

The Grange Academy Physical Education curriculum map

Intent

It is our aim to offer all pupils a broad and balanced curriculum, which has sufficient depth and breadth to enable our pupils to develop their full physical and mental confidence. We aim to contribute to the overall education of young people by helping them to lead full and active lives through engaging in purposeful physical activity and sport. As well as developing core practical skills and tactical awareness through various sporting activities, we are also concerned with the development of other educational qualities such as leadership, social and communicative skills, character, morals, aesthetic appreciation, problem solving skills, along with the development of knowledge and understanding of relevant concepts.

Healthy balanced lifestyles have become a major cross-curricular issue and again plays a major part within the programme of study. The promotion of positive character traits is a core focus of the Physical Education teacher. Our programme offers our pupils the opportunity to experiment, investigate, observe and to discover for themselves, various principles of training and exercise. This understanding will support them when they have to make health related decisions in the future.

Implementation

	Autumn Term I	Autumn Term II	Spring Term I	Spring Term II	Summer Term I	Summer Term II
Year 7	Boys: - Football and Core Skills Girls: - Netball and Rugby	Boys: - Rugby Girls: - Trampoline and Basketball	Boys: - Basketball and Fitness Girls: - Dance and Table Tennis	Boys: - Table Tennis and Handball Girls: - Football and Fitness	Boys: - Athletics and Cricket Girls: - Athletics and Rounders	Boys: - Athletics and Tennis Girls: - Athletics and Badminton
Year 8	Boys: - Football and Fitness Girls: - Netball and Gymnastics	Boys: - Rugby Girls: - Trampoline and Basketball	Boys: - Basketball and Table Tennis Girls: - Dance and Fitness	Boys: - Trampoline and Handball Girls: - Football and Table Tennis	Boys: - Athletics and Badminton Girls: - Athletics and Rounders	Boys: - Athletics and Cricket Girls: - Athletics and Volleyball
Year 9	Boys: - Football and Fitness Testing Girls: - Netball and Fitness Testing	Boys: - Rugby and Interval Training Girls: - Trampoline, Fartlek Training and Continuous Training	Boys: - Basketball and Weight Training Girls: - Table Tennis and Interval Training	Boys: - Table Tennis, Circuit Training and Plyometrics Training Girls: - Dance and Weight Training	Boys: - Athletics, Fartlek Training and Continuous Training Girls: - Athletics, Circuit Training and Plyometrics Training	Boys: - Cricket, Tennis and Fitness Testing Girls: - Rounders and Fitness Testing
Year 10	GCSE Theory: - Physical Training and	GCSE Theory: - Psychology in Sport	GCSE Theory: - Musculoskeletal	GCSE Theory: - Respiratory System	GCSE Theory: - Socio-cultural	GCSE Theory: - Health and

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10	<p>the Principles</p> <p>GCSE Practical: - Boys: - Football and Basketball</p> <p>Girls:- Netball, Football and Dance</p>	<p>GCSE Practical: - Boys: - Rugby and Handball</p> <p>Girls:- Netball, Table Tennis and Dance</p>	<p>System</p> <p>GCSE Practical: - Boys: - Futsal, Trampoline and Table Tennis</p> <p>Girls:- Trampoline, Handball and Basketball</p> <p>(Swimming will replace activities if available offsite)</p>	<p>GCSE Practical: - Boys: - Futsal, Trampoline and Table Tennis</p> <p>Girls:- Trampoline, Handball and Basketball</p> <p>(Swimming will replace activities if available offsite)</p>	<p>Influence involved in sport</p> <p>GCSE Practical: - Boys: - Athletics, Cricket and Badminton</p> <p>Girls:- Athletics, Volleyball and Rounders</p>	<p>Wellbeing</p> <p>NEA Coursework is introduced</p> <p>GCSE Practical: - Boys: - Athletics, Volleyball and Tennis</p> <p>Girls:- Athletics, Badminton and Tennis</p>
Year 11	<p>GCSE Theory: - Cardiac cycle, Diet and Nutrition.</p> <p>GCSE Practical: - Boys: - Football and Basketball</p> <p>Girls:- Netball, Trampoline and Dance</p>	<p>GCSE Theory: - Mechanics of Breathing and Movement Analysis</p> <p>GCSE Practical: - Boys: - Rugby and Handball</p> <p>Girls:- Netball, Trampoline and Dance</p>	<p>GCSE Theory: - Recap on topics and understanding in depth A01 / A02 and A03</p> <p>GCSE Practical: - Boys: - Table Tennis, Badminton and Basketball</p> <p>Girls:- Table Tennis, Badminton and Football</p>	<p>GCSE Theory: - Revision techniques and recap on all topics</p> <p>GCSE Practical: - Boys: - Based on a range of sports suited for the exam</p> <p>Girls:- Based on a range of sports suited for the exam</p>		