

The Nottingham Emmanuel School – Physical Education Curriculum Map (2019-2020)



Core PE Curriculum - Practical						
	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
Year 7 Core PE	Boys Set 1 – Rugby/Badminton Boys Set 2 – Rugby/Basketball Girls Set 1 – Gymnastics/Netball Girls Set 2 – Badminton/Netball	Boys Set 1 – Badminton/Basketball Boys Set 2 – Basketball/Football Girls Set 1 – Netball/Badminton Girls Set 2 – Netball/Fitness or Dance	Boys Set 1 – Gymnastics/Football Boys Set 2 – Fitness or Dance/Badminton Girls Set 1 – Basketball/Touch rugby Girls Set 2 – Touch rugby/Gymnastics	Boys Set 1 – Football/ Fitness or dance Boys Set 2 – Badminton/Gymnastics Girls Set 1 – Touch rugby/ Fitness or dance Girls Set 2 – Gymnastics/Basketball	Boys Set 1 – Handball Boys Set 2 – Rounders/tennis Girls Set 1 – Football/Rounders Girls Set 2 – Tennis/Football	Boys Set 1 – Athletics/Tennis Boys Set 2 – Athletics/Cricket Girls Set 1 – Tennis/Athletics Girls Set 2 – Rounders/Athletics
Year 8 Core PE	Boys Set 1 – Rugby/Badminton Boys Set 2 – Rugby/Basketball Girls Set 1 – Gymnastics/Netball Girls Set 2 – Badminton/Netball	Boys Set 1 – Badminton/Basketball Boys Set 2 – Basketball/Football Girls Set 1 – Netball/Badminton Girls Set 2 – Netball/Fitness or Dance	Boys Set 1 – Gymnastics/Football Boys Set 2 – Fitness or Dance/Badminton Girls Set 1 – Basketball/Touch rugby Girls Set 2 – Touch rugby/Gymnastics	Boys Set 1 – Football/ Fitness or dance Boys Set 2 – Badminton/Gymnastics Girls Set 1 – Touch rugby/ Fitness or dance Girls Set 2 – Gymnastics/Basketball	Boys Set 1 – Handball Boys Set 2 – Rounders/tennis Girls Set 1 – Football/Rounders Girls Set 2 – Tennis/Football	Boys Set 1 – Athletics/Tennis Boys Set 2 – Athletics/Cricket Girls Set 1 – Tennis/Athletics Girls Set 2 – Rounders/Athletics
Year 9 Core PE	Boys Set 1 –Badminton Boys Set 2 – Basketball Girls Set 1 –Netball Girls Set 2 –Netball	Boys Set 1 –Rugby Boys Set 2 – Rugby Girls Set 1 –Basketball Girls Set 2 –Badminton	Boys Set 1 –Football Boys Set 2 – Badminton Girls Set 1 –Touch rugby Girls Set 2 –Basketball	Boys Set 1 –Basketball Boys Set 2 – Football Girls Set 1 –Badminton Girls Set 2 – Touch rugby	Boys Set 1 –Athletics Boys Set 2 – Athletics Girls Set 1 –Rounders Girls Set 2 – Rounders	Boys Set 1 – Rounders Boys Set 2 – Rounders Girls Set 1 – Athletics Girls Set 2 – Athletics

Year 10 Core PE	Boys Set 1 –Football	Boys Set 1 –Badminton	Boys Set 1 –Basketball	Boys Set 1 –Rugby/football	Boys Set 1 –Tennis	Boys Set 1 –Athletics
	Boys Set 2 – Football	Boys Set 2 – Basketball	Boys Set 2 – Health related fitness	Boys Set 2 – Rugby/football	Boys Set 2 – Badminton	Boys Set 2 – Athletics
	Girls Set 1 –Badminton	Girls Set 1 –Netball	Girls Set 1 –Basketball	Girls Set 1 – Health related fitness	Girls Set 1 – Athletics	Girls Set 1 – Rounders
	Girls Set 2 –Basketball	Girls Set 2 – Netball	Girls Set 2 – Bench-ball	Girls Set 2 – Badminton	Girls Set 2 – Athletics	Girls Set 2 – Rounders
Year 11 Core PE	Boys Set 1 –Football	Boys Set 1 –Badminton	Boys Set 1 –Basketball	Boys Set 1 –Rugby/football	Optional units throughout the exam period	Optional units throughout the exam period
	Boys Set 2 – Football	Boys Set 2 – Basketball	Boys Set 2 – Health related fitness	Boys Set 2 – Rugby/football		
	Girls Set 1 –Badminton	Girls Set 1 –Netball	Girls Set 1 –Basketball	Girls Set 1 – Health related fitness		
	Girls Set 2 –Basketball	Girls Set 2 – Netball	Girls Set 2 – Bench-ball	Girls Set 2 – Badminton		

