

Long Term Departmental Planning Overview

Subject: **Physical Education**

Intention:

Encourage all pupils to actively engage in lifelong physical activity. Not only as a participant but in roles such as leader, coach and official. We offer a wide and varied curriculum that will encourage participation and inspire our pupils to lead a healthy active lifestyle

Yr	Title	HT1 topics		HT2 topics		HT3 topics		HT4 topics		HT5 topics		HT6 topics	
		Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
7	Acquire Skills	<u>Rugby:</u> Ball familiarisation Ball Handling Passing & receiving Tackling Rucking Supporting the ball carrier <u>Basketball</u> Types of Pass Dribbling / Control Movement off the ball Shooting Outwit opponents Assess	<u>Netball</u> Passing/ Footwork Outwit opponents Attack & Dodge Shooting Defending Assess <u>Gymnastics</u> Locomotion - working with partners Transfer of weight Rolling / tumbling Balance - Individual Balance - Partner Assess	<u>Rugby</u> Attacking as a team Defending as a team The Scrum Kicking Positions Assess <u>Football</u> Types of Pass Dribbling / Control Movement off the ball Shooting Outwit opponents Assess	<u>Football</u> Types of Pass Dribbling / Control Movement off the ball Shooting Outwit opponents Assess <u>HRF</u> Heart Rate - measure / max Warm-ups / Stretches Basic Circuit (lower body) - Squat Basic Circuit (upper body) - Push Press CV activities Assess	<u>Handball</u> Ball familiarisation Types of Pass Attacking play Moving with ball Defending - closing down space Shooting Assess <u>Table Tennis</u> Bat and ball familiarisation Ready Position and movement Forehand Backhand Basic Serves Assess	<u>Basketball</u> Types of Pass Dribbling / Control Movement off the ball Shooting Outwit opponents Assess <u>Dance</u> Types of Pass Dribbling / Control Movement off the ball Shooting Outwit opponents Assess	<u>Gymnastics</u> Locomotion - working with partners Transfer of weight Rolling / tumbling Balance - Individual Balance - Partner Assess <u>Outdoor Education</u> Trust activities / Team Games Acid River Team Orienteering Intro to Climbing 1 Intro to climbing 2 Assess	<u>Handball</u> Ball familiarisation Types of Pass Attacking play Moving with ball Defending - closing down space Shooting Assess <u>Volleyball</u> Moving early / Catch, throw volleyball The Dig The Set Jumping Serving Assess	<u>HRF</u> Heart Rate - measure / max Warm-ups / Stretches Basic Circuit (lower body) - Squat Basic Circuit (upper body) - Push Press CV activities Assess <u>Cricket</u> Catching / quick cricket Fielding Batting Bowling Running between the wickets / Pairs Cricket Assess	<u>Rounders</u> Catching / quick cricket Fielding Batting Bowling Pairs Cricket Assess <u>Cricket</u> Catching / quick cricket Fielding Batting Bowling Running between the wickets / Pairs Cricket Assess	<u>Tennis</u> Racket and ball familiar. Ready Position and movement Forehand Backhand Forehand Backhand Basic Serves Assess <u>Athletics</u> Sprinting technique Sprint Starts Pace running Long Jump Shot Put Discus Javelin High Jump	<u>Tennis</u> Racket and ball familiar Ready Position and movement Forehand Backhand Basic Serves Assess <u>Athletics</u> Sprinting technique Sprint Starts Pace running Long Jump Shot Put Discus Javelin High Jump

