Year 7 PE Learning Journey

BOWER PARK ACADEMY

Year 6

Introduction to KS3

Students will complete a block of lessons integrating them into the curriculum to build confidence.

Practical sports

Netball

We are studying invasion games.

Practically: We will be assessed on performance of fundamental skills in isolation and conditioned games.

Theoretically: We will be assessed on the key teaching points of fundamental skills and why we perform each in a game.

Handball

Fitness

We are studying health and fitness.

Practically: We will be assessed on performance in fitness tests and training methods for cardiovascular endurance.

Theoretically: We will be assessed on the key teaching points of each training method and fitness tests.

Rugby

Dance

We are studying movement and replication.

Practically: We will be assessed on replication, creation and performance .

Theoretically: We will be assessed on the key aspects to dance.

Athletics

We are studying athletics.

Practically: We will be assessed on performance of fundamental skills and correct technique in events.

Theoretically: We will be assessed on the key teaching points of each events.

Badminton

Cricket

Table Tennis

We are studying net and wall sports.

Practically: We will be assessed on performance of fundamental skills in isolation and conditioned games.

Theoretically: We will be assessed on the key teaching points of fundamental skills and why we perform each in a game.

Rounders

We are studying striking and fielding.

Practically: We will be assessed on performance of fundamental skills in isolation and conditioned games.

Theoretically: We will be assessed on the key teaching points of fundamental skills and why we perform each in a game.

Assessment Objectives for all topics

AO1: State, define, identify
AO2: Demonstrate in isolation
AO3: Perform in competitive situations

Wow Words

Communicate
Defend
Attack
Skill
Respect
Fitness
Teamwork
Replicate
Perform
Identity
Describe
Demonstrate
Power
Cardiovascular endurance

Year 8

Theory Links

Term 1
We are studying components of fitness. We will identify when they will be used in sports in the curriculum.
We are studying names and locations of muscles. We will identify them in our warm ups and our skills.

Term 2
We are studying cardiovascular training methods and fitness tests. We will understand how they connect.
We are studying names and locations of muscles. We will identify their specific stretches and them in our skills.

Term 3
We are studying physical benefits of taking part in physical exercise and why it is important.
We are studying names and locations of muscles. We will identify their specific stretches and them in our skills.

Year 8 PE Learning Journey

BOWER PARK ACADEMY

Year 7

We are studying invasion games.

Practically: We will be assessed on consistency of fundamental skills and tactics in isolation and competitive games.

Theoretically: We will be assessed on the key teaching points of fundamental skills and tactics why we perform each in a game.

Practical sports

- Netball
- Handball
- Rugby
- Athletics
- Cricket
- Rounders
- Fitness
- Gymnastics
- Badminton
- Table Tennis

We are studying health and fitness.

Practically: We will be assessed on performance in fitness tests and training methods for all components of fitness.

Theoretically: We will be assessed on the key teaching points of each training method and fitness tests.

We are studying movement and replication.

Practically: We will be assessed on basic skills in isolation, pair and groupwork alongside different apparatus.

Theoretically: We will be assessed on the key aspects to gymnastics.

We are studying athletics.

Practically: We will be assessed on performance of fundamental skills and developing further correct technique in events.

Theoretically: We will be assessed on the key teaching points of each events.

We are studying striking and fielding.

Practically: We will be assessed on consistency of fundamental skills and tactics in isolation and competitive games.

Theoretically: We will be assessed on the key teaching points of fundamental skills and tactics why we perform each in a game.

We are studying net and wall sports.

Practically: We will be assessed on consistency of fundamental skills and tactics in isolation and competitive games.

Theoretically: We will be assessed on the key teaching points of fundamental skills and tactics why we perform each in a game.

Assessment Objectives for all topics

AO1: State, define, identify
AO2: Demonstrate in isolation
AO3: Perform in competitive situations

Wow Words

Invade
Intercept
Control
Tactics
Technique
Confidence
Anticipate
Deception
Explain
Compare
Muscular endurance
Cardiovascular endurance
Coordination

Year 9

Theory Links

Term 1
We are studying components of fitness. We will define them and use this to apply specifically to skills in sports in the curriculum.
We are studying joints and types of movement. We will identify them in our warm ups and our skills.

Term 2
We are studying training methods and fitness tests of components of fitness. We will understand how they connect.
We are studying joints and types of movement. We will identify them in our warm ups and our skills.

Term 3
We are studying physical, social and mental benefits of taking part in physical exercise and why it is important.

Year 9 PE Learning Journey

BOWER PARK ACADEMY

Year 8

We are studying invasion games.

Practically: We will be assessed on being influential using fundamental skills and tactics in competitive games.

Theoretically: We will be assessed on the key teaching points of fundamental skills and tactics why we choose each in a game.

Practical sports

- Netball
- Basketball
- Rugby
- Athletics
- Cricket
- Rounders
- Fitness
- Trampolining
- Badminton
- Table Tennis

We are studying health and fitness.

Practically: We will be assessed on performance in a training programme to improve a specific component of fitness.

Theoretically: We will be assessed on the key teaching points training methods, fitness tests and principles of training.

We are studying movement and replication.

Practically: We will be assessed on basic shapes and landings and their progressions.

Theoretically: We will be assessed on the key aspects to trampolining.

We are studying athletics.

Practically: We will be assessed on being influential in different events using the correct technique.