GCSE PE Curriculum Map

	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
Year 9	<ul style="list-style-type: none"> • Functions of the skeletal system • Classification of bones • Joints and movements • All areas completed, a revision booklet is being produced and will be handed to students to prepare for a topic test. Books will be collected after the test and support materials provided where necessary after HT. All lessons are posted on teams and have been made available for students to catch up. Intervention will take place with underperforming students in the test in the form of extra support lessons. 	<ul style="list-style-type: none"> • Movement analysis and antagonistic muscles • Types of muscle • Fast and slow twitch muscle fibres • Structure and function of the cardiovascular system • The route of blood through the heart • Arteries, capillaries and veins 	<ul style="list-style-type: none"> • Structure and function of the respiratory system • Composition of air and the mechanics of breathing • Gaseous exchange at the muscles and alveoli • How the cardiovascular and respiratory system work together 	<ul style="list-style-type: none"> • Aerobic and anaerobic exercise • Short term effects of exercise on the cardiac and respiratory system • Short term effects of exercise on the vascular and muscular system 	<ul style="list-style-type: none"> • Components of fitness • Principles of training • Methods of training 	Contingency time and review time

Year 10 GCSE

- Long term effects of training on the musculo-skeletal system
- Long term effects of training on the cardio-respiratory system

Recovery curriculum: I have been teaching content from the SPR 2 and SUM 1 term and this wasn't covered last year and if it was, it was by a supply. This was essential to ensure students had the correct knowledge moving forward. An AUT 1 assessment will take place covering AO1 which is interleaved. All lessons start with a spaced retrieval and end with transfer tasks which are taken directly from GCSE exam papers. Homework is an extension of this in which tasks are transfer and application orientated. I still am needing to teach principles of training and methods of training from SUM 2 before moving on. CAF assessment will take place next half term so I am currently half a term behind teaching content.

- Performance enhancing drugs
- Sporting injuries
- Lever system – Movement Analysis

Controlled assessment –
Personal Exercise Programme

Practical and write up

Controlled assessment –
Personal Exercise Programme

Practical and write up

- Physical, emotional and social health
- Lifestyle choices
- Sedentary lifestyles and consequences

- Balanced diet and the role of nutrients
- Dietary manipulation
- Optimum weight
- Goal Setting
- Classification of skills
- Forms of practice

Year 11 GCSE

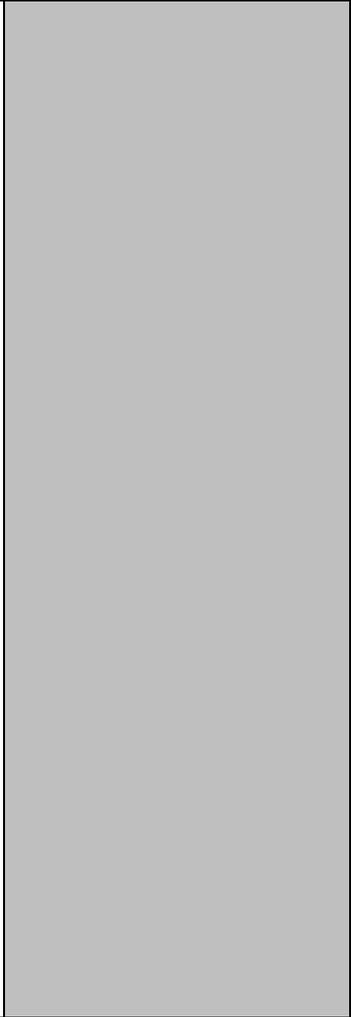
- Types of feedback
- Mental preparation for performance
- Sports psychology
- Factors affecting participation
- Participation rate trends

Recovery planning The year 11 GCSE PE class sat a full mock exam at the end of year 10. This highlighted some key topics that need to be focussed on from content they have already studied. I then asked students to re-sit this mock exam at the start of year 11 to give me a clear insight into exam technique and priority areas. Spaced retrieval will be used to develop content knowledge through short answered questions used as teaching tool. Exam skills will also be practiced during spaced retrieval through past exam questions and mark schemes. Intervention is planned with underperforming students.

