

# Content & Skills overview

PE

Year 6 – end of Primary	Year 7	Year 8	Year 9	Year 10	Year 11	School Leavers at 16	Year 12	Year 13	School Leavers at 18
<p>The skills and experience of the KS2 curriculum students come to HPS can be varied. Much depends on the skill set of a Primary school teacher and/or the school offering outside sports specialists to take lessons.</p> <p><b>KS2 PE curriculum</b></p> <p>Pupils should be taught to:</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>First 4 lessons at the start of the academic year are used to assess Fundamental Motor Skills and set a baseline target grade.</p> <p>Further moderations take place in November, February and June to standardise student performance and teacher's assessment grades.</p> <p>Year 7 activities strive to:</p> <p>Develop motor skills/ techniques.</p> <p>Understand and follow rules showing Sportsmanship.</p> <p>Understand how to work independently and within teams.</p> <p>Analyse their performance.</p> <p>Understand how to live an active healthy lifestyle.</p>	<p>Groups are set by ability with all students participating in the same activities with the emphasis on developing the skills and techniques from year 7 into more game/match related situations. Task and match situations will be differentiated for each ability group.</p> <p>Continue to understand and follow rules showing Sportsmanship.</p> <p>Continue to understand how to work independently and within teams and starting to develop an awareness of tactics and strategy.</p> <p>Analyse their and peer's performance.</p>	<p>Groups are set by ability with all students participating in the same activities with the emphasis on developing the use of tactics and strategies into game/match related situations.</p> <p>Task and match situations will be differentiated for each ability group.</p> <p>Continue to understand and follow rules showing Sportsmanship.</p> <p>Continue to understand how to work independently and within teams and starting to develop an awareness of tactics and strategy as well as analysing individual and team performance.</p>	<p><b>Core</b></p> <p>Students to apply their knowledge and skills in game situations, showing problem solving, communication and tactical awareness. Focus on how exercise and training routines can enhance performance.</p> <p><b>Activities.</b></p> <p>Football</p> <p>Netball</p> <p>Handball</p> <p>Basketball</p> <p>Dodgeball</p> <p>Uni-hoc</p> <p>Badminton</p> <p>Table Tennis</p> <p>Fitness Suite</p> <p>Training Methods</p> <p>OAA</p> <p>Athletics</p> <p>Striking and Fielding</p> <p><b>GCSE PE Theory</b></p> <p>3.1.1 Applied anatomy and physiology</p> <p>3.1.2 Movement Analysis</p> <p>3.1.3 Physical Training</p> <p>3.1.4 Use of data</p>	<p><b>Core</b></p> <p>Students will be given more choice of activities so they can specialise and progress further. Focus will be on how exercise and physical fitness can improve overall well-being including stress reduction.</p> <p><b>Activities.</b></p> <p>Handball</p> <p>Basketball</p> <p>Dodgeball</p> <p>Uni-hoc</p> <p>Badminton</p> <p>Table Tennis</p> <p>Fitness Suite</p> <p>Football</p> <p>Netball</p> <p><b>GCSE PE Theory</b></p> <p>3.2.1 Sports psychology</p> <p>3.2.2 Socio-cultural influences</p> <p>3.2.3 Health, fitness and wellbeing</p> <p><b>NEA</b></p> <p>Practical performance</p> <p>3 strongest sports to be completed for external moderation</p>	<p>Level 3 BTec sport</p> <p>Level 3 A Level PE Apprenticeships and employment in the Leisure Industry.</p> <p>Soft skills and transferable skills will help in any pathway they choose. (leadership, communication, cooperation, teamwork, discipline, self-belief, self-management and problem solving.</p> <p>An understanding of a healthy and active lifestyle.</p> <p>The goal is to give every student the necessary skills to engage in lifelong participation in some sort of sport or physical activity.</p> <p>To help students understand how physical fitness enhances your lifestyle and helps with mental health.</p>	<p><b>Level 3 BTec Sport</b></p> <p><b>Unit 1</b> (exam)</p> <p>Anatomy and Physiology</p> <p><b>Unit 2</b> (exam)</p> <p>Fitness Training and programming for Health, sport and well-being</p> <p><b>Unit 23</b> (coursework)</p> <p>Skill Acquisition in sport</p> <p><b>Extra curricular opportunities to improve skills, fitness, enjoyment and competition</b></p> <p>Recreational clubs and school team opportunities.</p>	<p><b>Level 3 BTec Sport</b></p> <p><b>Unit 3</b> (coursework)</p> <p>Professional development in the sports industry</p> <p><b>Unit 4</b> (coursework)</p> <p>Sports Leadership</p> <p><b>Unit 5</b> (coursework)</p> <p>Application of Fitness testing</p> <p><b>Unit 22</b> (exam)</p> <p>Investigating business in sport and the active leisure industry</p> <p><b>Unit 24</b> (coursework)</p> <p>Sports performance analysis</p> <p><b>Unit 26</b> (coursework)</p> <p>Technical and tactical demands in sport</p> <p><b>Extra curricular opportunities to improve skills, fitness, enjoyment and competition</b></p> <p>Recreational clubs and school teams opportunities.</p>	<p>University degrees in many areas of sport.</p> <p>Apprenticeships and employment in the Leisure Industry</p> <p>Transferable skills (leadership, communication, cooperation, teamwork, discipline, self-belief, self-management and problem solving will help with courses or employment.</p> <p>The BTec course allows you to present work in a variety of ways enhancing communication skills, confidence and the ability to work independently and within a team.</p> <p>Unit 3 develops student's understanding of the application and interview process for careers in the sports industry but can be</p>

