



Wellfield High School

'Inspire - Challenge - Achieve - Nurture'

Physical Education Curriculum Year Plans



YEAR PLAN		Year 7 (PE)	
TERM	UNIT	ASSESSMENT TYPE	HOMEWORK OPPORTUNITIES INCLUDE:
Autumn 1	Football Rugby League Netball Cross Country	<ul style="list-style-type: none"> • Practical performance of individual activities • Creativity • Leadership & Helping • Evaluation • Healthy lifestyle • Rules and officiating 	<ul style="list-style-type: none"> • Learning key words and facts. • Analysing sports performance • Research on healthy and active lifestyles
Autumn 2	Dance Handball Table Tennis		
Spring 1	Basketball Badminton Fitness Testing		
Spring 2	Tag Rugby Rugby Union Volleyball		
Summer 1	Athletics Running Jumping Throwing		
Summer 2	Tennis Cricket		
WIDER READING FOR THE SUMMER TERM:			
http://www.bbc.co.uk/bitesize https://www.brianmac.co.uk/ http://www.bbc.co.uk/sport http://www.teach.pe.com http://mypeexam.org			

YEAR PLAN		Year 8 (PE)	
TERM	UNIT	ASSESSMENT TYPE	HOMEWORK OPPORTUNITIES INCLUDE:
Autumn 1	Football Rugby League Netball Cross Country	<ul style="list-style-type: none"> • Practical performance of individual activities • Creativity • Leadership & Helping • Evaluation • Healthy lifestyle • Rules and officiating 	<ul style="list-style-type: none"> • Learning key words and facts. • Analysing sports performance • Research on healthy and active lifestyles
Autumn 2	Dance Handball Table Tennis		
Spring 1	Basketball Badminton Fitness Testing		
Spring 2	Tag Rugby Rugby Union Volleyball		
Summer 1	Athletics Running Jumping Throwing		
Summer 2	Tennis Cricket		
WIDER READING FOR THE SUMMER TERM:			
http://www.bbc.co.uk/bitesize https://www.brianmac.co.uk/ http://www.bbc.co.uk/sport http://www.teach.pe.com http://mypeexam.org			

YEAR PLAN		Year 9 (PE)	
TERM	UNIT	ASSESSMENT TYPE	HOMEWORK OPPORTUNITIES INCLUDE:
Autumn 1	Football Rugby League Netball Cross Country	<ul style="list-style-type: none"> • Practical performance of individual activities • Creativity • Leadership & Helping • Evaluation • Healthy lifestyle • Rules and officiating 	<ul style="list-style-type: none"> • Learning key words and facts. • Analysing sports performance • Research on healthy and active lifestyles
Autumn 2	Dance Handball Table Tennis		
Spring 1	Basketball Badminton Fitness Testing		
Spring 2	Tag Rugby Rugby Union Volleyball		
Summer 1	Athletics Running Jumping Throwing		
Summer 2	Tennis Cricket		
WIDER READING FOR THE SUMMER TERM:			
http://www.bbc.co.uk/bitesize https://www.brianmac.co.uk/ http://www.bbc.co.uk/sport http://www.teach.pe.com http://mypeexam.org			

YEAR PLAN		Year 10 (PE)	
TERM	UNIT	ASSESSMENT TYPE	HOMEWORK OPPORTUNITIES INCLUDE:
Autumn 1	Handball	<ul style="list-style-type: none"> • In class assessments, summative and formative. • Regular short quizzes. • End of unit practical assessment • Practical analysis of performance. • Christmas and spring written exam. 	<ul style="list-style-type: none"> • Learning key words and facts. • Revision of longer assessments. • Set reading prior to lessons. • Completion of written work in class. • Completion of assessment feedback sheets following on-screen tests. • OCR GCSE PE specification research, further reading • Advanced reading prior to lessons • Vocabulary / key words spelling tests and definitions
Autumn 2	Badminton		
Spring 1	Fitness Testing		
Spring 2	Basketball Table Tennis		
Summer 1	Athletics		
Summer 2	Football Netball Rugby Cricket		
WIDER READING FOR THE SUMMER TERM:			
http://www.bbc.co.uk/bitesize https://www.brianmac.co.uk/ http://www.bbc.co.uk/sport http://www.teach.pe.com http://mypeexam.org			

Applied anatomy and physiology Physical training Physical factors affecting performance (01) 60 marks 1 hour written paper 30% of total GCSE.

2b. Content of GCSE (9–1) in Physical Education (J587).

1.1 Applied anatomy and physiology

1.1.a. The structure and function of the skeletal system

Location of major bones

Functions of the skeleton

Types of synovial joint

Types of movement at hinge joints and ball and socket joints

Other components of joints

1.1.b. The structure and function of the muscular system

Location of major muscle groups

The roles of muscle in movement

1.1.c. Movement analysis

Lever systems

Planes of movement and axes of rotation

1.1.d. The cardiovascular and respiratory systems

Structure and function of the cardiovascular system

Structure and function of the respiratory system

Aerobic and anaerobic exercise

1.1.e. Effects of exercise on body systems

Short-term effects of exercise

Long-term (training) effects of exercise

1.2 Physical training

1.2.a. Components of fitness

Components of fitness

1.2.b. Applying the principles of training

Principles of training

Optimising training

1.3.c. Preventing injury in physical activity and training

Prevention of injury

YEAR PLAN		Year 11 (PE)	
TERM	UNIT	ASSESSMENT TYPE	HOMEWORK OPPORTUNITIES INCLUDE:
Autumn 1	NEA (Controlled Assessment) 10% of overall grade.	<ul style="list-style-type: none"> • In class assessments, summative and formative. • Regular short quizzes. • End of unit practical assessment • Practical analysis of performance. • Christmas and spring written exam. 	<ul style="list-style-type: none"> • Learning key words and facts. • Revision of longer assessments. • Set reading prior to lessons. • Completion of written work in class. • Completion of assessment feedback sheets following on-screen tests. • OCR GCSE PE specification research, further reading • Advanced reading prior to lessons • Vocabulary / key words spelling tests and definitions
Autumn 2	Badminton		
Spring 1	Handball		
Spring 2	Practice of chosen sports for GCSE exam. (Either two individual one team or two team one individual)		
Summer 1	Theory – final examination preparation		
Summer 2	N/A		
WIDER READING FOR THE SUMMER TERM:			
http://www.bbc.co.uk/bitesize https://www.brianmac.co.uk/ http://www.bbc.co.uk/sport http://www.teach.pe.com http://mypeexam.org			

- **Socio-cultural influences Sports psychology Health, fitness and well-being**
Socio-cultural issues and sports psychology (02) 60 marks 1 hour written paper 30% of total GCSE.

2c.2. Content of Socio-cultural issues and sports psychology (02)

2.2.a. Engagement patterns of different social groups in physical activities and sports

Physical activity and sport in the UK

Participation in physical activity and sport

2.1.b. Commercialisation of physical activity and sport

Commercialisation of sport

2.1.c. Ethical and socio-cultural issues in physical activity and sport

Ethics in sport

Drugs in sport

Violence in sport

2.2 Sports psychology

Characteristics of skilful movement

Classification of skills

Goal setting

Mental preparation

Types of guidance

Types of feedback

2.3 Health, fitness and well-being

Health, fitness and well-being

Diet and nutrition