Shipston High School - Physical Education Department

**Yr 7**

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| Year 7 | | |
| Term | Content covered | Key Assessment |
| Autumn | Students experience a range of activities whilst working in blocks of six weeks. They complete a carousal of activities such as Dance, Fitness, Gymnastics and Team building in PE lessons. And activities such as Basketball, Football, Hockey, Rugby and Netball in their Games lesson.  In the autumn term Yr 7 complete a unit of ‘theory’ lessons, where they study the different health’s – emotional, physical and social. They also explore the implications of a sedentary lifestyle, and in contrast the benefits of leading a healthy, active lifestyle. | Students are assessed practically at the end of each block both in PE and Games lessons.  Students complete an end of topic assessment. |
| Spring | Students experience a range of activities whilst working in blocks of six weeks. They complete a carousal of activities such as Dance, Fitness, Gymnastics and Team building in PE lessons. And activities such as Basketball, Football, Hockey, Rugby and Netball in their Games lesson. | Students are assessed practically at the end of each block both in PE and Games lessons. |
| Summer | Students experience a range of activities whilst working in blocks of six weeks. In the summer term, PE lessons focus on Athletics, students experience a full programme of events covering track and field events. Students work towards the English Schools Athletics Association Awards Scheme.  In games lessons, students complete a unit in sports such as Cricket, Rounders, Softball and Tennis. | Students are assessed practically at the end of each games block. |

Shipston High School - Physical Education Department

**Yr 8**

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| Year 8 | | |
| Term | Content covered | Key Assessment |
| Autumn | Students experience a range of activities whilst working in blocks of six weeks. They complete a carousal of activities such as Dance, OAA (Outdoor and Adventurous Activities), Table Tennis and Team Building in PE lessons. And activities such as Basketball, Football, Hockey, Handball, Netball and Rugby in their Games lesson. | Students are assessed practically at the end of each block both in PE and Games lessons. |
| Spring | Students experience a range of activities whilst working in blocks of six weeks. They complete a carousal of activities such as Dance, OAA (Outdoor and Adventurous Activities), Table Tennis and Team Building in PE lessons. And activities such as Basketball, Football, Hockey, Handball, Netball and Rugby in their Games lesson.  In the spring term Yr 8 complete a unit of ‘theory’ lessons, where they study how to prevent injury and have an understanding of the different types of injuries that can occur in physical activity/sport. Students look at the different training methods that can be adopted when planning to train. | Students are assessed practically at the end of each block both in PE and Games lessons.  Students complete an end of topic assessment. |
| Summer | Students experience a range of activities whilst working in blocks of six weeks. In the summer term, PE lessons focus on Athletics, students experience a full programme of events covering track and field events. Students work towards the English Schools Athletics Association Awards Scheme.  In games lessons, students complete a unit in sports such as Cricket, Rounders, Softball and Tennis. | Students are assessed practically at the end of each games block. |

Shipston High School - Physical Education Department

**Yr 9**

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| Year 9 | | |
| Term | Content covered | Key Assessment |
| Autumn | Students experience a range of activities whilst working in blocks of six weeks. They complete a carousal of activities such as Dance, Fitness, Gymnastics, OAA (Outdoor and Adventurous Activities), Table Tennis in PE lessons. And activities such as Basketball, Football, Handball, Hockey, Netball and Rugby in their Games lesson.  In the autumn term Yr 9 complete a unit of ‘theory’ lessons, where they study the anatomy and physiology of the body. The focus is on the functions of the skeleton, the skeletal system, joints within the body and the muscular system. | Students are assessed practically at the end of each block both in PE and Games lessons.  Students complete an end of topic assessment. |
| Spring | Students experience a range of activities whilst working in blocks of six weeks. They complete a carousal of activities such as Dance, Fitness, Gymnastics, OAA (Outdoor and Adventurous Activities), Table Tennis in PE lessons. And activities such as Basketball, Football, Handball, Hockey, Netball and Rugby in their Games lesson. | Students are assessed practically at the end of each block both in PE and Games lessons. |
| Summer | Students experience a range of activities whilst working in blocks of six weeks. In the summer term, PE lessons focus on Athletics, students experience a full programme of events covering track and field events. Students work towards the English Schools Athletics Association Awards Scheme.  In games lessons, students complete a unit in sports such as Cricket, Rounders, Softball and Tennis. | Students are assessed practically at the end of each games block. |