8	Develop Skills	<u>Rugby:</u> Ball familiarisation Ball Handling Passing & receiving Tackling Rucking Supporting the ball carrier	<u>Netball</u> Passing/ Footwork Outwit opponents Attack & Dodge Shooting Defending Assess	<u>Rugby</u> Attacking as a team Defending as a team The Scrum Kicking Positions Assess	<u>Football</u> Types of Pass Dribbling / Control Movement off the ball Shooting Outwit opponents Assess	<u>Handball</u> Ball familiarisation Types of Pass Attacking play Moving with ball Defending - closing down space Shooting Assess	<u>Basketball</u> Types of Pass Dribbling / Control Movement off the ball Shooting Outwit opponents Assess	<u>Gymnastics</u> Locomotion - working with partners Transfer of weight Rolling / tumbling Balance - Individual Balance - Partner Assess	<u>Handball</u> Ball familiarisation Types of Pass Attacking play Moving with ball Defending - closing down space Shooting Assess	<u>HRF</u> Heart Rate - measure / max Warm-ups / Stretches Basic Circuit (lower body) -Squat Basic Circuit (upper body) - Push Press CV activities Assess	<u>Rounders</u> Catching / quick cricket Fielding Batting Bowling Pairs Cricket Assess	<u>Tennis</u> Racket and ball familiar. Ready Position and movement Forehand Backhand Basic Serves Assess	<u>Tennis</u> Racket and ball familiar. Ready Position and movement Forehand Backhand Basic Serves Assess
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9	Apply Skills	<u>Rugby:</u> Ball familiarisation Ball Handling Passing & receiving Tackling Rucking Supporting the ball carrier	<u>Netball</u> Passing/ Footwork Outwit opponents Attack & Dodge Shooting Defending Assess	<u>Rugby</u> Attacking as a team Defending as a team The Scrum Kicking Positions Assess	<u>Football</u> Types of Pass Dribbling / Control Movement off the ball Shooting Outwit opponents Assess	<u>Handball</u> Ball familiarisation Types of Pass Attacking play Moving with ball Defending - closing down space Shooting Assess	<u>Basketball</u> Types of Pass Dribbling / Control Movement off the ball Shooting Outwit opponents Assess	<u>Gymnastics</u> Locomotion - working with partners Transfer of weight Rolling / tumbling Balance - Individual Balance - Partner Assess	<u>Handball</u> Ball familiarisation Types of Pass Attacking play Moving with ball Defending - closing down space Shooting Assess	<u>HRF</u> Heart Rate - measure / max Warm-ups / Stretches Basic Circuit (lower body) -Squat Basic Circuit (upper body) - Push Press CV activities Assess	<u>Rounders</u> Catching / quick cricket Fielding Batting Bowling Pairs Cricket Assess	<u>Tennis</u> Racket and ball familiar. Ready Position and movement Forehand Backhand Basic Serves Assess	<u>Tennis</u> Racket and ball familiar. Ready Position and movement Forehand Backhand Basic Serves Assess
		<u>Basketball</u> Types of Pass	<u>Gymnastics</u> Locomotion - working with partners	<u>Football</u> Types of Pass Dribbling / Control	<u>HRF</u> Heart Rate - measure / max	<u>Table Tennis</u> Bat and ball familiarisation	<u>Dance</u> Types of Pass Dribbling / Control Movement off the ball	<u>Outdoor Education</u> Trust activities / Team Games Acid River	<u>Volleyball</u> Moving early / Catch, throw volleyball The Dig The Set	<u>Cricket</u> Catching / quick cricket Fielding	<u>Cricket</u> Catching / quick cricket Fielding	<u>Athletics</u> Sprinting technique Sprint Starts	<u>Athletics</u> Sprinting technique Sprint Starts

