



HEADLANDS SCHOOL
SINCE 1965

Physical Education Curriculum Plan



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SINCE 1965

| Year Group | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|------------|--|---|--|---|--|---|
| 7 | <p>Athletics- Technique work for long jump, triple jump, high jump, shot putt, javelin and Discus. Pacing and race technique for all track events</p> <p>HIIT- Body weight exercises, Core exercises, cardiovascular workouts</p> <p>Assessment- practical skill, tactics and knowledge of the rules</p> | <p>Boys- Rugby- Tackling technique, passing, beating a defender, rucking</p> <p>HIIT- Body weight exercises, Core exercises, cardiovascular workouts</p> <p>Girls- Trampolining- Basic bouncing, 180 and 360 rotations, tuck, straddle and pike jumps, seat drops.</p> <p>HIIT- Body weight exercises, Core exercises, cardiovascular workouts</p> <p>Assessment- practical skill, tactics and knowledge of the rules</p> | <p>Boys- Football-Passing, dribbling, control and shooting</p> <p>Tabletennis- Forehand and backhand push, serving and topspin</p> <p>Girls- Gymnastics- Individual balances- floor skills, rotation skills, transition skills and developing a routine</p> <p>Girls- Fitness- Interval training, strength training, flexibility training</p> <p>Assessment- practical skill, tactics and knowledge of the rules</p> | <p>Boys- Hockey- Dribbling, push pass, block tackle shooting rules and tactics</p> <p>Badminton- Serving, clear shots, drop shots, attacking tactics</p> <p>Girls- Rugby- Tackling technique, passing, beating a defender, rucking</p> <p>Dance- Introduction to different styles of dance and their fundamental movements</p> <p>Assessment- practical skill, tactics and knowledge of the rules</p> | <p>Basketball- Dribbling, set shot, lay up, rules and tactics</p> <p>Cricket- forward drive, forward defense, medium pace bowling, catching and throwing</p> <p>Girls- Rounders- batting, bowling, fielding and tactics</p> <p>Tennis- Forehand and back hand shots, serving, rules and tactics</p> <p>Assessment- practical skill, tactics and knowledge of the rules</p> | <p>Boys- Tennis- Forehand and back hand shots, serving, rules and tactics</p> <p>Softball- catching short and from distance, batting technique and rules of the game.</p> <p>Girls- Cricket forward drive, forward defense, medium pace bowling, catching and throwing</p> <p>Netball- Passing, catching, shooting, footwork, positional awareness</p> <p>Assessment- practical skill, tactics and knowledge of the rules</p> |
| 8 | <p>Athletics- Technique work for long jump,</p> | <p>Boys- Rugby- tackling, defending as a team,</p> | <p>Boys- Football- Long Passing, dribbling to</p> | <p>Boys- Hockey- indian dribble, hit pass,</p> | <p>Cricket- Pull shot, Fast pace and spin bowling,</p> | <p>Boys- Tennis- forehand and back</p> |

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| | <p>triple jump, high jump, shot putt, javelin and Discus. Pacing and race technique for all track events</p> <p>HIIT- Body weight exercises, Core exercises, cardiovascular workouts</p> <p>Assessment- practical skill, tactics and knowledge of the rules</p> | <p>rucking and attacking tactics</p> <p>HIIT- Body weight exercises, Core exercises, cardiovascular workouts</p> <p>Girls- Trampolinig- Conditioning of basics skills, front brop, back drop, swivel hips. Produce a routine</p> <p>HIIT- Body weight exercises, Core exercises, cardiovascular workouts</p> <p>Assessment- practical skill, tactics and knowledge of the rules</p> | <p>beat a defender, control from height and distance shooting</p> <p>Tabletennis- Spin on serves, Top sin and back spin shots, tactical awareness</p> <p>Girls- Gymnastics- Individual balances- floor skills, rotation skills, transistion skills and developing a routine</p> <p>Fitness- Interval training, strength training, flexibility training,</p> <p>Assessment- practical skill, tactics and knowledge of the rules</p> | <p>reverse stick shooting, jab tackle Attacking play.</p> <p>Badminton- Serving, clear shots, drop shots,Smashing and attacking tactics</p> <p>Girls- Rugby- tackling, defending as a team, rucking and attacking tactics</p> <p>Dance- Replication of basic movement patterns</p> <p>Assessment- practical skill, tactics and knowledge of the rules</p> | <p>long barrier, walking in.</p> <p>Basketball- lay ups, playing defence- man to man, zonal, rebounding</p> <p>Girls- Rounders- batting, bowling , fielding and tactics</p> <p>Tennis- Forehand and back hand shots, serving, rules and tactics</p> <p>Assessment- practical skill, tactics and knowledge of the rules</p> | <p>hand volley, serving use of spin.</p> <p>Softball- returning ground balls, batting into space, catching from low and high balls, rules and tactics</p> <p>Girls- Netball- Passing, catching, shooting, footwork, positional awareness</p> <p>Cricket- Pull shot, Fast pace and spin bowling, long barrier, walking in.</p> <p>Assessment- practical skill, tactics and knowledge of the rules</p> |
| 9 | <p>Athletics- Technique work for long jump, triple jump, high jump, shot putt, javelin and Discus. Pacing and race technique for all track events</p> <p>HIIT- Body weight exercises, Core exercises, cardiovascular workouts</p> | <p>Boys- Rugby- tackling, defending as a team, rucking and attacking tactics</p> <p>HIIT- Body weight exercises, Core exercises, cardiovascular workouts</p> <p>Girls- Trampolining- Development of basic skills and introduction of Front and back somersaults</p> | <p>Boys- Football- Long Passing, dribbling to beat a defender, control from height and distance shooting</p> <p>Tabletennis- Spin on serves, Top sin and back spin shots, tactical awareness</p> <p>Girls- Gymnastics- Individual balances- floor skills, rotation skills, transistion skills and developing a routine</p> | <p>Boys- Hockey- indian dribble, hit pass, reverse stick shooting, jab tackle Attacking play.</p> <p>Badminton- Serving, clear shots, drop shots,Smashing and attacking tactics</p> <p>Girls- Rugby- tackling, defending as a team, rucking and attacking tactics</p> | <p>Cricket- Pull shot, Fast pace and spin bowling, long barrier, walking in.</p> <p>Basketball- lay ups, playing defence- man to man, zonal, rebounding</p> <p>Girls- Rounders- batting, bowling , fielding and tactics</p> <p>Tennis- Forehand and back hand shots, serving, rules and tactics</p> | <p>Boys- Tennis- forehand and back hand volley, serving use of spin.</p> <p>Softball- returning ground balls, batting into space, catching from low and high balls, rules and tactics</p> <p>Girls- Netball- Passing, catching, shooting, footwork, positional awareness</p> |

