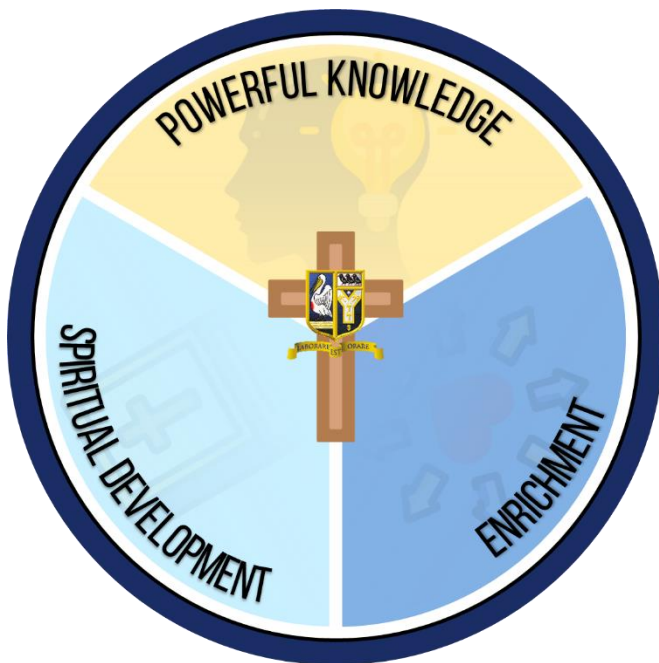


THE BECKET SCHOOL



PHYSICAL EDUCATION

CURRICULUM INTENT



*"I HAVE COME IN ORDER THAT YOU MIGHT HAVE
LIFE
—LIFE IN ALL ITS FULLNESS."*

~JOHN 10:10

"INTELLIGENCE AND SKILL CAN ONLY FUNCTION AT THE PEAK OF THEIR CAPACITY WHEN THE BODY IS HEALTHY AND STRONG." JOHN F. KENNEDY

CENTRAL TO THE PE CURRICULUM IS LEARNING AND UNDERSTANDING RULES AND REGULATIONS OF THE SPORTS STUDIED THROUGHOUT THE KEY STAGES. WHILE STUDENTS MAY NOT DEVELOP INTO EXPERTS THEY WILL DEVELOP AN UNDERSTANDING OF THE OPERATIONAL SO THAT FROM ANY START POINT THEY ARE ABLE TO MAKE PROGRESS. ADDITIONALLY, A FUNDAMENTAL IMPORTANCE OF THE PE CURRICULUM, AND ONE THAT IS UNIQUE, IS THE CONTRIBUTION TO THE PHYSICAL, EMOTIONAL AND SOCIAL HEALTH OF OUR STUDENTS. THE PE CURRICULUM HAS A CENTRAL RESPONSIBILITY TO SUPPORT THE ENJOYMENT OF SPORT AND PROMOTE THE HEALTH AND FITNESS THROUGH THE PARTICIPATION OF PHYSICAL ACTIVITY, WITH THE HOPE THAT THIS PASSION WILL BE LIFELONG AND PASSED ON THROUGH NEXT GENERATIONS. IT ALSO HAS AN IMPORTANCE SOCIALLY, DEVELOPING THEIR ABILITY TO 'STRIVE TO BE THEIR BEST' BY WORKING TO MAXIMUM EFFORT, DEVELOPING TEAM AND COOPERATIVE LEARNING, LEADERSHIP, SELF-REGULATION AND RESPECT. ALSO HAVING GOOD PHYSICAL HEALTH SUPPORTS POSITIVE MENTAL HEALTH AND THEIR CAPACITY TO LEARN ACROSS ALL SUBJECTS.

INTENDED OUTCOMES

Our core outcomes across all Key Stages are to

- Promote enjoyment of exercise and physical fitness, through a broad and balanced curriculum
- Promote equal opportunities for all students and in an environment of high expectations
- Provide expert teachers who place development of good character at the heart of the curriculum
- Provide opportunities to explore different roles within PE
- Provide relentless support and challenge

Key Stage 3

- **By the end of Year 7**, students will have embraced Becket PE by developing skills, compositional ideas and tactics in many different areas of activities such as invasion games, striking and fielding games, gymnastics, dance and athletics. Students will have a clear understanding of the different operational rules and regulations for each activity. They will develop core knowledge on key topics such as the skeletal and muscular system, benefits of a warm up and cardiovascular system. Students will also develop a clear understanding of how physical activity affects health and fitness.
- **By the end of Year 8, students** will have experienced broadening competitive sporting experiences. Students will have learned skills, compositional ideas and tactics they are performing in a variety of different areas of activities. They will be motivated to take part in competitive sports and activities outside the lesson time, and start the process of analysing and evaluating their own and others' performance. They will build upon their core knowledge including topics on the respiratory system, movement and media in sport.
- **By the end of Year 9**, students will have embedded their PE knowledge and developed skills allowing them to build PE aspirations and develop resilience. They will have experienced problem-solving activities specifically through outdoor education, and developed knowledge and understanding of health and fitness exercises and physical activity benefits. Some students will also have begun their GCSE PE journey using their KS3 Becket PE for their knowledge and practical skill development.