Theoretically: We will be assessed on the key teaching points of each events.

We are studying striking and fielding.

Practically: We will be assessed on being influential using fundamental skills and tactics in competitive games.

Theoretically: We will be assessed on the key teaching points of fundamental skills and tactics why we choose each in a game.

We are studying net and wall sports.

Practically: We will be assessed on being influential using fundamental skills and tactics in competitive games.

Theoretically: We will be assessed on the key teaching points of fundamental skills and tactics why we choose each in a game.

Assessment Objectives for all topics

AO1: State, define, identify
AO2: Demonstrate in isolation
AO3: Perform in competitive situations

Wow Words

Consecutive
Integrity
Analyse
Formation
Strategy
Consistent
Fluency
Adapt
Evaluate
Reflect
Trajectory
Optimal
Progressive

Year 10

Theory Links

Term 1
We are studying components of fitness. We will define them and link to optimal performance in sports in the curriculum.
We are studying the roles of muscles in skills in sports.

Term 2
We are studying principles of training and how to improve fitness and performance.
We are studying antagonistic pairs and how they work to allow us to move and perform in sports.

Term 3
We are studying sedentary lifestyles and diet to promote a balanced and healthy life now and in later life.

Year 10 GCSE PE Learning Journey

BOWER PARK ACADEMY

Year 9

Paper 1 Topic 3
Physical Training

Half term 1

We are studying components of fitness and their fitness tests and training methods

We will be assessed on our recall of knowledge in the formative assessment.

AO1
AO2
AO3

We are studying principles of training, altitude training, seasonal training, warm ups, cool downs and injury prevention.

We will be assessed on our recall of knowledge in the formative assessment.

Paper 1 Topic 3
Physical Training

Half term 2

AO1
AO2
AO3

Paper 1 Topic 1
Anatomy and physiology
Half term 3

AO1
AO2
AO3

We are studying the muscular system, the skeletal system and the cardiovascular system.

We will be assessed on our recall of knowledge in the formative assessment.

We are studying the respiratory system,, mechanics of breathing, anaerobic and aerobic training, EPOC, recovery and effects of exercise.

We will be assessed on our recall of knowledge in the formative assessment.

Paper 1 Topic 1
Anatomy and Physiology

Half term 4

AO1
AO2

Paper 1 Topic 1
Movement Analysis

NEA
Analysis and Evaluation

Half term 5

AO1
AO2
AO3

We are studying lever systems, mechanical advantage, planes and axes.

We will be assessed on our recall of knowledge in the formative assessment.

We are studying and will be assessed on our analysis of performance through an NEA

We will be assessed on our recall of knowledge in the summative assessment for paper 1.

We are studying and will be assessed on our analysis and evaluation of performance through an NEA

Paper 1
revision

NEA
Analysis and Evaluation

Half term 6

AO1
AO2
AO3

Year 11

Assessment Objectives

AO1- Demonstrate knowledge (state, identify, define)
AO2- Apply knowledge (explain, give examples)
AO3- Analyse and evaluate

Wow Words

Classification
Muscular
Skeletal
Cardiovascular
Respiratory
Aerobic
Anaerobic
Levers
Planes
Axes
Components of fitness
Training methods
Fitness tests
Principles of training
Seasonal
Altitude

Year 11 GCSE PE Learning Journey

BOWER PARK ACADEMY

Year 10

Paper 2 Topic 1
Health, fitness and wellbeing

NEA
Analysis and Evaluation

Half term 1

AO1
AO2

We are studying physical, mental and social health, sedentary lifestyles, obesity, somatotypes and diet and nutrition.

We will be assessed on our recall of knowledge in the formative assessment.

We are studying and will be assessed on our evaluation of performance through an NEA

Paper 1
Revision

Paper 2 Topic 2
Sports Psychology

Half term 2

AO1
AO2

We will be assessed on our recall of knowledge in the summative assessment for paper 1.

We are studying classifications of skills and types of guidance.

We will be assessed on our recall of knowledge in the formative assessment.

Paper 2 Topic 2
Sports Psychology

Half term 3

AO1
AO2

We are studying feedback and goal setting, information processing, inverted U theory, stress management, aggression, motivation, personality

We will be assessed on our recall of knowledge in the formative assessment.

Paper 2 Topic 3
Socio-cultural influences

Half term 4

AO1
AO2
AO3

We are studying participation, commercialisation, technology, conduct of performers, PEDs and spectator behaviour.

We will be assessed on our recall of knowledge in the formative assessment.

Public Examinations

Half term 5

AO1
AO2
AO3

We are revising key knowledge from prior learning

We are studying how to answer 6 and 9 mark questions.

We will be assessed on our recall of knowledge in the summative assessment of paper 2.

We will be assessed our final written examination paper and in our practical moderation.

Public Examinations

Half term 6

16+

AO1
AO2
AO3

We are revising key knowledge from prior learning

We will be assessed our final written examination paper

Assessment Objectives

AO1- Demonstrate knowledge (state, identify, define)
AO2- Apply knowledge (explain, give examples)
AO3- Analyse and evaluate

Wow Words

Health
Sedentary
Obesity
Somatotypes
Nutrition
Classification
Information processing
Guidance
Feedback
Arousal
Aggression
Personality
Motivation
Participation
Commercialisation
Technology
Conduct
PEDs
Hooliganism