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| | Btec PE Unit 2- completion and corrections of work | Btec PE Unit 3- Training for Personal Fitness Learning Aim A- Personal Information, Principles of training, Programme Design Assessment- completion of written assignments and practical work | Btec PE Unit 3- Training for Personal Fitness Learning Aim B & C- Completion of personal Programme, Exercise adherence Assessment- completion of written assignments and practical work | Btec Unit 3- Training for Personal Fitness Learning Aim D - Reviewing a Personal training programme Assessment- completion of written assignments and practical work | | |
| 12 | Unit 3-Skeletal and muscular systems/ <ul style="list-style-type: none"> Joints movement and muscles Functions and roles of muscles Analysis of movement Muscle contractions Assessment- Completion of written assignments | Unit 3- Respiratory system/ Cardiovascular system <ul style="list-style-type: none"> Respiratory system at rest Respiratory system during exercise Cardiovascular system at rest Cardiovascular system during exercise Assessment- Completion of written assignments | Unit 3- Energy Systems <ul style="list-style-type: none"> Different energy systems Energy systems continuum Unit 1- Exercise, health and Lifestyle <ul style="list-style-type: none"> Lifestyle factors Exercise guidelines Health and lifestyle analysis Assessment- Completion of written assignments | Unit 1- Exercise, health and Lifestyle <ul style="list-style-type: none"> Principles of training 6 week training plans Assessment- Completion of written assignments | Unit 24- Sport and exercise massage <ul style="list-style-type: none"> Effects and benefits of massage Roles and responsibilities of a sports massage professional Assessment- Completion of written assignments | Unit 24- Sport and exercise massage <ul style="list-style-type: none"> Treatment plans Client reviews Assessment- Completion of written assignments |
| 13 | Paper 1-Preparation and training methods/ motion <ul style="list-style-type: none"> Periodisation Training methods Impact of training on Health and Lifestyle Fluid Mechanics Paper 2- Sports Psychology | Paper 1-Injury Prevention and the Rehabilitation of injury/ Energy for Exercise <ul style="list-style-type: none"> Acute and Chronic Injuries Injury Prevention ATP and Energy Transfer Energy Systems Paper 2- Sports Psychology <ul style="list-style-type: none"> Group and team dynamics | Paper 1-Injury Prevention and the Rehabilitation of injury/ Energy for Exercise <ul style="list-style-type: none"> Response to injuries and medical conditions in a sporting context ATP resynthesis during exercise The recovery Process | Paper 1-Injury Prevention and the Rehabilitation of injury/ environmental effects of exercise <ul style="list-style-type: none"> Rehabilitation of injury Exercise at altitude Exercise in the heat Paper 2- Sports Psychology <ul style="list-style-type: none"> Confidence and self efficacy | Paper 1- Exam Preparation Paper 2- Exam Preparation Paper 3- Exam Preparation | |

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| | <ul style="list-style-type: none"> Individual differences <p>Paper 3- Sport and Society</p> <ul style="list-style-type: none"> Global Sporting Events <p>Assessment- end of topic written exams</p> | <p>Paper 3-Contemporary issues in physical activity and sport</p> <ul style="list-style-type: none"> Ethics and Deviance <p>Assessment- end of topic written exams</p> | <p>Paper 2- Sports Psychology</p> <ul style="list-style-type: none"> Goal setting Attribution <p>Paper 3-Contemporary issues in physical activity and sport</p> <ul style="list-style-type: none"> Commercialisation and the media <p>Assessment- end of topic written exams</p> | <ul style="list-style-type: none"> Leadership in sport Stress management <p>Paper 3-Contemporary issues in physical activity and sport</p> <ul style="list-style-type: none"> Routes to sporting excellence Modern Technology in Sport <p>Assessment- PPE</p> | | |
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