		Dribbling / Control Movement off the ball Shooting Outwit opponents Assess	Transfer of weight Rolling / tumbling Balance - Individual Balance - Partner Assess	Movement off the ball Shooting Outwit opponents Assess	Warm-ups / Stretches Basic Circuit (lower body) -Squat Basic Circuit (upper body) - Push Press CV activities Assess	Ready Position and movement Forehand Backhand Basic Serves Assess	Shooting Outwit opponents Assess	Team Orienteering Intro to Climbing 1 Intro to climbing 2 Assess	Jumping Serving Assess	Batting Bowling Running between the wickets / Pairs Cricket Assess	Batting Bowling Running between the wickets / Pairs Cricket Assess	Pace running Long Jump Shot Put Discus Javelin High Jump	Pace running Long Jump Shot Put Discus Javelin High Jump
10	Core PE: Lead and Perform	Options: Rugby Football	Options Netball Trampoline	Options Basketball Parkour	Options Football Fitness	Options Handball Table Tennis	Options Basketball Dance	Options Volleyball Fitness	Options Badminton Handball	Options Tennis Cricket	Options Rounders Tennis	Options Athletics Softball	Options Athletics Softball
11	Core PE: Lifelong Health	Options: Rugby Football	Options Netball Trampoline	Options Basketball Parkour	Options Football Fitness	Options Handball Table Tennis	Options Basketball Dance	Options Volleyball Fitness	Options Badminton Handball	Options Tennis Cricket	Options Rounders Tennis	Options Athletics Softball	Options Athletics Softball

			Subject: AQA GCSE Physical Education										
Yr	Title	HT1 topics	HT2 topics	HT3 topics	HT4 topics	HT5 topics	HT6 topics						
		3.1.1 Applied Anatomy & Physiology <u>3.1.1.1 - Musculoskeletal System</u> <ul style="list-style-type: none"> Bones Structure of the skeleton Functions of the skeleton 	3.1.1 Applied Anatomy & Physiology <u>3.1.1.4- Short & Long term effects of exercise</u> <ul style="list-style-type: none"> Immediate effects (during exercise) 	3.1.3 Physical Training <u>3.1.3.1- Relationship between health & fitness, and the role of exercise in both</u> <ul style="list-style-type: none"> Definitions of Health & Fitness 	3.1.3 Physical Training <u>3.1.3.3- Principles of training and application</u> <ul style="list-style-type: none"> Principles of training and overload 	3.1.4 Use of data <u>3.1.4.1- Understand how data is collected (qualitative and quantitative)</u> <ul style="list-style-type: none"> Quantitative data 	Non Examined Assessment (NEA) - Analysis - Strengths and Weaknesses Fitness Analysis <ul style="list-style-type: none"> Bleep Test 						

