

# Year 7 Curriculum Plan

## 2021-22

W/C	2 week Baseline 1st-17th Sep	1 20 Sep-22nd Oct 11 Oct X country	2 1 Nov - 3 Dec	3 6 Dec - 21 Jan	4 24 Jan - 18 Feb Potential Mock Exams	5 28 Feb - 1 Apr Winter HS	6 4 Apr - 27 May Exams - no SH	7 6 Jun - 21 July Summer HS	
1	Football B ball Fitness	RUGBY Field	FOOTBALL Field	TABLE TENNIS MSH	FITNESS STU	HANDBALL/ BASKETBALL SH	SHORT TENNIS Gym	STRIKING & FIELDING Field	ATHLETICS Field
2	Netball Dance/Gym Football	FOOTBALL Field	NETBALL SH	DANCE/FITNESS STU	RUGBY Field	HOCKEY TC	ROUNDERS Field	CRICKET/ATHLETICS Field	
3	Football Bball Fitness	RUGBY Field	FOOTBALL Field	HANDBALL/ BASKETBALL GYM	TABLE TENNIS GYM	FITNESS STU	ATHLETIC S Field	SHORT TENNIS Gym	STRIKING AND FIELDING Field
4	Netball Dance/Gym Football	NETBALL SH	FITNESS STU	MULTI-SPORTS SSH/Field	FOOTBALL Field	GYM/DANCE GYM	CRICKET/ATHLETICS Field	ROUNDERS Field	
5	Football Bball Fitness	FITNESS STU	MULTI-SPORTS GYM/Field	BASKETBALL LSH	COUCH to 5k Field	TABLE TENNIS MSH	STRIKING AND FIELDING Field	ATHLETICS Field	SHORT TENNIS Gym
Free Space		MSH	ALL	N/A	MSH				

# Year 8 Curriculum Plan

2021-22

W/C	2 week baseline 1-17 September	20 Sep - 22 Oct Skeletal and Muscular System	1 Nov - 3 Dec 11 Oct X- Country Transfer of skills across sports e.g. positive/nega tive	6 Dec - 21 Jan Respiratory and Cardiovascula r system	24 Jan - 18 Feb Mocks Motivation and Attitudes in Sport	28 Feb - 1 April Winter HS Components of Fitness	4 Apr - 27 May Exams - No SH W/C TBC Goal Setting	06 Jun- 21 Jul Summer HS Exams - No SH Preparation before performance - mental rehearsal	
1	Football B ball Fitness	RUGBY FIELD	FOOTBALL FIELD	TABLE TENNIS MSH	HANDBALL/ BASKETBALL GYM	FITNESS STU	TENNIS TC	STRIKIN G & FIELDIN G FIELD	ATHLETI CS FIELD
2	Netball Dance/ Gym Football	FOOTBALL FIELD	FITNESS STU	NETBALL SH	TRAMPOLININ G SSH	HANDBALL LSH	ROUNDERS FIELD	CRICKET ATHLETICS FIELD	
3	Football Bball Fitness	RUGBY FIELD	FOOTBALL FIELD	HANDBALL/ BASKETBALL GYM	FITNESS STU	TABLE TENNIS MSH	ATHLETI CS FIELD	TENNIS TC	STRIKIN G & FIELDIN G FIELD
4	Netball Dance/ Gym Football	FOOTBALL FIELD	NETBALL SH	RUGBY FIELD	BADMINTON LSH	TRAMPOLININ G SSH	FITNESS STU	ROUNDERS/ ATHLETICS FIELD	
5	Football Bball Fitness	TEAM BUILDING GYM (Confidenc e)	MULTI- SPORTS GYM/Field (Resilience)	FITNESS STU (Determinatio n)	HOCKEY TC (Leadership)	COUCH TO 5K FIELD (Motivation)	STRIKIN G & FIELDIN G FIELD	INDOOR ATHLETI CS GYM/ Field	SHORT TENNIS GYM/TC
Free Spac e		SH/MSH/ STU			MSH	GYM			

