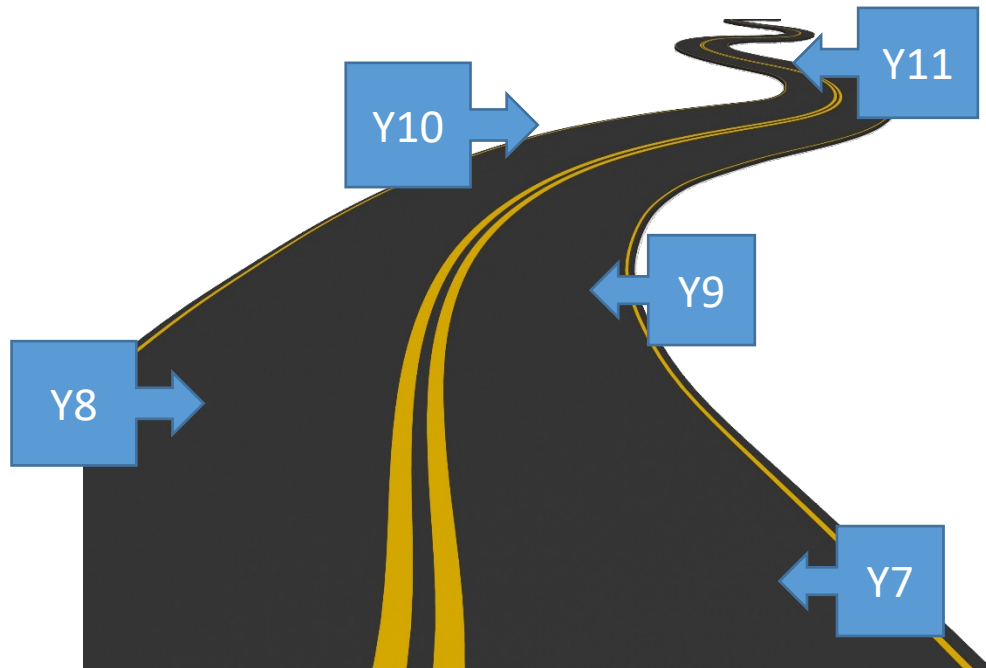




HALEWOOD
ACADEMY



Curriculum Milestones Year 7 - 11

Physical Education

'We Seek the Best'



KEY STAGE 3

At the end of Year 7, Students will know about and be able to do the following:

Skill & Knowledge Development

Students will cover 6 different Sporting activities to promote engagement in a broad range and provide all students the opportunity to access aspects of the curriculum.

- Students will know how to perform a generic warm up, and explain what activities should be included. They will understand the importance of warming up.
- Students will build on previous acquired fundamental skills from KS2 and develop a range of activity specific basic skills in each activity. (basic technique, foundation skills)
- Students will build on previous knowledge acquired from KS2 on how to participate in a range of activities effectively. They will know the basic rules and can score/officiate a basic competitive situation.
- Students will be able to demonstrate skills in isolation, with some accuracy, most of the time
- Students will be able to demonstrate skills in small sided competitive situations, with some efficiency, most of the time
- Students will be able to demonstrate skills in larger team / competitive situations, with some accuracy, most of the time
- Provide basic feedback to peers

At the end of Year 8, Students will know about and be able to do the following:

Skill/Knowledge Consolidation

Students will be able to review, explain & perform basic skills/techniques and consolidate knowledge acquired during Year 7. In addition they will begin to develop advanced elements in activities and employ basic strategy.

- Students will know how to perform an activity specific warm up and explain what activities should be included. They will be able to explain the benefits of a warm up.
- Students will consolidate and build on the range of activity specific basic skills in each activity, developing more advanced skills and techniques
- Students will consolidate and build on previous knowledge on how to participate in a range of activities effectively. They will develop knowledge of the advanced rules and can score/officiate larger competitive situations.
- Students will be able to explain/perform a range of basic strategies and tactics to help them succeed
- Using their skills & knowledge they will begin to develop basic leadership qualities with some teacher support.
- Students will consistently demonstrate skills in isolation, with accuracy
- Students will effectively demonstrate skills in small sided competitive situations
- Students will demonstrate skills in larger team / competitive situations, with accuracy,
- Provide accurate feedback to peers

At the end of Year 9, Students will know about and be able to do the following:

Advanced Skills & tactical Development

Students will be able to review, explain & perform more advanced skills/techniques/Strategy and consolidate knowledge acquired during Year 7 & Year 8. In addition they will have opportunities to organise, officiate and lead others with some teacher input. Students will be equipped to study PE as an additional academic subject if they choose.