- Advantages and disadvantages of commercialisation
- Sporting behaviours
- Deviance in Sport

Revision and exam skill refinement in preparation for exams
Preparation for practical moderation

GCSE Formal exams



BTEC Sport Curriculum Map

	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
Year 9	<p>Unit 2 - Practical performance in sport</p> <ul style="list-style-type: none"> Rules & regulations Scoring systems Application of the rules <p style="color: red;">Problems have been experienced with having a 3 year KS4 and the course gaining points for school. The decision after consultation is to continue to teach this section and produce the work. We are looking at delivering generic units moving forward in case we need to transfer to the BTEC TEC or GCSE PE.</p>	<p>Unit 2 Practical performance in sport</p> <ul style="list-style-type: none"> Roles of officials Responsibilities of officials 	<p>Unit 2 - Practical performance in sport</p> <p style="text-align: center;">Components of fitness</p>	<p>Unit 2 - Practical performance in sport</p> <ul style="list-style-type: none"> Technical demands Tactical demands 	<p>Unit 2 - Practical performance in sport</p> <ul style="list-style-type: none"> Observation checklist Review performance 	<p>Unit 2 - Practical performance in sport</p> <ul style="list-style-type: none"> Observation checklist Review performance
Year 10 BTEC	<p>Unit 1 - Fitness for Sport and Exercise</p> <ul style="list-style-type: none"> Know about the components of physical fitness Know why fitness components are important for successful participation in given sports. <p style="color: red;">We have started the teaching of Unit 1 as planned but will need to return to Unit 2 in Spr 2/Sum 1 to complete Unit 2 which is unfinished due to lockdown.</p>	<p>Unit 1 - Fitness for Sport and Exercise</p> <ul style="list-style-type: none"> Know about exercise intensity and how it can be determined. The basic principles of training (FITT) The additional principles of training 	<p>Unit 1 - Fitness for Sport and Exercise</p> <p>Fitness Training methods and the requirements for each of the them;</p> <ul style="list-style-type: none"> - Safe, correct use of equipment and training technique - Requirements for undertaking the method including warm up and cool down. - Application of FITT and principles of training to each training method - Link with correct component of fitness - Advantages / disadvantages 	<p>Unit 1 - Fitness for Sport and Exercise</p> <ul style="list-style-type: none"> Fitness test methods Requirements for administration of each test <p>Revision for externally assessed test</p>	<p>Unit 5 - The Sports Performer in Action</p> <ul style="list-style-type: none"> Short term effects of exercise on the musculoskeletal system Short term effects of exercise on the cardiorespiratory system 	<p>Unit 5 - The Sports Performer in Action</p> <ul style="list-style-type: none"> Long term of adaptations of the musculoskeletal system Short term adaptations of the cardiorespiratory system

Year 11 BTEC	<p>Unit 5 The Sports Performer in Action</p> <ul style="list-style-type: none"> Energy systems used in sport Anaerobic energy system ATP-CP & Glycolysis Glycolysis The aerobic energy system <p>Recovery curriculum. We have Only just started teaching unit 5 (last 2 weeks of Aut 1) due to COVID and losing teaching time. Intervention on for students who have fallen behind and this has been communicated with parents. Students currently on track in HWI class to meet their target or exceed it.</p>	<p>Unit 3 - Applying the principles of personal training</p> <ul style="list-style-type: none"> Setting personal training goals Personal information Attitude & motivation Principles of Training Methods of training 	<p>Unit 3 - Applying the principles of personal training</p> <ul style="list-style-type: none"> Training programme design Musculoskeletal system Cardiorespiratory system 	<p>Unit 3 - Applying the principles of personal training</p> <ul style="list-style-type: none"> Implement a personal fitness programme 	<p>Unit 3 - Applying the principles of personal training</p> <ul style="list-style-type: none"> Review a personal exercise programme 	

A level PE Curriculum Map						
	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
Year 12 PE	<p>Anatomy and Physiology Joints, muscles and movement Functional roles of muscles and muscle contraction Analysis of movement Skeletal muscle contraction Muscle contraction during exercise</p>	<p>Anatomy and Physiology Post-industrial Britain social and cultural factors Influence of public schools CV system at rest CV system during exercise of differing intensities and during recovery Respiration system at rest Resp. system during exercise of differing intensities and during recovery</p>	<p>Anatomy and Physiology Diet and nutrition Ergogenic aids Periodisation of training Aerobic training</p>	<p>Anatomy and Physiology Strength training Flexibility training Impact of training on lifestyle diseases</p>	<p>Anatomy and Physiology Revision and exams</p>	<p>Anatomy and Physiology Classification of skill Methods and types of practice Transfer of skills</p>