# Year 9 Curriculum Plan

2020-21

W/C	1 SEP - 8 OCT Muscle Types - groups and examples	11 OCT - 26 NOV 11 OCT X-Country Cardiovascular System	29 NOV - 14 Jan Respiratory System	17 JAN - 18 FEB Mocks TBC Effects of Exercise	28 FEB - 1 Apr Winter HS Classification of skills - Gross/Fine	4 APR - 27 MAY Exams - No SH W/C TBC Principles of training and Injury	6 JUN - 21 JUL Summer HS Exams - No SH	
1	RUGBY FIELD	FOOTBALL FIELD	TABLE TENNIS MSH	HANDBALL/BASKETBALL GYM	BADMINTON SH	Fitness STU	STRIKING & FIELDING FIELD	ATHLETIC S FIELD
2	FOOTBALL/RUGBY FIELD	TRAMPOLINING SSH	BADMINTON LSH	FITNESS STU	NETBALL TC's	ROUNDERS FIELD	CRICKET/ATHLETICS FIELD	
3	RUGBY FIELD	FOOTBALL FIELD	HANDBALL/BASKETBALL GYM	BADMINTON LSH	FITNESS STU	ATHLETIC S FIELD	TENNIS TC	STRIKING & FIELDING FIELD
4	Badminton SH	FITNESS STU	TRAMPOLINING SSH	MULTI-SPORTS FIELD/MSH	FOOTBALL/RUGBY FIELD	CRICKET/ATHLETICS FIELD	ROUNDERS FIELD	
5	RUGBY/FOOTBALL FIELD (Confidence)	TABLE TENNIS MSH (Leadership)	FITNESS STU (Motivation)	HOCKEY/MULTI-SPORTS TC/FIELD (Resilience)	COUCH TO 5K FIELD (Determination)	STRIKING & FIELDING FIELD	INDOOR ATHLETIC S SH/Field	SHORT TENNIS GYM/TC
6	GYMNASTICS/DANCE GYM (Motivation)	Volleyball/Badminton LSH (Team Work)	MULTI -SPORTS FIELD/TC (Empathy)	TRAMPOLINING SSH (Determination)	Fitness/C25K MSH/Field (Confidence)	ATHLETICS/FITNESS FIELD/STU	ROUNDERS/ Cricket FIELD	
Free Space	STU/MSH	LSH				GYM	SH	

# Year 10 Curriculum Plan

2021-22

W/C	1 SEP - 8 OCT	11 OCT - 26 NOV 12 OCT X Country	29 NOV - 14 Jan	17 JAN - 18 FEB Mocks - Football/Benchball league	28 FEB - 1 APR WINTER HS	4 APR - 21 May Exams no SH	6 JUN - 21 JUL SUMMER HS EXAMS no SH	
1	Football Field	Rugby Field	Handball GYM	Fitness STU	Badminton SH	Table Tennis MSH	Cricket Field	Athletic s Field
2	Netball SH	Football Field	Fitness STU	Trampolining SSH	Handball GYM	Badminton/ Football SH/Field	Athletic s Field	Rounder's Field
3	Rugby Field	Football Field	Basketball LSH	Handball GYM	Multi Sports/Couch25K Field	Fitness STU	Softball Field	Athletic s Field
4	Handball/ Basketball GYM	Trampolining/ Badminton SH	Football/ Rugby Field	Table Tennis MSH	Fitness STU	Cricket Field	Athletic s Field	Rounder's Field
5	Football Field	Fitness STU	Table Tennis MSH	Basketball LSH	Multi Sports/Couch25K Field	Softball/Cricket Field	Mini Olympics Field	
6	Fitness STU	Table Tennis MSH	Volleyball SSH	Lacrosse/Football Field	Multi sports/Couch25K Field	Handball/ Basketball GYM	Mini Olympics/Rounder's Field	
	MSH	GYM						

# Year 11 Curriculum Plan

## 2021-22

11Q's P5 have access to MSH but  
11Z's will not due to lunchtime  
provision

W/C	1 SEP - 8 OCT	11 OCT - 26 NOV 11 OCT X Country	29 NOV - 14 JAN	17 JAN - 18 FEB Mocks - Football/Benchball league	28 FEB - 1 APR WINTER HS	4 APR - 27 May Exams no SH	7 JUN - 20 JUL SUMMER HS EXAMS no SH
1	Football Field	BADMINTON SH	TABLE TENNIS SSH/MSH	Basketball LSH	RUGBY/GCSE scoring consolidation Field	Option Block	
2	Netball SH	HANDBALL GYM	BADMINTON LSH	Trampolining SSH	FOOTBALL FIELD	Option Block	
3	Football Field	MULTI SPORTS Field	Fitness STU	Handball GYM	5 aside Football League Field	Option Block	
4	Handball/ Basketball GYM	FITNESS/JUST DANCE STU	Football/ Rugby Field	Table Tennis MSH	Badminton SH	Option Block	
5	Football Field	COUCH to 5K Field	BASKETBALL GYM	Fitness STU	MULTI-SPORTS Field	Option Block	
6	Fitness STU	MULTI-SPORTS Field/MSH	Benchball TC's	Lacrosse/Football Field	TABLE TENNIS GYM	Option Block	