- Students will know how to perform an activity specific warm up and explain what activities should be included. They will be able to explain the physiological, psychological benefits of a warm up.
- Students will consolidate and build on the range of activity specific advanced skills and techniques
- Students will consolidate and build on previous knowledge on how to participate in a range of activities effectively. They will consolidate knowledge of the rules and can score/officiate in a range of activities appropriately.
- Students will be able to explain/perform a range of advanced strategies and tactics to help them succeed
- Using their skills & knowledge they will begin to develop leadership qualities with minimal teacher support.
- Students will effectively demonstrate skills in isolation
- Students will effectively demonstrate skills in a range of competitive situations to show tactics and decision making with some success
- Provide detailed feedback to peers



KEY STAGE 4

At the end of Year 10, Students will know about and be able to do the following:

Core PE

- Students will develop their skills, fitness, and strategic understanding through a range of isolated practices and competitive situations in a number of activities.
- Students will develop their knowledge, understanding, leadership qualities and participate in a range of physical activities
- Students will have the opportunity to develop their understanding of nutrition and training planning to form a healthy, active lifestyle

GCSE PE

- Students will describe the components of fitness, methods of training and principles of training
- Students will carry out and record fitness test results and analyse data in comparison with national averages
- Students will understand how to prevent injury in sports and training
- Students will understand the structure and function of the musculo-skeletal system and the cardio-respiratory system with short and long term exercise effects
- Students will understand the benefits of exercise and the consequences of a sedentary lifestyle
- Students will understand different engagement patterns in sport linked for a range of social groups
- Students will understand commercialisation in sport and the impact it can have
- Students will describe the characteristics of skilful movements and classify skills and will understand goal setting

Sport Science Training

- Students will be able to explain the principles of training
- Students will be able to describe aerobic and anaerobic exercise, methods of training and discuss the components of fitness in different sport situations.
- Students will participate in fitness test, record results and analysis data compared to national averages
- Students will design a training programme and evaluate its impact over time

Sport Science Nutrition

- Students will describe the areas of a balanced diet

Sport Studies – Performance and skills

- Skills, tactics, compositional ideas, decision making and roles within two activities
- Activity log books
- Evaluation of strengths and weaknesses
- Planning a sports session and evaluating planning and delivery

Sport Studies Outdoor adventure

- Local and national provision. Clothing, technology and equipment

At the end of Year 11, Students will know about and be able to do the following:

Core PE

- Students will develop their skills, fitness, and strategic understanding through a range of isolated practices and competitive situations in a number of activities.
- Students will have the opportunity to demonstrate their leadership skills and qualities
- Students will have the opportunity to develop their understanding of nutrition and training planning to form a healthy, active lifestyle
- Students will have the skills to engage with physical activity beyond life at Halewood Academy in order to lead a healthy, active lifestyle

GCSE PE

- Students will develop knowledge and understanding of ethical and socio-cultural issues in sport
- Students will describe the characteristics of skilful movements and classify skills
- Students will understand goal setting
- Students will discuss different mental preparation techniques
- Students will understand how and why to use different types of guidance and feedback
- Students will develop a understanding of a healthy diet

**Course work will run throughout the two year programme of study*

Sport Science Nutrition

- Students will understand the diet requirements for different athletes, at different stages of exercise and how supplements can support nutritional needs.
- Students will discuss malnutrition and explain how undereating, overeating and dehydration can impact performance
- Students will design a nutrition plan and evaluate its effectiveness

Sport Science Injury exam

- Students will understand the different factors which influence the risk of injury
- Students will understand how an appropriate warm up and cool down can prevent injury
- Students will know how to respond to a range of different injuries within a sporting context
- Students will discuss common medical conditions and how to respond to them

Sport Studies Outdoor adventure

- Risk assessments and emergency plans
- Evaluation of participation

Sport Studies contemporary issues exam

- Factors affecting participation and solutions to overcome barriers
- Olympics and Paralympic movement
- Behaviour in sports in including performance enhancing drugs
- Major sporting events including positives and negatives
- National governing bodies and technology in sport