	<p>Skill Acquisition Classification of skill Methods and types of practice Transfer of skills. Recovery curriculum. Motivation Arousal, Anxiety, Aggression have been covered and swapped from spr1. Practical options have been introduced and support with practical coursework has started earlier than usual due to the covid 19 disruptions. Log books have been started immediately and EAIP will follow before the end of term. A topic test will be given at the beginning of next term to assess progress. All lessons are posted on teams.</p>	<p>Skill Acquisition Theories of learning Stages of learning Feedback Guidance Personality Attitudes</p>	<p>Skill Acquisition Motivation Arousal Anxiety Aggression Social facilitation and social inhibition Group and team dynamics Goal setting</p>	<p>Skill Acquisition <i>Evaluation and Appreciation of Performance for Improvement (EAPI) assessments/ recordings</i></p>	<p>Skill Acquisition ATP and energy transfer Routes to sporting excellence</p>	<p>Skill Acquisition Pre-industrial Britain social and cultural factors Post-industrial Britain social and cultural factors Influence of public schools</p>
	<p>Sociocultural factors Pre-industrial Britain social and cultural factors Post-industrial Britain social and cultural factors Influence of public schools This area has been pushed back to accommodate the practical preparations.</p>	<p>Sociocultural factors Social factors and sport in 20th century Britain Contemporary factors in 21st century sport Globalisation of sport</p>	<p>Sociocultural factors Modern Olympics Political exploitation at the Olympics Global sporting events Law and Order</p>	<p>Sociocultural factors Biomechanical principles Levers Analysis through the use of technology</p>	<p>Sociocultural factors Joints, muscles and movement Functional roles of muscles and muscle contraction Analysis of movement Skeletal muscle contraction Muscle contraction during exercise</p>	<p>Sociocultural factors CV system at rest CV system during exercise of differing intensities and during recovery Respiration system at rest Resp. system during exercise of differing intensities and during recovery</p>

Year 13 PE	<p>Anatomy and Physiology Energy systems and ATP ATP resynthesis during exercise of differing intensities and durations The recovery process The year 13 A Level PE class have been given time during lessons to analyse their understanding of topics across year 12 and to highlight areas of concern. This will then inform their revision for next term. I have also highlighted key topics to revise in preparation for their November mock exam – a full AS paper. From this I will be able to identify areas of concern. I spent part of a lesson discussing the Year 12 curriculum with the class and identified topics that need to be focussed on as a group. Spaced retrieval will be used to develop understanding in these areas. Intervention is planned with underperforming students.</p>	<p>Anatomy and Physiology Exercise at altitude Exercise in the heat Acute and chronic injuries Injury prevention Responding to injuries and medical conditions in a sporting context Rehab of injury</p>	<p>Anatomy and Physiology Linear motion Angular motion Fluid mechanics Projectile motion</p>	<p>EAPI prep</p> <p><i>Individual assessments of student EAPIs.</i></p> <p><i>Exam board requires each student response to be recorded.</i></p> <p><i>Each response should be maximum 40 minutes and students should be given 30 minutes to prepare/watch practical footage.</i></p> <p>This is an area of URGENT concern.</p> <p>None of the Year 13 students have done any practical in the past year.</p> <p>ANI has driven its catch up, students have now chosen a sport and are expected to keep competition logs for submission to the examination board.</p> <p>ANI is planning for performance opportunities for students who are not members of clubs / teams.</p> <p>One student has been offered the coaching route due to poor practical ability and has been attached to KS4 netball teams.</p>
	<p>Skill Acquisition Attribution Self confidence Self-efficacy Leadership Recovery planning. The Attribution Self-confidence, Self-efficacy completed leadership to be completed first week back. Goal setting and group dynamics have now been completed to plug gaps missing from Y12. Full Y12 course specification will be reviewed and RAG rated based on student confidence in each area. Time will be given in final week to provide support materials for students in preparation for the Mock exam (2019 paper).All lessons published on teams to allow student catch up. Exam analysis by topic will be undertaken and intervention for students will take place next half term.</p>	<p>Skill Acquisition Stress management Memory models</p>	<p>Skill Acquisition Energy systems and ATP ATP resynthesis during exercise of differing intensities and durations The recovery process</p>	<p>ANI has delivered an introduction to the EAPI, The students will be prepped this HT and the aim it to complete videos by 31st January 2022.</p>
	<p>Sociocultural factors Ethics and deviance; Drugs and doping Violence Gambling</p>	<p>Sociocultural factors Commercialisation and the media Modern technology</p>	<p>Sociocultural factors Attribution Self confidence Self-efficacy Leadership</p>	