# Physical Education Curriculum Overview– Core PE

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---|---|---|---|---|---|---|
| **7** | • Rugby<br>• Netball<br>• Fitness<br>• Badminton<br>• Football<br>• Multi Skills. | • Basketball<br>• Swimming<br>• Hockey<br>• Gymnastics | • Badminton<br>• Fitness<br>• Gymnastics<br>• Futsal<br>• Swimming<br>• Tag Rugby | • Handball<br>• Gymnastics/Parkour<br>• Hockey<br>• Fitness<br>• Athletics<br>• Dance | • Athletics<br>• Cricket<br>• Rounders | • Softball<br>• Swimming<br>• Tennis<br>• Dance<br>• Futsal |
| **8** | • Football<br>• Rugby<br>• Netball<br>• Gymnastics<br>• Multi Skills<br>• Badminton | • Gymnastics/Parkour<br>• Swimming<br>• Badminton<br>• Dance<br>• Futsal | • Badminton<br>• Basketball<br>• OAA<br>• Hockey<br>• Swimming | • OAA<br>• Handball<br>• Athletics<br>• Fitness<br>• Basketball<br>• Hockey | • Cricket<br>• Rounders | • Swimming<br>• Tennis<br>• Softball<br>• Dance<br>• Volleyball<br>• Fitness |
| **9** | • Football<br>• Rugby<br>• Netball<br>• Badminton<br>• Multi Skills<br>• Swimming/ Life Saving | • Swimming/Life Saving<br>• Badminton<br>• Basketball<br>• Fitness<br>• Volleyball | • Basketball<br>• Gymnastics/Parkour<br>• Volleyball<br>• Hockey<br>• Tag Rugby | • Handball<br>• Swimming/Life Saving<br>• Hockey<br>• Handball<br>• Tag Rugby<br>• Gymnastics<br>• Athletics | • Athletics<br>• Cricket<br>• Rounders | • Cricket<br>• Volleyball<br>• Tennis<br>• Rounders<br>• Swimming<br>• Handball |
| **10** | • Football<br>• Netball<br>• Bench ball<br>• Basketball<br>• Dodgeball | • Basketball<br>• Volleyball<br>• Netball<br>• Badminton | • Basketball<br>• Futsal<br>• Volleyball<br>• Table Tennis<br>• | • Handball<br>• Basketball<br>• Netball<br>• Football<br>• Rounders<br>• Softball | • Cricket<br>• Tennis<br>• Rounders<br>• Softball | • Cricket<br>• Tennis<br>• Rounders<br>• Softball |
| **11** | • Football<br>• Netball<br>• Bench ball<br>• Basketball<br>• Dodgeball | • Basketball<br>• Volleyball<br>• Netball<br>• Futsal<br>• Hockey | • Football<br>• Volleyball<br>• Badminton<br>• Netball<br>• Table Tennis | • Handball<br>• Basketball<br>• Netball<br>• Football<br>• Rounders<br>• Softball | | |

# Physical Education Curriculum Overview– BTEC Tech Award in Sport

*Ready. Respect. Safe.*

BROWNHILLS ORMISTON ACADEMY

| | Autumn 1 | Autumn 2 | Autumn 2 | Spring 1 &2 | Summer 1 | Summer 2 |
|---|---|---|---|---|---|---|
| **10** | <u>Component 1-</u> Explore types and provision of sport and physical activity for different types of participant<br><br>• Types of sport<br>• Benefits of taking part in sport<br>• Outdoor activities<br>• Provisions<br>• Advantages and disadvantages of provision.<br>• Types of sport<br>• Barriers to participation. | <u>Component 1-</u>Be able to prepare participants to take part in physical activity<br><br>• Planning a warm-up<br>• Delivery a 3 part warm-up<br>• Responses to the cardio-respiratory system.<br>• Responses to the muscular system.<br>• Types of activities. Adapting a warm-up for a specific participant<br>• Delivering a warm-up. | <u>Component 1-</u> Examine equipment and technology required for participants to use when taking part in sport and physical activity<br><br>• Examine technology and sporting equipment<br>• Different sports clothing used in selected sports.<br>• Limitations of technology. | <u>Component 2-</u> Understand how different components of fitness are used in different physical activities<br><br>• Taking part and improving participants.<br>• Components of physical and skill related fitness.<br>• Performing skills in own selected sport. | <u>Component 2-</u> Be able to participate in sport and understand the roles and responsibilities of officials<br><br>• Techniques, strategies and fitness skills<br>• Roles of officials<br>• Rules and regulations in sport | <u>Component 2-</u>Demonstrate ways to improve participants sporting techniques.<br><br>• Demonstrating techniques in sport<br>• Drills and conditioned practices |
| **11** | **Component 3-**Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity<br><br>• Physical components of fitness<br>• Skill components of fitness<br>• Fitness training principles<br>• Exercise intensity and how it can be determined. | **Component 3-** Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity<br><br>• Importance of fitness testing and requirements for administration of each fitness test.<br>• Interpretation of fitness test results. | **Component 3-** Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity<br><br>• Requirements for each of the following fitness training methods.<br>• Additional requirements for each of the fitness training methods<br>• Provision for taking part in fitness training methods.<br>• Effects of long-term fitness training on the body systems | **Component 3-** Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity<br><br>• Personal information to aid fitness programme design.<br>• Fitness programme design.<br>• Motivational techniques for fitness programming. | | |