



CURRICULUM OVERVIEW

PHYSICAL EDUCATION

Key Stage 3 Curriculum Milestones

By the end of Year 7 students will be able to:

- Perform a range of object control skills such as throwing, catching, dribbling, striking and passing, and understand how these can be effective in a competitive environment.
- Demonstrate locomotor skills such as pacing, stride length, leaping, dodging and jumping in a range of sporting situations.
- Know how body control skills, such as twisting turning, rolling, can be applied into performances.
- Understand the importance of leading a healthy, active lifestyle through training for cardiovascular fitness, muscular endurance, muscular strength, speed and agility, and can understand its importance to everyday life.
- Understand the importance of problem solving skills, such as communication, teamwork and map reading, and be able to apply in a range of sporting situations.

By the end of Year 8 students will be able to:

- Perform a range of object control skills such as throwing with power, catching under pressure, dribbling for possession, striking and passing into space, and understand how these can be effective in a competitive environment through a range of sports.
- Demonstrate locomotor skills such as difference between pacing for short and long distance events, jumping over an obstacle and importance of body position when dodging in arrange of competitive, sporting events.
- Perform body control skills such as stillness, landing effectively from apparatus and dynamics in a range of sporting activities.
- Understand the importance of leading a healthy, active lifestyle through training for cardiovascular fitness, muscular endurance, muscular strength, speed and agility, and can understand its importance in sport, and be able to explain when each are used in a range of sporting actions.
- Understand the importance of problem solving skills, such as navigation, teamwork skills and delivering a sports competition to their peers.

By the end of Year 9 students will be able to:

- Apply object control skills into competitive games, considering tactical placement and awareness of rules and regulations whilst performing these skills.
- Demonstrate locomotor skills and how tactics can effect these.
- Understand how body control skills are transferable across a range of sports, and consider how points are awarded in a variety of sports of these skills.
- Know how healthy, active lifestyle skills are transferable into competitive sporting situations.
- Understand and apply problem solving skills to sports when considering tactical plays.



Key Stage 4 Curriculum Milestones

By the end of Year 11 students will be able to:

Core PE

- Perform a range of GCSE specification skills, understand the marking criteria set by the exam board, and demonstrate skills in a competitive environment.
- Demonstrate with confidence leadership qualities during primary school events. Students are to plan, lead and take control of the events they organise.
- Show a range of officiating skills such as confidence when leading, knowledge of rules and regulations of a variety of sports, and be able to demonstrate this knowledge.
- Develop a sense of pride in their own health and wellbeing, and be able to lead effective workouts with minimal equipment.
- Know the rules and regulations of a range of sports and apply when playing in a competitive situation.

GCSE PE

- Understand the different functions of the skeleton, the structure of the skeletal system and the role of ligaments and tendons to physical activity and sport.
- Define the classification and characteristic of muscle types, main muscles used and how the muscular and skeletal system work together to allow movement to occur.
- Describe the main function and structure of the cardiovascular system, the role of arteries and capillaries and how blood is distributed.
- Describe The composition of air, location of the respiratory system and structure of the alveoli and gaseous exchange.
- Understand how the body uses energy stores to release energy.
- Explain the long and short term effects of exercise on the muscular, cardiovascular and respiratory system.
- Understand how first, second and third class levers work and their impact on sporting performances.
- Understand how planes and axes are used during sporting actions.
- Be able to link the terms health, fitness, exercise and performance.
- Define components of health and skill related fitness.

BTEC Sport

- Explore types and provision of sport and physical activity for different types of participant
- Examine equipment and technology required for participants to use when taking part in sport and physical activity
- Be able to prepare participants to take part in sport and physical activity.
- Understand how different components of fitness are used in different physical activities
- Be able to participate in sport and understand the roles and responsibilities of officials
- Demonstrate ways to improve participants sporting techniques.

Key Stage 5 Curriculum Milestones

By the end of Year 13 students will be able to:

BTEC Sport

- Be confident, independent learners who are able to actively research key information and present information in a variety of formats.



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- Display effective writing, analytical skills, creative development, and be prepared for assessment methods used in degrees.
- Be able to explore how the skeletal, muscular, cardiovascular and respiratory systems function and the fundamentals of the energy systems.
- Demonstrate knowledge and understanding of the effects of lifestyle choices on an individual's health and well-being
- Apply knowledge and understanding of fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods to an individual's needs and goals
- Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests
- Understand the career and job opportunities in the sports industry
- Explore own skills using a skills audit to inform a career development action plan
- Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway
- Reflect on the recruitment and selection process and your individual performance.