10	<p>AQA GCSE Physical Education</p> <p>Paper 1 - (3.1)</p>	<ul style="list-style-type: none"> • Muscles of the body • Structure of synovial joint • Types of freely movable joint • Joints design and movement • Antagonistic movement at joints <p><u>3.1.1.2 - Cardio-Respiratory System</u></p> <ul style="list-style-type: none"> • Pathway of Air • Gaseous exchange • Blood vessels • Structure cycle & pathway of blood • Cardiac output, stroke volume and heart rate • Mechanics of breathing • Interpretation of spirometer trace <p><u>3.1.1.3- Anaerobic & Aerobic exercise</u></p> <ul style="list-style-type: none"> • Understanding the terms aerobic and anaerobic • Practical examples • EPOC / Oxygen debt • Recovery process 	<ul style="list-style-type: none"> • Short term effects (up to 36hrs post exercise) • Long term effects (months / years of exercise) <p>3.1.2 Movement Analysis</p> <p><u>3.1.2.1- Lever Systems</u></p> <ul style="list-style-type: none"> • First, second and 3rd class levers - with sporting examples • Mechanical advantage in relation to 3 lever systems • Analysis of basic movements (sporting examples) <p><u>3.1.2.2- Planes and axes of movement</u></p> <ul style="list-style-type: none"> • Identification of the relevant planes: (Frontal, Transverse, Sagittal) • Identification of the relevant axes: (Longitudinal, Transverse, Sagittal) 	<ul style="list-style-type: none"> • Relationship between Health & Fitness <p><u>3.1.3.5- Effective use of warm-up and cool down</u></p> <ul style="list-style-type: none"> • Warming up & Cooling down <p><u>3.1.3.2- Components of fitness</u></p> <ul style="list-style-type: none"> • Components of Fitness • Link between sports and required components of fitness • Reasons for and limitations of fitness testing • Measuring the components of fitness • Demonstration of how data is collected 	<ul style="list-style-type: none"> • Application of the principles of training • Types of training • Advantages Disadvantages of training types linked to specific aim <p><u>3.1.3.4- Optimising training and preventing injury</u></p> <ul style="list-style-type: none"> • Calculating intensities to optimise training effectiveness • Considerations to prevent injury • Specific Training techniques • Seasonal Aspects of training 	<ul style="list-style-type: none"> • Methods for collecting quantitative data • Qualitative data • Methods for collecting qualitative data <p><u>3.1.4.2- Present Data</u></p> <ul style="list-style-type: none"> • How to present data <p><u>3.1.4.3- Analyse and evaluate data</u></p> <ul style="list-style-type: none"> • Analysis and evaluation of data 	<ul style="list-style-type: none"> • Harvard Step Test • Body Composition • Illinois Agility Run • 35m Sprint • Other tests: Reaction, coordination, strength, endurance tests <p>Skill Analysis</p> <ul style="list-style-type: none"> • Quantitative assessments 1 • Quantitative assessments 2 • Qualitative Assessments 1 • Qualitative Assessments 2 <p>Controlled Assessment</p> <ul style="list-style-type: none"> • Fitness • Skill • Evaluation
		<p>3.2.1 Sports Psychology</p> <p><u>3.2.1.1 - Classification of skills (basic/complex/open/closed)</u></p> <ul style="list-style-type: none"> • Skill and ability 	<p><u>3.2.1.5- Mental preparation for performance</u></p> <ul style="list-style-type: none"> • Arousal • Inverted U theory 	<p>3.2.2 Socio-cultural influences</p> <p><u>3.2.2.1 Engagement patterns of different social groups</u></p>	<p>3.2.3 Health, Fitness & Wellbeing</p> <p><u>3.2.3.1- Physical, emotional and social</u></p>	<p>REVISION SCHEDULE</p> <p><u>PAPER 1</u></p> <p>3.1.1 - Applied A&P</p>	

**AQA GCSE
Physical
Education**

**Paper 2 -
(3.2)**

- Classification of skill
- Definitions of types of goals

3.2.1.2 - The use of Goal Setting and SMART Targets

- Use & evaluation of setting performance and outcome goals
- Use of SMART Targets to improve and/or optimise performance

3.2.1.3- Basic Information Processing

- Basic information processing model

3.2.1.3- Guidance and Feedback on performance

- Examples and effectiveness of types of guidance (beginners vs elite)
- Examples and effectiveness of types of Feedback (beginners vs elite)

- How optimal arousal levels vary according to the skill being performed.
- How arousal can be controlled using stress management techniques
- Difference between direct aggression and indirect aggression
- Characteristics of introvert and extrovert
- Intrinsic & extrinsic motivation
- Evaluation of the merits of intrinsic / extrinsic motivation in sport

- Engagement patterns and how this affects participation

3.2.2.2- Commercialisation of sport

- Commercialisation
- Types of sponsorship and media
- Positive and negative aspects of sponsorship and the media
- Positive and negative aspects of technology

3.2.2.3- Ethical and Socio-cultural issues

- Conduct of performers
- Prohibited substances
- Prohibited methods (blood doping)
- Drugs subject to restrictions
- Which type of performers may use types of PED's with examples
- Advantages / disadvantages of PED's

health, fitness and wellbeing

- Linking participation in physical activity, exercise and sport to health, wellbeing and fitness

3.2.3.2- Consequences of a sedentary lifestyle

- The consequences of a sedentary lifestyle
- Obesity and how it may affect performance in physical activity and sport
- Somatotypes

