

**Quality of Education:** Curriculum is planned and sequenced so that new **knowledge** and **skills** build on what has been taught before and leads towards clearly defined end points.

**SUBJECT: PE CURRICULUM PROGRESSION PATHWAYS 2020-2022**

**HoD: Anthony Ender**

<p><b>KS3 - Y7</b> 4 Practical lessons 7 Sports plus Fitness/OAA/ Athletics</p>	<p><b>KS3 - Y8</b> 4 Practical lessons 9 Sports</p>	<p><b>KS3 - Y9</b> 4 Practical lessons 9 Sports</p>	<p><b>KS4 GCSE (AQA) and (Level 2) V-Cert Health and Fitness NCFE</b> GCSE x 5 lessons per fortnight in Y10 / 3 lessons per fortnight in Y11 V-Cert x 5 lessons per fortnight / 4 lessons per fortnight in Y11 <i>Core PE: 3hrs a fortnight in Y10 - 1hr a fortnight for V-Cert / 2hrs for GCSE in Y11</i></p>		<p><b><u>Further Education and training , Careers</u></b></p>
<p><b>Yr7 Knowledge &amp; Skills:</b> <i>Knowledge and Application of fundamental skills.</i></p> <p><b><u>Target level:</u></b> <b>Foundation Developing</b></p> <p><b>Sporting activities:</b>  <i>See Core Curriculum map</i></p>	<p><b>Yr8 Knowledge &amp; Skills:</b> <i>Development of complex skills and thought processes.</i></p> <p><b><u>Target level:</u></b> <b>Developing Secure</b></p> <p><b>Sporting activities:</b>  <i>See Core Curriculum map</i></p>	<p><b>Yr9 Knowledge &amp; Skills:</b> <i>Application and evaluations of tactical and technical skills in more challenging situations.</i></p> <p><i>Introduction to theoretical concepts within Health, Fitness and PE.</i></p> <p><b><u>Target level:</u></b> <b>Secure Excellent</b></p> <p><b>Sporting activities:</b>  <i>See Core Curriculum map</i></p>	<p><b>Year 10:</b></p> <p><b>GCSE Planning:</b> Autumn: Applied anatomy and physiology  Health fitness and wellbeing  Spring: Sports psychology  Summer: Physical training and use of data</p> <p><b>V-Cert Planning:</b> Unit 1 Exam: Introduction to body systems and principles of training in health and fitness – Sept - March.  Unit 2: Preparing and planning for health and fitness Prep - April - July</p> <p><b>VCert Knowledge:</b> Body systems / Principles of Training FITT / Short- and Long-term components of fitness</p>	<p><b>Year 11:</b></p> <p><b>GCSE Planning:</b> Autumn: Sports psychology and movement analysis <b>Coursework</b>  Spring: Social cultural issues  Summer: Exam practice and revision</p> <p><b>V-Cert planning:</b> Unit 2: Preparing and planning for health and fitness - Prep - September - December  Completion of Unit 2 - Preparing and planning for health and fitness. December - April  P6 Sessions for Unit 1 Retakes - September - November (exam Nov)</p>	<p>Level 3 Applied Generals in: -Sport Studies -Sport and Physical Activity -Sports Performance and Excellence -Sport and Exercise Science. -Level 3 Technical Levels in: Sport and Physical Activity -Personal Training -Personal Training and Behaviour Change -Fitness Services Exercise Science and Personal Training -Personal Training for Health, Fitness and Performance -Physical Activity and Exercise Science -A Level in Physical Education and Sport.</p>