	<p><b>Activities.</b> Handball Basketball Football Netball Uni-hoc Dodgeball Short Tennis Fitness Circuit Fitness Training methods OAA Athletics Softball</p> <p><b>Extra curricular</b> opportunities to improve skills, fitness, enjoyment and competition Recreational clubs, Individual tournaments, House tournaments and school/district team opportunities.</p>	<p>Develop basic leadership skills including leading warm ups. Further understanding of how to live an active healthy lifestyle</p> <p><b>Activities.</b> Handball Basketball Football Netball Uni-hoc Dodgeball Short Tennis Fitness Circuit Fitness Training methods OAA Athletics Softball</p> <p><b>Extra curricular</b> opportunities to improve skills, fitness, enjoyment and competition Recreational clubs, Individual tournaments, House tournaments and school/district team opportunities.</p>	<p>Continue to develop basic leadership skills including leading warm ups and skill development.</p> <p>Further understanding of how to live an active healthy lifestyle</p> <p><b>Activities.</b> Handball Basketball Football Netball Uni-hoc Dodgeball Short Tennis Fitness Circuit Fitness Training methods OAA Athletics Softball</p> <p><b>Extra curricular</b> opportunities to improve skills, fitness, enjoyment and competition Recreational clubs, Individual tournaments, House tournaments and school/district team opportunities.</p>	<p><b>NEA</b> Practical performance in a range of sports</p> <p>Analysis of performance in 1 sport</p> <p><b>Cambridge Nationals in sports studies Performance and Leadership in sports activities.</b></p> <p><b>Level 2 Sports Leaders</b> Theory on leadership. Practical experience leading the PE lessons for Handsworth Primary students. Volunteering at a variety of events.</p> <p><b>Extra curricular</b> opportunities to improve skills, fitness, enjoyment and competition Recreational clubs, Individual tournaments, House tournaments and school/district team opportunities.</p>	<p><b>Cambridge Nationals in sports studies Sport and the media.</b></p> <p><b>Contemporary issues in sport</b></p> <p><b>Extra curricular</b> opportunities to improve skills, fitness, enjoyment and competition Recreational clubs and school teams. opportunities.</p>				utilised for any career.
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