3.2.3.3- Energy use, diet, nutrition and hydration

- Energy use
- Nutrition - reasons for having a balanced diet
- Nutrition - role of carbohydrates, fat, protein and vitamins/minerals
- Reasons for maintaining water balance (hydration)

- Musculo Skeletal System
- Cardio-Respiratory System
- Anaerobic / Aerobic Exercise
- Short / Long Term effects of Exercise

3.1.2 - Movement Analysis

- Levers
- Planes of Movement

3.1.3 - Physical Training

- Role of exercise / Warm-ups & Cool Downs
- Components of training
- Principles of training
- Optimising training / preventing injury

PAPER 2

3.2.1 - Sports Psychology

- Skills
- Goal setting
- Information processing
- Mental Preparation

	<u>Unit 2 - Sports coaching and activity leadership</u> <ul style="list-style-type: none"> • LO1 -Know the roles and responsibilities of sports coaches and activity leaders • LO2 -Understand principles which underpin coaching and leading 	<u>Unit 2 - Sports coaching and activity leadership</u> <ul style="list-style-type: none"> • LO3 -Be able to use methods to improve skills, techniques and tactics in sport 	<u>Unit 2 - Sports coaching and activity leadership</u> <ul style="list-style-type: none"> • LO4 - Be able to plan sports and activity sessions 	<u>Unit 2 - Sports coaching and activity leadership</u> <ul style="list-style-type: none"> • LO5 -Be able to prepare sports and activity environments 	<u>Unit 2 - Sports coaching and activity leadership</u> <ul style="list-style-type: none"> • LO6 - Be able to deliver sports and activity sessions 	<ul style="list-style-type: none"> • LO7 - Be able to review sports and activity sessions
Diploma (2 A Levels)	<u>Unit 4 - Working safely in sport, exercise, health and leisure (exam)</u> <ul style="list-style-type: none"> • LO1 - Understand emergency procedures in sport, exercise, health & leisure. <u>Unit 13 - Health & Fitness testing for sport and exercise</u> <ul style="list-style-type: none"> • LO1 -Be able to use a range of fitness tests • LO2 -Be able to complete a client health & fitness induction 	<u>Unit 4 - Working safely in sport, exercise, health and leisure (exam)</u> <ul style="list-style-type: none"> • LO2 - Understand health and safety requirements in sport, exercise, health & leisure. <u>Unit 13 - Health & Fitness testing for sport and exercise</u> <ul style="list-style-type: none"> • LO3 -Be able to plan a fitness testing session • LO4 -Be able to deliver a fitness testing session 	<u>Unit 4 - Working safely in sport, exercise, health and leisure (exam)</u> <ul style="list-style-type: none"> • LO3 - Understand how to minimise risk in sport, exercise, health & leisure. <u>Unit 13 - Health & Fitness testing for sport and exercise</u> <ul style="list-style-type: none"> • LO5 -Be able to interpret the results of fitness tests and provide feedback 	<u>Unit 4 - Working safely in sport, exercise, health and leisure (exam)</u> <ul style="list-style-type: none"> • LO4 - Know first aid requirements in sport, exercise, health & leisure. <u>Unit 11 - Physical activity for specific groups</u> <ul style="list-style-type: none"> • LO1 -Know about the provision of physical activity for specific groups 	<u>Unit 4 - Working safely in sport, exercise, health and leisure (exam)</u> <ul style="list-style-type: none"> • LO5 - Know how to safeguard children and vulnerable adults in sport, exercise, health & leisure. <u>Unit 11 - Physical activity for specific groups</u> <ul style="list-style-type: none"> • LO2 -Know the benefits of and barriers to participating in physical activity for specific groups 	<u>Unit 4 Exam preparation</u> <u>Unit 11 - Physical activity for specific groups</u> <ul style="list-style-type: none"> • LO3 -Know the exercise referral process • LO4 - Be able to plan physical activity sessions for specific groups
	<u>Unit 8 - Organisation of Sports Events</u>	Unit 8 - Organisation of Sports Events	<u>Unit 8 - Organisation of Sports Events</u>	<u>Unit 8 - Organisation of Sports Events</u>	<u>Unit 8 - Organisation of Sports Events</u>	

