

Subject Curriculum Information Pack



Pedmore
High School

Aspire, Persevere, Succeed

KS3 Curriculum Intent



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To develop confident lifelong learners and participators in health and physical exercise. To develop individual physical fitness and health by offering a range of physical activities to develop all components of fitness which will in turn, improve performance, engagement, and health. Ensure students have adequate knowledge and are confident in developing strategies to improve their mental, physical, and social health using physical activity and sport as a vessel to achieve this. Build personal qualities within PE that can be applied to all aspects of life such as resilience, motivation, aspirations, cooperation, teamwork, and leadership. These qualities should give students greater opportunities to be successful with a positive mindset and approach to all aspects of their lives. At the end of their studies at Pedmore High School students should leave the school with involvement in at least one physical activity they enjoy and take part in regularly.

Year 10 Curriculum Assessment Map



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High School

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Curriculum Assessment Map: Year 10 Physical Education

	Autumn Term 1	Spring Term 2	Summer Term 3
Topic	Introduction to PE, Secure knowledge of advanced skills, rules and strategies	Development of motivational skills and improving sport performance using overload	Developing the leadership skills to communicate effectively, knowledge of exercise
Key Learning	<ul style="list-style-type: none"> Secure advanced skills, knowledge of rules and strategies for activities 1-3. Body Systems - Be able to label the respiratory system. Know about lung volumes and measurements. Know about composition of inhaled and exhaled air. Know about alveoli and gas exchange. Know the role of the diaphragm. Team work, Cooperation and Communication - Can communicate effectively to others to help them to improve. Cooperates with others to develop a team approach and works well as part of the team. Leads where needed and still involves others and supports development of others and team performance through their communication. 	<ul style="list-style-type: none"> Secure advanced skills, knowledge of rules and strategies for activities 4-6. Fitness training/ methods - Be able to identify and apply the principles of training. Knows about SMART target setting and can explain how to use it to improve fitness, health and performance. Resilience, Motivation & Engagement and Aspirations - PE KS4 NC AIM - Get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle. Involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle. 	<ul style="list-style-type: none"> Secure advanced skills, knowledge of rules and strategies for activities 6-9. Leadership, Confidence, Responsibility & Conflict resolution (coach/official) - O- Can score, time keep and officiate at the same time. Can show hand signals where appropriate and control the playing environment well. Can officiate a number of sports with using advanced rules. C-Can evaluate performance and suggest drills and activities to improve performance. Will be able to lead these activities as a coach and give key points. Integrity, Tolerance and Respect - Is trustworthy and always honest and does what is right despite outcomes. Offers support to all of those around them despite difference in culture, religion, race etc. In activities they will self officiate and maturely accept decisions and ensure others do the same. Respects other's opinions and articulates arguments for and against topics with influence. Can lead and influence others to do the right thing.
Skills	<ul style="list-style-type: none"> Secure advanced skills, knowledge of rules and strategies for activities 1-3. Develop leadership skills to differentiate drills and activities for students 	<ul style="list-style-type: none"> Secure advanced skills, knowledge of rules and strategies for activities 4-6. Develop leadership skills to motivate and support others 	<ul style="list-style-type: none"> Secure advanced skills, knowledge of rules and strategies for activities 7-9. Develop leadership skills to communicate effectively to others with confidence
Knowledge Organiser Focus	<ul style="list-style-type: none"> Each activity studied will have a knowledge organiser. Respiratory System 	<ul style="list-style-type: none"> Each activity studied will have a knowledge organiser. Fitness training and methods SMART Targets 	<ul style="list-style-type: none"> Each activity studied will have a knowledge organiser.
Informal Assessment	<ul style="list-style-type: none"> Students are assessed informally through each lesson and activities adapted appropriately. Q+A on Respiratory System Observations on Teamwork and communication 	<ul style="list-style-type: none"> Students are assessed informally through each lesson and activities adapted appropriately. Q+A on Fitness training and methods Register & Observations on engagement 	<ul style="list-style-type: none"> Students are assessed informally through each lesson and activities adapted appropriately. Q+A on Leadership qualities and skills Observations on integrity and respect
Formal (summative) Assessment	<ul style="list-style-type: none"> Each activity is assessed within the 4 weeks (8hrs) it is studied. Q+A on Respiratory System Observations on Teamwork and communication 	<ul style="list-style-type: none"> Each activity is assessed within the 4 weeks (8hrs) it is studied. Q+A on Fitness training & methods and SMART Targets Observations on engagement 	<ul style="list-style-type: none"> Each activity is assessed within the 4 weeks (8hrs) it is studied. Q+A on Leadership qualities and skills Observations on leadership Observations on respect and integrity