At KS4, we build upon the knowledge and physical skills developed at KS3 and study key concepts in more depth.

- **By the end of Year 10**, students will have continued to strive in PE, building on their developed understanding and skills to have real confidence in their physical prowess and development. Students will have also had a chance to develop their Leadership Skills via the Sports Leadership Program leading workshops and partnership sporting events. Students will continue to prosper on the GCSE PE course primarily focusing on the socio-cultural and psychology factors affecting sport.
- **By the end of Year 11**, students will now have a clear understanding of how to create healthy and active futures, make active lifestyle choices and career choices. Students will have attained and in depth knowledge and understanding over all aspects of Becket Physical Education covering over 15 different sports and physical activities. Students will complete their GCSE PE, explore different physical opportunities outside of school and leave the Becket with an appreciation and affection for physical activity and sport.

CURRICULUM INTENT

POWERFUL KNOWLEDGE	<p>Our students will:</p> <ul style="list-style-type: none"> • Have a sequenced and hierarchical PE curriculum over 5 years, enabling students to consistently build upon their understanding of rules and regulations of different sports/activities and have regular opportunities to embed practice of skills. • Have a learning environment, which grows with them depending on their age, maturity and skill development. • Interweaving topics and interleaved retrieval practice to support students with retaining knowledge and identifying areas of development • Develop a set of core knowledge for all PE areas of activity which supports them in their practice
SPIRITUAL DEVELOPMENT	<p>Our students will:</p> <p>Through the PE curriculum, develop emotional and social skills that are key in becoming a good sports person. However, these emotional and social skills developed through our curriculum transcend beyond the sports arena and support the Becket student into becoming well-rounded and loving people. These include:</p> <ul style="list-style-type: none"> • Teamwork • Respect • Self- Discipline • Patience • Compassion • Resilience
ENRICHMENT	<p>Our students will:</p> <ul style="list-style-type: none"> • Be provided with many opportunities to have access to sporting extracurricular activities. • Have access to positive PE awareness through school communication systems and social media platforms. • Have extra –curricular activities to support GCSE PE attainment and sustain excellent examination outcomes. • Have access to Sports Leadership program to develop leadership and decision making skills • Have access to external providers which deliver specialist sessions during lessons and after-school • Have Disabled Sport Awareness days • KS5 students will extend their knowledge beyond the curriculum via studying topics which are part of The Becket Super Curriculum and/or Becket Reads • Explore different career options connected with PE and Physical Activity.

CURRICULUM IN THE CLASSROOM

B	BEHAVIOUR IS EXCELLENT	
E	EXPERT TEACHERS	
C	COGNITIVELY ACTIVE	
K	KNOWLEDGE-RICH	
E	EMBEDDED PRACTICE	
T	TESTING-FOR-LEARNING	

HOW WILL I LEARN PHYSICAL EDUCATION::

- You will be taught by specialist PE Teachers who are passionate about sharing their knowledge about all aspects of PE.
- A typical practical PE lesson starts with a task to recall knowledge from previous lessons, and a warm up to physically prepare you for physical activity.
- You will engage in a variety of physical exercises and competitive experiences.
- You will be taught new skills through embedded practice to build upon your existing physical skills.

LEARNING SEQUENCE

YEAR 7 – EMBRACING BECKET PHYSICAL EDUCATION

DEVELOPING SKILLS, COMPOSITIONAL IDEAS AND TACTICS

PE ACTIVITY	Football	Gymnastics	Netball	Basketball	Hockey	Dance	Rugby Union
PE ACTIVITY	Athletics	Cricket	Rounders	Tennis	Volleyball	Badminton	
EXPLANATION	<p>In Year 7 you will:</p> <ul style="list-style-type: none"> • Know the basic principles of invasion games. • Know the perfect model of the basic skills relevant to the sport. • Know when and why to apply these skills in a game situation. • Know the strategies and tactics involved in competitive gameplay • Know the basic principles of aesthetic sports and be able to perform in front of an audience • <i>Understand the key components and benefits of warm up</i> • <i>Be able to list some key bones in the skeletal system involved in movement</i> • <i>Be able to list some of the key muscles in the muscular system involved in movement</i> 						

