

PE

Half Term 1

	Year 7	Year 8	Year 9	Year 10 - GCSE PE - DDS	Year 11 - GCSE PE	Year 10 - Sports Studies - ALS	Year 11 - Sports Studies - ALE
Topic	Football: Develop basic skills of passing and receiving, dribbling, turning shooting and heading to participate in small sided games. To gain an understanding of the basic laws of the game.	Football: Broaden and develop the range of skills used in a competitive match and know how and when to use attacking and defensive tactics effectively.	Football: Embed basic skills and techniques with an emphasis on developing attacking and defensive principles when in and out of possession, including set plays and formations.	Health, Fitness & Well-Being: Students should develop knowledge and understanding of health, fitness and well-being and their effect on performance in physical activity and sport.	Physiology : Students should develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport. Socio-Cultural	ALS	R186 Sport and the Media: Topic Area 1: The different sources of media that cover sport.

Topic	Handball: Develop basic skills of passing, dribbling and shooting, to participate in small-sided games. To gain an understanding of the basic laws of the game.	Handball: Broaden and develop the range of skills used in a competitive match, know how and when to apply attacking and defensive tactics effectively.	Handball: Embed basic skills and techniques with an emphasis on developing attacking and defensive principles when in and out of possession, including set plays and formations.	Physical Training Part 1: Students should develop knowledge and understanding of the principles of training and different training methods in order to plan, carry out, monitor and evaluate personal exercise and training programmes.	Influences : Socio-Cultural Influences: Students should develop knowledge and understanding of the socio-cultural factors that impact on physical activity and sport, and the impact of sport on society.	ALS	OCR set assignment briefs
Topic	ALS - Netball	ALS - Netball	ALS - Netball				
Assessment	Gameplay: Application of skills and tactics in a competitive game.	Gameplay : Application of skills and tactics in a	Gameplay : Application of skills and tactics in a	Non-Negotiable Knowledge Checker. End of Topic Assessment (Exam Questions) Century Tech PE. Booklet Exam Question	Non-Negotiable Knowledge Checker. End of Topic Assessment (Exam Questions) Century Tech PE. Booklet Exam Question	ALS	OCR set assignment briefs

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Half Term 2

	Year 7	Year 8	Year 9	Year 10 - GCSE PE - DDS	Year 11 - GCSE PE	Year 10 - Sport Studies - ALS	Year 11 - Sports Studies - ALE
Topic	<p>Table Tennis: Develop basic skills of grip, ready position, backhand push, forehand push and the serve in order to hold a rally. To gain an understanding of the basic laws of the game.</p> <p>Endurance Running: Undergo a range of fitness tests</p>	<p>Table Tennis: Broaden the range of shots used in a competitive match by developing the forehand and backhand drive shots. know how and when to use a variety of serves effectively. Gain an understanding of doubles rules and scoring systems.</p> <p>Endurance</p>	<p>Table Tennis: Embed basic skills and shots with an emphasis on developing technique by introducing spin on shots. Develop the lob and smash advanced shots.</p> <p>Endurance Running: Undergo a range of fitness tests to establish strengths and weaknesses. Participate in</p>	<p>Physical Training Part 2: Students should develop knowledge and understanding of the principles of training and different training methods in order to plan, carry out, monitor and evaluate personal exercise and training programmes.</p>	<p>OCR set assignment briefs</p>	<p>ALS</p>	<p>R186 Sport and the Media: Topic Area 2: Positive effects of the media in sport and Topic Area 3: Negative effects of the media in sport</p>

	<p>to establish strengths and weaknesses. Participate in a range of training methods e.g. Continuous, Interval and Fartlek to understand how to improve certain components of fitness.</p> <p>ALS - Trampoline</p>	<p>Running: Undergo a range of fitness tests to establish strengths and weaknesses. Participate in a range of training methods e.g. Continuous, Interval and Fartlek to understand how to improve certain components of fitness.</p> <p>ALS - Trampoline</p>	<p>a range of training methods e.g. Continuous, Interval and Fartlek to understand how to improve certain components of fitness.</p> <p>ALS - Trampoline</p>				
Assessment	<p>Table Tennis Game Play - Top Table Format, application of shots taught in a competitive rally, first to 11 points</p>	<p>Table Tennis Game Play - Top Table Format, application of shots taught in a competitive rally, first to 11 points wins</p>	<p>Table Tennis Game Play - Top Table Format, application of shots taught in a competitive rally, first to 11 points wins</p>	<p>Non-Negotiable Knowledge Checker. End of Topic Assessment (Exam Questions) Century Exam Question Tech PE. Exam Question Booklet</p>	<p>R185: Performance and Leadership. Develop skills as a performer in two different sporting</p>	<p>ALS</p>	<p>OCR set assignment briefs</p>

