Term 2 include: Netball, Football, Basketball, Handball, Athletics, Badminton, Table Tennis, Rounders, Cricket, Trampolining, Rugby, Gaelic Football Students will spend roughly 4-5 weeks covering some of the activities they are strongest at.</p>
Term 3	<p>Theory Students will cover the applied anatomy and physiology element of the course during this term. They will learn about:</p> <ul style="list-style-type: none"> • The skeletal system • The muscular system • The respiratory system • The cardiovascular system <p>They will apply this knowledge to a variety of sporting situations and be able to combine knowledge to discuss the concepts to a deeper level.</p> <p>Practical Potential activities to be completed in Term 2 include: Netball, Football, Basketball, Handball, Athletics, Badminton, Table Tennis, Rounders, Cricket, Trampolining, Rugby, Gaelic Football Students will spend roughly 4-5 weeks covering some of the activities they are strongest at.</p>

3 Recommended texts or websites to support home learning

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Access to a revision guide is desirable and will assist the students in their preparation for the exams and help with home learning. These can be purchased through school.



Sport Science - Year 10

Number of lessons per fortnight:
For Key Stage 4 – 6 lessons

1 Course/Subject introduction

Throughout the year, students will follow the OCR Cambridge National examination course, gaining a full GCSE equivalent qualification at the end of the course. The course allows for an understanding of sport and exercise to a deeper level. This course looks at a student's theoretical understanding of sport and how it can be applied to a range of sports and activities. There are 4 units that are studied, 3 of them assessed within school and 1 of the units being an exam. Each unit has a weighting of 25% and covers a range of topics from sport psychology, sports nutrition, sports injuries and principles of training. There is no practical assessment of a student's ability in this course; however, students will use some of the lesson to participate in a range of sports to develop their physical, social and mental wellbeing.

2 Course/Subject structure

Term 1	<p><u>Theory</u> Students will cover the coursework-based unit on principles of training during this term. They will learn about:</p> <ul style="list-style-type: none"> • Principles of training • The components of fitness • Fitness testing • Types of training <p>They will apply this knowledge to a variety of sporting situations and be able to combine knowledge to discuss the concepts to a deeper level in order to produce the coursework for this unit.</p> <p><u>Practical</u> Students will participate in a range of sports to develop their physical, social and mental wellbeing. These activities may include: Netball, Football, Basketball, Handball, Athletics, Badminton, Table Tennis, Rounders, Cricket, Trampolining, Rugby, Gaelic Football, Fitness. Students will spend roughly 4-5 weeks covering the activities they have chosen to participate in.</p>
Term 2	<p><u>Theory</u> Students will continue to cover the coursework-based unit on principles of training during this term, finishing the unit by writing a training programme for an athlete of their choice. They will then begin to start the examination-based content in preparation for the exam, usually sat in the May examination series. This unit will cover:</p>

	<ul style="list-style-type: none"> • Factors affecting sports injuries • How warm-ups and cool downs help prevent injury • Common medical conditions • Types of injuries in sport <p>They will apply this knowledge to a variety of sporting situations and be able to combine knowledge to discuss the concepts to a deeper level in order to produce the coursework for this unit.</p> <p>Practical</p> <p>Students will participate in a range of sports to develop their physical, social and mental wellbeing. These activities may include: Netball, Football, Basketball, Handball, Athletics, Badminton, Table Tennis, Rounders, Cricket, Trampolining, Rugby, Gaelic Football, Fitness. Students will spend roughly 4-5 weeks covering the activities they have chosen to participate in.</p>
Term 3	<p>Theory</p> <p>Students will continue to prepare for the exam, usually sat in the May examination series. Once the exam has been sat, students will cover the coursework-based unit on sports psychology during this term. They will learn about:</p> <ul style="list-style-type: none"> • Personality • Motivation <p>They will apply this knowledge to a variety of sporting situations and be able to combine knowledge to discuss the concepts to a deeper level in order to produce the coursework for this unit.</p> <p>Practical</p> <p>Students will participate in a range of sports to develop their physical, social and mental wellbeing. These activities may include: Netball, Football, Basketball, Handball, Athletics, Badminton, Table Tennis, Rounders, Cricket, Trampolining, Rugby, Gaelic Football, Fitness. Students will spend roughly 4-5 weeks covering the activities they have chosen to participate in.</p>

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Sport Science - Year 11

Number of lessons per fortnight:
For Key Stage 4 – 6 lessons

1 Course/Subject introduction

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2 Course/Subject structure

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Term 2	<p><u>Theory</u> Students will continue to cover the coursework-based unit on principles of training during this term, finishing the unit by writing a training programme for an athlete of their choice. They will then begin to start the examination-based content in preparation for the exam, sat in the May examination series. This unit will cover:</p>

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Term 3	<p><u>Theory</u> Students will continue to prepare for the exam, sat in the May examination series. Final submission of all coursework will be during this term and students will be working towards completing and finalising all element of the course.</p> <p><u>Practical</u> Students will participate in a range of sports to develop their physical, social and mental wellbeing. These activities may include: Netball, Football, Basketball, Handball, Athletics, Badminton, Table Tennis, Rounders, Cricket, Trampolining, Rugby, Gaelic Football, Fitness. Students will spend roughly 4-5 weeks covering the activities they have chosen to participate in.</p>

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