YEAR 8 – BROADENING COMPETITIVE SPORTING EXPERIENCES

PERFORMING LEARNED SKILLS, COMPOSITIONAL IDEAS AND TACTICS

PE ACTIVITY	Football	Gymnastics	Netball	Basketball	Hockey	Dance	Rugby (Touch and Union)
PE ACTIVITY	Athletics	Cricket	Rounders	Tennis	Volleyball	Badminton	Outdoor Activities
EXPLANATION	<p>In Year 8 you will:</p> <ul style="list-style-type: none"> • Know the more advanced principles of invasion, net, and striking and fielding games. • Know the perfect model of the basic and more advanced skills relevant to each sport. • Know when and why to apply these skills in a game situation. • Know the strategies and tactics involved in competitive gameplay for each sport. • Know the more advanced skills of aesthetic sports and be able to perform confidently in front of an audience • Develop problem solving and decision making strategies • <i>Be able to identify short and long term effects of exercise</i> • <i>Be able to list types of movement and give practical examples</i> 						

YEAR 9 – EMBEDDING PE KNOWLEDGE AND DEVELOPING SKILLS

BUILDING ASPIRATIONS AND DEVELOPING RESILIENCE

PE ACTIVITY	Football	Gymnastics	Netball	Basketball	Hockey	Dance	Rugby
PE ACTIVITY	Athletics	Cricket	Rounders	Tennis	Handball	Outdoor Activities	Fitness
EXPLANATION	<p>In Year 9 you will:</p> <ul style="list-style-type: none"> • Know how to use advanced skills effectively in invasion, net, and striking and fielding games. • Use more advanced principles in invasion, net and striking and fielding games • Develop more experience of when and where to apply the correct skills • Know the advanced strategies and tactics involved in competitive gameplay for each sport. • Know health and fitness benefits of physical activity • Know a range of health and fitness exercises to improve different components of fitness • Consolidate problem solving and decision making strategies • <i>Understand different ethics in sport</i> • <i>Be able to list types of training to improve health and fitness</i> 						

YEAR 10 – THRIVING AND STRIVING IN PE

BELIEVING IN MYSELF

PE ACTIVITY	Football	Softball	Netball	Basketball	Hockey	Dance	Handball
PE ACTIVITY	Fitness	Cricket	Rounders	Tennis	Volleyball	Badminton	Sports Leaders
EXPLANATION	<p>In Year 10 you will:</p> <ul style="list-style-type: none"> • Continue to use advanced skills effectively in invasion, net, and striking and fielding games. • Use advanced tactics and strategies to gain an advantage in invasion, net, and striking and fielding games. • Continue to gain more experience of when and where to apply advanced skills • Understand how to lead physical activity sessions for different age groups • Gain experience in officiating different physical activities within lessons and school fixtures • Consolidate knowledge of health and fitness benefits of physical activity • Know a range of health and fitness exercises to improve different components of fitness • Consolidate problem solving and decision making strategies 						

YEAR 11 – CREATING HEALTHY AND ACTIVE LIFESTYLES

MAKING ACTIVE LIFESTYLE CHOICES AND CAREER CHOICES

PE ACTIVITY	Football	Basketball	Netball	Fitness/Dance	Hockey	Badminton	rugby
EXPLANATION	<p>In Year 11 you will:</p> <ul style="list-style-type: none"> • Apply and select advanced skills effectively in invasion, net, and striking and fielding games. • Use advanced tactics and strategies to gain an advantage in competitive sports including invasion, net, and striking and fielding games. • Learn about different career and educational options relating to physical activity and PE • Continue to gain experience in officiating different physical activities within lessons and school fixtures • Be able to lead a range of health and fitness exercises to improve different components of fitness • Consolidate problem solving and decision making strategies 						

YEAR 9 GCSE PE

TOPIC	1.1 a Structure and Function of the skeletal system	1.1 b Structure and Function of the Muscular System
EXPLANATION	<p>In Year 9 you will know:</p> <ul style="list-style-type: none"> • Location of bones in the body • Function of the bones • Structure and movement of joints • Movement types • Ligaments and tendons 	<p>In Year 9 you will know:</p> <ul style="list-style-type: none"> • Location of muscles in the body • Functions • Movement of muscles in sport • How muscles work as antagonistic pairs
TOPIC	1.1 c Movement Analysis	1.1 d Cardiovascular and Respiratory Systems
EXPLANATION	<p>In Year 9 you will know:</p> <ul style="list-style-type: none"> • Lever Systems • Planes of Movement • Axes of Rotation 	<p>In Year 9 you will know:</p> <ul style="list-style-type: none"> • Structure and Function of the Cardiovascular system • The Heart Pathway • Blood and Vessels • Heart Rate, Stroke Volume , Cardiac Output • Pathway of Air • Respiratory Muscles in Breathing • Breathing Rate, Tidal Volume, Minute Volume • Gaseous Exchange