Shipston High School - Physical Education Department

**Yr 10**

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| Year 10 | | |
| Term | Content covered | Key Assessment |
| Autumn | Students experience a range of activities whilst working in blocks of six weeks. They complete a carousal of activities such as Dance, Fitness, Gymnastics, Team building, OAA (Outdoor and Adventurous Activities) and Table Tennis in PE lessons. And activities such as Basketball, Football, Handball, Hockey, Netball and Rugby in their Games lesson. |  |
| Spring | Students experience a range of activities whilst working in blocks of six weeks. They complete a carousal of activities such as Dance, Fitness, Gymnastics, Team building, OAA (Outdoor and Adventurous Activities) and Table Tennis in PE lessons. And activities such as Basketball, Football, Handball, Hockey, Netball and Rugby in their Games lesson. |  |
| Summer | Students experience a range of activities whilst working in blocks of six weeks. In the summer term, PE lessons focus on Athletics, students experience a full programme of events covering track and field events. Students work towards the English Schools Athletics Association Awards Scheme.  In games lessons, students complete a unit in sports such as Cricket, Rounders, Softball and Tennis. |  |

**Yr 11**

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| Year 11 | | |
| Term | Content covered | Key Assessment |
| Autumn | In Year 11 students complete an ‘Options’ activity, they choose a set of activities to follow for the course of each half term, for instance, Outdoor games – Football, Rugby. |  |
| Spring | In Year 11 students complete an ‘Options’ activity, they choose a set of activities to follow for the course of each half term, for instance, Outdoor games – Football, Rugby. |  |
| Summer | In Year 11 students complete an ‘Options’ activity, they choose a set of activities to follow for the course of each half term. |  |

Shipston High School - Physical Education Department

**Yr 10 GCSE**

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| Year 10 GCSE | | |
| Term | Content covered | Key Assessment |
| Autumn | Students study the unit of ‘Physical training’ from Component 1 of the course. Areas covered:  - Health, exercise, fitness and performance  - Component of fitness – health-related and skill-related  - Fitness testing  - The principle of training  - Methods of training  - The long term effects of exercise  - Preventing injuries the sporting injuries  - Performance enhancing drugs  - Effective use of warm ups and cool downs | Students complete an end of topic assessment. |
| Spring | Students study the unit of ‘Health, fitness and well-being’ from Component 2 of the course. Areas covered:  - Physical, emotional and social health  - Lifestyle choices  - Consequences of a sedentary lifestyle  - Energy use, diet, nutrition and hydration  - Optimum weight | Students complete an end of topic assessment. |
| Summer | Students study the unit of ‘Applied anatomy and physiology’ from Component 1 of the course. Areas covered:  - Structure and function of the musculo-skeletal system  - Joints and movement  - Muscular system  - Structure and function of the cardio-respiratory system  - Anaerobic and aerobic exercise  - The short and long-term effects of exercise | Students complete an end of topic assessment.  Mock examination |

Shipston High School - Physical Education Department

**Yr 11 GCSE**

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| Year 11 GCSE | | |
| Term | Content covered | Key Assessment |
| Autumn | Students complete their PEP (Personal Exercise Programme), a six week training programme.  Students study the unit of ‘Sport psychology’ from Component 2 of the course. Areas covered:  - Classification of skills  - The use of goal setting and SMART targets  - Guidance and feedback on performance | Worth 10% of the GCSE course  Students complete an end of topic assessment. |
| Spring | Students study the unit of ‘Movement analysis’ from Component 1 of the course. Areas covered:  - Lever systems  - Planes and axes of movement  Students study the unit of ‘Socio-cultural influences’ from Component 2 of the course. Areas covered:  - Engagement patterns of different social groups  - Commercialisation of physical activity and sport  - Ethical and socio-cultural influences in physical activity and sport | Students complete an end of topic assessment. |
| Summer | Revision in preparation for the two exams:  Component 1: Fitness and Body Systems  Component 2: Health and Performance | GCSE examinations |