<p>Extended Certificate (1 A Level & Diploma (2 A Levels))</p>	<ul style="list-style-type: none"> LO1 -Know different types of sports events and their purpose <p><u>Unit 18 - Practical Skills in sport and physical activities</u></p> <ul style="list-style-type: none"> LO1 -Be able to apply skills, techniques and tactics in an individual sport 	<ul style="list-style-type: none"> LO2 -Know the different roles and responsibilities involved in the planning and delivery of sports events. <p>Unit 18 - Practical Skills in sport and physical activities</p> <ul style="list-style-type: none"> LO2 -Be able to apply skills, techniques and tactics in a team sport 	<ul style="list-style-type: none"> LO3 - Be able to plan and promote a sports event <p><u>Unit 18 - Practical Skills in sport and physical activities</u></p> <ul style="list-style-type: none"> LO3 -Be able to apply skills, and knowledge in outdoor and adventurous activities 	<ul style="list-style-type: none"> LO4 - Be able to participate in the delivery of a sports event <p><u>Unit 18 - Practical Skills in sport and physical activities</u></p> <ul style="list-style-type: none"> LO4 -Be able to officiate in sport and physical activity 	<ul style="list-style-type: none"> LO5 - Be able to review the planning of a sports event 	
<p>Diploma (2 A Levels)</p>	<p><u>Unit 17 - Sports Injuries and Rehabilitation</u></p> <ul style="list-style-type: none"> LO1 -Know Common sports injuries and their effects <p><u>Unit 19 - Sports & Exercise Psychology</u></p> <ul style="list-style-type: none"> LO1 -Know the different factors that affect motivation for sport and exercise 	<p>Unit 17 - Sports Injuries and Rehabilitation</p> <ul style="list-style-type: none"> LO2 - Be able to minimise the effects of sports injuries <p>Unit 19 - Sports & Exercise Psychology</p> <ul style="list-style-type: none"> LO2 -Understand attribution theory in relation to sport and exercise 	<p><u>Unit 17 - Sports Injuries and Rehabilitation</u></p> <ul style="list-style-type: none"> LO3 - Be able to respond to acute sports injuries when they occur <p><u>Unit 19 - Sports & Exercise Psychology</u></p> <ul style="list-style-type: none"> LO3 -Understand the effects of stress, anxiety and arousal in 	<p><u>Unit 17 - Sports Injuries and Rehabilitation</u></p> <ul style="list-style-type: none"> LO4 - Know the different agencies in the treatment and rehabilitation of sports injuries <p><u>Unit 19 - Sports & Exercise Psychology</u></p> <ul style="list-style-type: none"> LO4 - Understand the importance of group dynamics in team sports 	<p><u>Unit 17 - Sports Injuries and Rehabilitation</u></p> <ul style="list-style-type: none"> LO5 - Be able to plan a rehabilitation programme for a specific sports injury <p><u>Unit 19 - Sports & Exercise Psychology</u></p> <ul style="list-style-type: none"> LO45 - Understand the psychological impact of sport and exercise on 	

	<p><u>Unit 5 - Performance Analysis</u></p> <ul style="list-style-type: none"> • LO1 -Understand Performance profiling 	<p>Unit 5 - Performance Analysis</p> <ul style="list-style-type: none"> • LO2 - Be able to carry out performance profiling 	<p>sport and exercise</p> <p><u>Unit 5 - Performance Analysis</u></p> <ul style="list-style-type: none"> • LO3 - Be able to analyse performance 	<p>and group exercise.</p> <p><u>Unit 5 - Performance Analysis</u></p> <ul style="list-style-type: none"> • LO4 - Be able to give feedback on sports performance 	<p>mental health and wellbeing</p>	
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