YEAR 10 GCSE

TOPIC	1.1 e Effects of Exercise On Body Systems	1.2a Components of Fitness
EXPLANATION	<ul style="list-style-type: none"> • Short Term Effects of Exercise • Long Term Effects of Exercise 	<ul style="list-style-type: none"> • Components of Fitness • Fitness Tests to measure progress
TOPIC	1.2 b Applying The Training Principles	1.3 Prevention of Injury in Physical Activity
EXPLANATION	Principles of training <ul style="list-style-type: none"> • Methods of training • Components of a warm up • Benefits of a warm up • Components of cool down • Benefits of a cool down 	<ul style="list-style-type: none"> • Potential Hazards • Prevention of Injury
TOPIC	2.1 a Engagement Patterns of Different Social Groups	2.1 b Commercialisation of Physical Activity and Sport
EXPLANATION	<ul style="list-style-type: none"> • Different Participation Trends in Physical Activity • Different factors affect participation • Different strategies to improve participation 	<ul style="list-style-type: none"> • Influence of Media on the commercialisation of sport • The Golden Triangle • The influence of sponsorship in sport
TOPIC	2.1 c Ethical and Socio-Cultural Issues in Physical Activity and Sport	2.2 Sports Psychology
EXPLANATION	<ul style="list-style-type: none"> • Ethics in Sport • Reasons for drugs in Sport • Different Types of drugs in sport • Impact of drugs in sport • Reasons for player violence 	<ul style="list-style-type: none"> • Characteristics of a skilful movement • Classification of skills • Goal setting • Mental Preparation • Types of guidance • Types of feedback
TOPIC	2.3 Health, fitness and well-being	2.3 Diet and Nutrition
EXPLANATION	<ul style="list-style-type: none"> • Definitions of health, fitness and well-being • Different health benefits of physical activity • Consequences of a Sedentary Lifestyle 	<ul style="list-style-type: none"> • Definition of a balanced diet • Components of a balanced diet • The effect of diet and hydration on energy

YEAR 11 GCSE

In Year 11 GCSE PE, you will focus on the Non Examined Assessment (NEA) section of the course. This will consist of:

- An Analysing and Evaluating Performance Coursework
- Practical Assessment in three sports from the OCR Practical Specification

You will also revise all the sections of the Theory work in preparation for two summer examinations, and the completion of your GCSE coursework.

YEAR 12 AND YEAR 13

During Year 12 and 13 you will study skill acquisition, sports psychology, biomechanics, anatomy and physiology, exercise physiology, sporting historical development and socio-cultural aspects of sport. You will take an AS Level external exam at the end of Year 12 and then an A Level external exam in Year 13. As part of the qualification you will also be assessed in one physical activity from the specification list, and complete an Analysing and Evaluating Performance coursework task.

Year 12 and Year 13 Topic Areas

Skill Acquisition

Classification of skills
Types and methods of practice
Transfer of skills
Principles and theories of learning movement skills
Stages of learning
Guidance
Feedback
Memory Models

Sports psychology

Individual differences and Personality
Attitudes
Motivation
Arousal
Anxiety
Aggression
Social facilitation
Group and team dynamics in sport
Goal setting in sports performance
Attribution
Confidence and self-efficacy in sports performance.
Leadership in sport
Stress management to optimise performance

Sport and Society

Emergence and evolution of modern sport
Global Sporting events
The modern Olympic Games
Hosting global sporting events

Contemporary issues in physical activity and sport

Ethics and deviance in sport
Commercialisation and media
Routes to sporting excellence in the UK
Modern technology in Sport – its impact on Elite level sport, participation, fair outcomes and entertainment

Exercise Physiology

Skeletal and muscular systems

Skeleton knowledge
Joints, movements and muscles
Functional roles of muscles and types of contraction
Planes of Movement
Analysis of Movement
Skeletal and muscle contraction
Muscle contraction during exercise of differing intensities and during recovery

Cardiovascular and Respiratory Systems

Cardiovascular System at rest
Cardiovascular System during exercise of differing intensities and during recovery
Respiratory System at rest
Respiratory System during exercise of differing intensities and during recovery

Energy for Exercise

Adenosine Triphosphate (ATP) and energy transfer
Energy Systems and ATP resynthesis
ATP resynthesis during exercise of differing intensities and durations
The Recovery Process
Exercise at Altitude
Exercise in the heat

Diet and Nutrition

Diet and Nutrition
Benefits and Risks Ergogenic Aids

Preparation and Training

Aerobic Training
Strength Training
Flexibility training
Periodisation of training
Impact of training on lifestyle diseases

Injury Prevention and Rehabilitation

Acute and Chronic Injuries
Injury Prevention
Responding to injuries and medical conditions in a sporting context
Rehabilitation of injury

Biomechanics

Biomechanical principles
Levers
Analysing movement through the use of technology

1.3b Linear, Angular, fluid mechanics and projectile Motion

Linear Motion
Angular Motion
Fluid mechanics
Projectile motion