## Year 12 AS Physical Education Long Term Plan

Week Beginning	Skill Acquisition, Sports Psychology + coursework	Anatomy and Phsiology, Exercise Physiology, Biomechanics	Sport and Society
Teaching Staff	<b>Mr Tooth</b>	<b>Mr Bunn</b>	<b>Mr Tooth</b>
02/09/2019	Clasification of Skills	Introduction Lesson	Introduction Lesson
09/09/2019	Practice Types	Skeletal System	Emergence and Evolution - Pre industrial Britain
16/09/2019	Practice Methods	Muscular system	Emergence and Evolution - Pre industrial Britain
23/09/2019	Phases of Learning	Muscular system	Emergence and Evolution - Pre industrial Britain
30/09/2019	Transfer	Muscular system	Post industrial Britain
07/10/2019	Transfer	Systems end of topic test	Post industrial Britain
14/10/2019	Feedback	Cardiovascular system	Post industrial Britain
21/10/2019	Theories of Learning	Cardiovascular System	Tom Brown's school days
28/10/2019	<b>Half Term</b>	<b>Half Term</b>	<b>Half Term</b>
04/11/2019	Theories of Learning	Respiratory System	Tom Brown's school days
11/11/2019	Skill Acquisition Test	Respiratory System	Mid unit test
18/11/2019	(SP) Personalities	Cardiovascular system and respiratory review	Twentieth Century Britain
25/11/2019	(SP) Personalities	Cardio and respiratory test	Twentieth Century Britain
02/12/2019	(SP) Attitude	(EP) Diet and Nutrition	Twenty first Century Britain
09/12/2019	(SP) Attitude lesson 2	(EP) Diet and Nutrition	Twenty first Century Britain
16/12/2019	Motivation and Arousal lesson 1	(EP) Diet and Nutrition	Twenty first Century Britain
23/12/2019	<b>Christmas Holidays</b>	<b>Christmas Holidays</b>	<b>Christmas Holidays</b>
30/12/2019	<b>Christmas Holidays</b>	<b>Christmas Holidays</b>	<b>Christmas Holidays</b>
06/01/2020	Motivation and Arousal lesson 2	(EP) Diet and Nutrition	End of topic test
13/01/2020	January Mock Test	(EP) Diet and Nutrition Test	Globalisation of sport
20/01/2020	Anxiety	(EP) Preparation and training methods	Globalisation of sport
27/01/2020	Aggression lesson 1	(EP) Preparation and training methods	Olympics
03/02/2020	Aggression lesson 2	(EP) Preparation and training methods	Olympics
10/02/2020	Social Facilitation/Inhibition	(EP) Preparation and training methods	Politics at the Olympic Games
17/02/2020	<b>Half Term</b>	<b>Half Term</b>	<b>Half Term</b>
24/02/2020	Social Facilitation/Inhibition 2	(EP) Preparation and training methods	Politics at the Olympic Games
02/03/2020	Group Dynamics	Exercise Physiology review	End of sport and society test
09/03/2020	Group Dynamics lesson 2	Exercise Physiology Test	Sport and Society Revision
16/03/2020	Goal Setting lesson 1	Start of Biomechanics introduction	Sport and Society Revision
23/03/2020	Goal Setting lesson 2	(B) Newtons laws	Sport and Society Revision
30/03/2020	Sports Psychology review	Force	Skill Acquisition Revision
06/04/2020	<b>Easter Holidays</b>	<b>Easter Holidays</b>	<b>Easter Holidays</b>
13/04/2020	<b>Easter Holidays</b>	<b>Easter Holidays</b>	<b>Easter Holidays</b>
20/04/2020	Sports Psychology Test	(B) Air resistance and free body diagrams	Skill Acquisition Revision
27/04/2020	<b>Skill Acquisition/Sports Psychology project</b>	(B) Air resistance and free body diagrams	Anatomy and Physiology Revision
04/05/2020		(B) Analysis through the use of technology	Anatomy and Physiology Revision
11/05/2020		(B) Principles, stability and lever systems	SportsPsychology Revision
18/05/2020		Biomechanics review	SportsPsychology Revision
25/05/2020		<b>Half Term</b>	<b>Half Term</b>
01/06/2020	Coursework	Biomechanics end of unit test	Exercise Physiology Revision
08/06/2020	Coursework	Anatomy and Physiology Revision	Exercise Physiology Revision
15/06/2020	Coursework	Anatomy and Physiology Revision	Practice Papers
22/06/2020	Summer Mock Exam	Exercise Physiology Revision	Coursework
29/06/2020	Coursework	Exercise Physiology Revision	Coursework
06/07/2020	Coursework	Biomechanics Revision	Coursework
13/07/2020	Practice Paper	Biomechanics Revision	Coursework
20/07/2020	End of year test	End of year Test	End of year test