	wins and moves up the ladder. Scores achieved in fitness tests, quality and intensity of work rate whilst completing training exercises.	and moves up the ladder. Scores achieved in fitness tests, quality and intensity of work rate whilst completing training exercises.	and moves up the ladder. Scores achieved in fitness tests, quality and intensity of work rate whilst completing training exercises.		activities. You will also learn how to lead sporting activity sessions. Also, you will analyse your own performance to help improve your own skills in sport.		
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Half Term 3

	Year 7	Year 8	Year 9	Year 10 - GCSE PE - DDS	Year 11 - GCSE PE	Year 10 - Sport Studies - ALS	Year 11 - Sports Studies - ALE
Topic	HRF - Engage in a diverse range of health-related fitness (HRF) activities, including cardiovascular exercises, resistance	HRF - Engage in a diverse range of health-related fitness (HRF) activities, including cardiovascular exercises, resistance training,	HRF - Engage in a diverse range of health-related fitness (HRF) activities, including cardiovascular exercises, resistance	Sports Psychology: Students should develop knowledge and understanding of the key psychological factors and how they impact on health, fitness and performance in physical activity and sport.	Moderation Prep	ALS	R184 Contemporary issues in sport: Topic Area 1: Issues which affect participation in sport and Topic Area 2: The role of sport in

	<p>training, stretching routines, and various methods, emphasizing coordination and teamwork to foster lifelong habits for a healthy and active lifestyle.</p> <p>Dodgeball: Develop basic skills of catching, throwing and dodgeing, to participate in small-sided games. To gain an understanding of the basic laws of the game.</p> <p>ALS - Dance</p>	<p>stretching routines, and various methods, emphasizing coordination and teamwork to foster lifelong habits for a healthy and active lifestyle.</p> <p>Dodgeball: Broaden and develop the range of skills used in a competitive match, know how and when to apply varying tactics effectively.</p> <p>ALS - Dance</p>	<p>training, stretching routines, and various methods, emphasizing coordination and teamwork to foster lifelong habits for a healthy and active lifestyle.</p> <p>Dodgeball: Embed basic skills and techniques with an emphasis on developing attacking and defensive principles, including set plays and formations.</p> <p>ALS - Dance</p>				promoting values	
Assessment	Quality and intensity of	Quality and intensity of	Quality and intensity of	Non-Negotiable Knowledge Checker.	End	Practical Moderatio	ALS	End of topic area

	exercise, increasing heart rate to appropriate training zone. Gameplay: Application of skills and tactics in a competitive game.	exercise, increasing heart rate to appropriate training zone. Gameplay: Application of skills and tactics in a competitive game.	exercise, increasing heart rate to appropriate training zone. Gameplay: Application of skills and tactics in a competitive game.	of Topic Assessment (Exam Questions) by Tech PE. Question Booklet	Centur Exam	n	assessment
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Half Term 4

	Year 7	Year 8	Year 9	Year 10 - GCSE PE - DDS	Year 11 - GCSE PE	Year 10 - Sport Studies - ALS	Year 11 - Sports Studies - ALE
Topic	Futsal: Incorporate basic skills from Football Learning Journey, encouraging using the sole of the foot when receiving the ball. To gain an	Futsal: Incorporate range of skills from Football Learning Journey, develop attacking and defensive tactics. Rugby: Broaden and	Futsal: Embed skills and techniques from Football Learning Journey, experimenting with different formation. Rugby: Embed basic skills and	Socio-Cultural: Students should develop knowledge and understanding of the key socio-cultural factors and how they impact on health, fitness and performance in physical activity and sport.	Revision	ALS	R184 Contemporary issues in sport: Topic Area 3: The implications of hosting a major sporting event for a city or country and Topic Area 4: The

