

**Year 11 Curriculum Overview**  
**PE**

Autumn Term	Knowledge & Understanding			Literacy Skills  Opportunities for developing literacy skills	Employability Skills [if any]	Assessment Opportunities
	Composites	Components [KEY concepts & subject specific vocab]	Formal Retrieval [if any]			
	Physical Training	<p>Health and fitness recap</p> <p>The components of fitness</p> <p>Linking sports and activities to components</p> <p>Reasons/limitations of fitness testing</p> <p>Measuring components and how data is collected</p> <p>The principles of Training and progressive overload</p> <p>Applying the principles of training</p>	DO IT NOW task linked to previously learned knowledge	<p>Use of KO and vocab lists in 'Do Now' tasks.</p> <p>Use of whiteboards and mini whiteboards for identifying keywords/analysing performances/recording results</p> <p>Use of task and technique cards, using keywords and vocabulary.</p> <p>Scorecards and analysis sheets</p>	<ul style="list-style-type: none"> <li>• Service</li> <li>• Ambition</li> <li>• Compassion</li> <li>• Respect</li> <li>• Equality</li> <li>• Determination</li> <li>• Cooperation</li> <li>• Supporting others</li> <li>• Self improvement</li> <li>• Resilience</li> <li>• Self-reflection determination</li> <li>• Teamwork</li> <li>• Leadership</li> <li>• Respect</li> <li>• Adhering to rules</li> <li>• Coaching</li> <li>• Analysis</li> <li>• Giving feedback</li> <li>• Presenting/performing</li> <li>• Safety consciousness</li> <li>• Health consciousness</li> <li>• Decision making</li> </ul>	MCQ

		Types of training and intro of analysis/evaluation coursework task				
		Types of training				
		Calculating intensity				
		Injury prevention				
		High altitude and seasonal aspects				
		Warm/cool down				
		Application of the above on the coursework task				

**Year 9 Curriculum Overview**  
PE

Spring Term	Knowledge & Understanding			Literacy Skills Opportunities for developing literacy skills	Employability Skills [if any]	Assessment Opportunities
	Composites	Components [KEY concepts & subject specific vocab]	Formal Retrieval [if any]			
		Examples of feedback and guidance			<ul style="list-style-type: none"> <li>• Service</li> <li>• Ambition</li> <li>• Compassion</li> </ul>	MCQ

	<p>Socio-Cultural Influences and Well-Being</p>	<p>Arousal and the inverted U theory</p> <p>Optimal arousal and stress management techniques</p> <p>Aggression and personality</p> <p>Intrinsic/extrinsic motivation</p> <p>Engagement patterns</p> <p>Commercialisation and sponsorship</p> <p>Positive and negative effects of the media</p> <p>Positive and negative impacts of technology</p>			<ul style="list-style-type: none"> <li>• Respect</li> <li>• Equality</li> <li>• Determination</li> <li>• Cooperation</li> <li>• Supporting others</li> <li>• Self improvement</li> <li>• Resilience</li> <li>• Self-reflection determination</li> <li>• Teamwork</li> <li>• Leadership</li> <li>• Respect</li> <li>• Adhering to rules</li> <li>• Coaching</li> <li>• Analysis</li> <li>• Giving feedback</li> <li>• Presenting/performing</li> <li>• Safety consciousness</li> <li>• Health consciousness</li> </ul> <p>Decision making</p>	
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		<p>Introduction the drugs</p> <p>Sporting examples of drug taking</p> <p>Advantages/disadvantages to the performer of taking PEDs</p> <p>Spectator behaviour and hooliganism</p>				
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<b>Year 9 Curriculum Overview</b> <b>Subject</b>						
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Summer Term	Knowledge & Understanding			Literacy Skills  Opportunities for developing literacy skills	Employability Skills [if any]	Assessment Opportunities
	Composites	Components  [KEY concepts & subject specific vocab]	Formal Retrieval [if any]			
		Revision and exam technique		<p>Use of KO and vocab lists in 'Do Now' tasks.</p> <p>Use of whiteboards and mini whiteboards for identifying keywords/analysing performances/recording results</p> <p>Use of task and technique cards, using keywords and vocabulary.</p>	<ul style="list-style-type: none"> <li>• Service</li> <li>• Ambition</li> <li>• Compassion</li> <li>• Respect</li> <li>• Equality</li> <li>• Determination</li> <li>• Cooperation</li> <li>• Supporting others</li> <li>• Self improvement</li> <li>• Resilience</li> <li>• Self-reflection determination</li> <li>• Teamwork</li> <li>• Leadership</li> <li>• Respect</li> </ul>	MCQ

				Scorecards and analysis sheets	<ul style="list-style-type: none"><li>• Adhering to rules</li><li>• Coaching</li><li>• Analysis</li><li>• Giving feedback</li><li>• Presenting/performing</li><li>• Safety consciousness</li><li>• Health consciousness</li></ul> Decision making	
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