## Year 13 A-Level Physical Education Long Term Plan

Week Beginning	Skill Acquisition, Sports Psychology	Anatomy and Phsiology, Exercise Physiology, Biomechanics	Contemporary issues in physical activity and sport
Teaching Staff	Mr Tooth	Mr Elwood	Mr Tooth
02/09/2019	Welcome back lesson	Introduction lesson	
09/09/2019	Memory models	Energy for exercise	
16/09/2019	Memory models lesson 2	Energy for exercise	
23/09/2019	(SP) Attribution in sport	Energy for exercise review	
30/09/2019	(SP) Attribution in sport	Recovery, altitude and heat	
07/10/2019	(SP) Sports Confidence	Environmental effects on the body	
14/10/2019	(SP) Self-Efficacy	Environmental effects on the body	
21/10/2019	End of unit test	1.2 Review	
28/10/2019	Half Term	Half Term	Half Term
04/11/2019	Leadership in Sport	End of unit test	
11/11/2019	Leadership in Sport	(EP) Injury prevention	
18/11/2019	Theories of leadership	(EP) Injury prevention	
25/11/2019	Stress management	(EP) Injury prevention	
02/12/2019	Anxiety techniques	(EP) Responding and rehab of injury	
09/12/2019	Anxiety techniques	(EP) Responding and rehab of injury	
16/12/2019	End of unit test	(EP) Responding and rehab of injury	
23/12/2019	Christmas Holidays	Christmas Holidays	Christmas Holidays
30/12/2019	Christmas Holidays	Christmas Holidays	Christmas Holidays
06/01/2020	Skill acquisition and SP review	A+P and EP Review	
13/01/2020		End of unit test	Drugs and doping in sport
20/01/2020		(B) Linear motion	Reasons for drugs in sport
27/01/2020		(B) Graphs of Linear motion	Violence in sport
03/02/2020		(B) Angular Motion	Gambling in sport
10/02/2020		(B) Conservation of Angular momentum	Match fixing in sport
17/02/2020	Half Term	Half Term	Half Term
24/02/2020		(B) End of unit test	End of unit test
02/03/2020		(B) Fluid mechanics	Commercialisation in sport
09/03/2020		(B) Projectile motion	Commercialisation in sport
16/03/2020		(B) lift and bernoulli principle	Media in sport
23/03/2020		(B) Spin and the magnus force	Media in sport
30/03/2020		Biomechanics Revision	Routes to sporting excellence
06/04/2020	Easter Holidays	Easter Holidays	Easter Holidays
13/04/2020	Easter Holidays	Easter Holidays	Easter Holidays
20/04/2020		End of unit test	Routes to sporting excellence
27/04/2020		A+P and EP Revision	Modern Technology in Sport
04/05/2020		A+P and EP Revision	Modern Technology in Sport
11/05/2020		A+P and EP Revision	End of topic test
18/05/2020		Biomechanics Revision	As Revision
25/05/2020	Half Term	Half Term	Half Term
01/06/2020		Biomechanics Revision	As Revision
08/06/2020		Biomechanics Revision	As Revision
15/06/2020	A LEVEL EXAM		
22/06/2020			
29/06/2020			
06/07/2020			
13/07/2020			
20/07/2020			

Coursework
Mr Tooth
Every Tuesday period 3
September - Ind Skill Videos complete
October - Question preparation
November - Video Footage produced
December - Question/Action plan prep
January - Question/Action plan prep
Feb - Videos recorded
March - Videos sent to moderator