	<p>understanding of the basic laws of the game.</p> <p>Rugby: Develop basic skills of passing, tackling, ball carrying and rucking, to participate in small-sided games. To gain an understanding of the basic laws of the game.</p> <p>Volleyball: Develop basic skills of the volley / set, dig, spike and underarm serve, to participate in a small-sided game. To gain an understanding of the basic</p>	<p>develop the range of skills used in a competitive match to include kicking, scrummaging and mauling and know how and when to use attacking and defensive tactics effectively.</p> <p>Volleyball: Further develop the dig, spike and serve to allow students to compete in a more demanding environment. To develop the block shot.</p>	<p>techniques with an emphasis on developing attacking and defensive principles when in and out of possession, including set plays and formations.</p> <p>Volleyball: Embed basic skills and shots with an emphasis on developing defensive and attacking tactics with full rotations so students have a greater range of strategies to outwit their opponents.</p>				<p>role NGBs play in the development of their sport</p>
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	laws of the game.							
Assessment	Gameplay: Application of skills and tactics in a competitive game.	Gameplay: Application of skills and tactics in a competitive game.	Gameplay: Application of skills and tactics in a competitive game.	Non-Negotiable Knowledge Checker. of Topic Assessment (Exam Questions) Tech PE. Booklet	End Century Exam Question	Exam Questions	ALS	End of topic area assessment

Half Term 5

	Year 7	Year 8	Year 9	Year 10 - GCSE PE - DDS	Year 11 - GCSE PE	Year 10 - Sport Studies - ALS	Year 11 - Sports Studies - ALE
Topic	Basketball: Develop basic skills of passing, dribbling and shooting, including the lay-up, to participate in small-sided games. To gain an understanding of the basic laws of the game.	Basketball: ALE Athletics: Broaden the range of skills and techniques executed in a variety of runs, throws, and jumps, to participate in mini competitions. Follow all safety guidelines and	Basketball: ALE Athletics: Embed basic skills with an emphasis on developing technique in a range of runs, throws and jumps. Follow all safety guidelines and	Anatomy : Students should develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport.	Revision	ALS	R184 Contemporary issues in sport: Topic Area 5: The use of technology in sport.

	Athletics: Develop basic skills in a variety of runs, throws and jumps, to participate in mini competitions. Follow all safety guidelines and understand basic rules when competing in athletics.	understand basic rules when competing in athletics.	understand basic rules when competing in athletics.					
Assessment	Gameplay: Application of skills and tactics in a competitive game. Times and distances of events.	Gameplay: Application of skills and tactics in a competitive game. Times and distances of events.	Gameplay: Application of skills and tactics in a competitive game. Times and distances of events.	Non-Negotiable Knowledge Checker. Tech PE. Booklet	End of Topic Assessment (Exam Questions) Century Exam Question	Exam Questions	ALS	End of topic area assessment

Half Term 6

	Year 7	Year 8	Year 9	Year 10 - GCSE PE -	Year 11 -	Year 10 -	Year 11 -
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Topic	Striking & Fielding: Develop basic skills of bowling, batting, fielding, catching, and throwing in Rounders, Cricket and Softball, to participate in competitive match play. To gain an understanding of the basic laws of these activities.	Striking & Fielding: Broaden the range of bowling, batting, and fielding techniques used in a competitive match play and know how and when to use these skills effectively. Gain an understanding of tactical play and scoring systems.	Striking & Fielding: Embed basic skills of bowling, batting, and fielding with an emphasis on developing technique and introducing more advanced tactical play. Transfer these skills to competitive Softball games.	NEA: Performance Analysis Assessment (PAA)		ALS	
Assessment	Gameplay: Application of skills and tactics in a competitive game.	Gameplay: Application of skills and tactics in a competitive game.	Gameplay: Application of skills and tactics in a competitive game.	PAA Assessment		ALS	

GCSE Specification

- [AQA \(9-1\) GCSE Physical Education 8582](#)
- [OCR Level 1/Level 2 Cambridge National in Sport Studies specification](#)

How can I support my child?

- Check understanding of rules/laws of the game and scoring systems. Encourage to watch live sporting events and the reading of sport articles. Promote and participate with physical activity at home.
- Encourage use of Century Tech PE - online learning platform. Use the exam question booklets and test them. Encourage them to read their revision guide - ClearRevise.
- Encourage deadlines are met.