Year 11 Curriculum Assessment Map



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Curriculum Assessment Map: Year 11 Physical Education

	Autumn Term 1	Spring Term 2	Summer Term 3
Topic	Introduction to PE, Engage and further secure knowledge of advanced skills, rules and strategies	Engagement in lifelong healthy, active lifestyle choices	Signposting to future opportunities, planning for future health and recreation using community links
Key Learning	<ul style="list-style-type: none"> Further secure advanced skills, knowledge of rules and strategies for activities 1-3. Body Systems - Is able to discuss the short- and long-term effects of exercise on all body systems and link this with impacts on components of fitness and physical performance. Knows about aerobic and anaerobic exercise. Team work, Cooperation and Communication - Can communicate very effectively and motivate others to improve. Cooperates with others to develop a successful team and works really well as part of the team. Encourages others to support them. Has an influence in a range of activities due to good communication which helps the team play better. 	<ul style="list-style-type: none"> Further secure advanced skills, knowledge of rules and strategies for activities 4-6. Fitness training/ methods - Knows about types of practice. Can describe massed, distributed, fixed and variable practice and relate it to sports or ability. Can apply these principles if leading activities. Resilience, Motivation & Engagement and Aspirations - Fully engaged and resilient student in all scenarios. Fully engaged in extracurricular activity and takes part in physical activity outside of school. Leads or officiates activities in lessons for others and has the motivation to develop further. Aspires to improve all aspects of PE performance and seeks guidance and support for this. 	<ul style="list-style-type: none"> Further secure advanced skills, knowledge of rules and strategies for activities 6-9. Leadership, Confidence, Responsibility & Conflict resolution (coach/official) - O-Can officiate and lead in a range of activities confidently and control the playing environment well. Communicates well with players and uses signals. C-Can evaluate performance live in a range of activities and suggest tactics and strategies to implement immediately to improve performance of an individual or team. Integrity, Tolerance and Respect - Highly trustworthy and has responsibilities. Is a role model and leader for others. Works with everyone and values and enjoys debate on opinions and accepts other's values and principles. In activities they lead by example and support others through all aspects of the activity including officials. Influences others to do the same. Respects everyone and those that may be difficult to work with. Will have high levels of influence and good behaviour and can influence others to do the same.
Skills	<ul style="list-style-type: none"> Plan an effective warmup session. Organise equipment and deliver the session. Evaluate it effectively afterwards. Further secure the advanced skills required in activities 1 – 3. Develop leadership skills to have an inclusive approach to leading a group 	<ul style="list-style-type: none"> Students can use advanced skills with ease in drills with little error. In pressurised scenarios they can dominate using the skills developed Further secure the advanced skills required in activities 4 – 6. Develop leadership skills to analyse performance and adapt strategies to improve outcomes 	<ul style="list-style-type: none"> Students at this level highly influence games/scenarios and improve their team mates using communication on tactics and strategies to influence others. Supports others to improve in competitive scenario. Students can apply this across a range of sports and physical activities. Can identify skills and drills to support improvement. Is able to coach others and support them to improve their performance. Further secure the advanced skills required in activities 7 – 9. Signposting to leadership opportunities in the future using community links in the role of a coach, official, trainer or volunteer.
Knowledge Organiser Focus	<ul style="list-style-type: none"> Each activity studied will have a knowledge organiser. Short and long term effects of exercise 	<ul style="list-style-type: none"> Each activity studied will have a knowledge organiser. Types of practice 	<ul style="list-style-type: none"> Each activity studied will have a knowledge organiser.
Informal Assessment	<ul style="list-style-type: none"> Students are assessed informally through each lesson and activities adapted appropriately. Q+A on Respiratory System Observations on Teamwork and communication 	<ul style="list-style-type: none"> Students are assessed informally through each lesson and activities adapted appropriately. Q+A on types of practice Register & Observations on engagement 	<ul style="list-style-type: none"> Students are assessed informally through each lesson and activities adapted appropriately. Q+A on Leadership qualities and skills Observations on integrity and respect
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