Physical Education Curriculum Overview 2020-21

	Autumn 1 September - October		**Autumn 2** October - December		**Spring 1** January - February	
Year 7 - Boys (4 hours per fortnight)	**Indoor**	**Outdoor**	**Indoor**	**Outdoor**	**Indoor**	**Outdoor**
	Badminton (SPORTS HALL)	Rugby (FIELD)	Fitness Suite	Football (ASTRO)	Dance/ Trampolining (GYM)	Fitness
	Table Tennis (TT ROOM)	Football (ASTRO)	Dance/ Trampolining (GYM)	Handball (ASTRO)	Badminton (SPORTS HALL)	Fitness
	Fitness Suite	Handball (ASTRO)	Badminton (SPORTS HALL)	(OPEN)	Table Tennis (TT ROOM)	Fitness
Assessment	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit
	Spring 2 February - March/April		**Summer 1** March/April - May		**Summer 2** May - July	
	Indoor	**Outdoor**	**Indoor**	**Outdoor**	**Indoor**	**Outdoor**
	Table Tennis (TT ROOM)	Handball (ASTRO)	Athletics (SEE ROTA)	Tennis (ASTRO)	Athletics (SEE ROTA)	Cricket (ASTRO)
	Fitness suite	Rugby	Athletics (SEE ROTA)	Cricket (ASTRO)	Athletics (SEE ROTA)	Softball (FIELD)
	Dance/ Trampolining (GYM)	Football	Athletics (SEE ROTA)	Softball (FIELD)	Athletics (SEE ROTA)	(OPEN)
Assessment	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit

FRED LONGWORTH

	Autumn 1 September - October		**Autumn 2** October - December		**Spring 1** January - February	
Year 7 - Girls (4 hours per fortnight)	**Indoor**	**Outdoor**	**Indoor**	**Outdoor**	**Indoor**	**Outdoor**
	Badminton (SPORTS HALL)	Hockey (ASTRO)	Fitness Suite (DANCE STUDIO)	Netball (BACK COURTS)	Dance	Football (ASTRO)
	Dance (DANCE STUDIO)	Netball (BACK COURTS)	Yoga (SPORTS HALL)	Football (ASTRO)	Badminton (GYM)	Handball (ASTRO)
	Fitness Suite	Football (FIELD)	Dance (GYM)	Handball (ASTRO)	Yoga (DANCE STUDIO)	Tag Rugby (FIELD)
Assessment	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit
	Spring 2 February - March/April		**Summer 1** March/April - May		**Summer 2** May - July	
	Indoor	**Outdoor**	**Indoor**	**Outdoor**	**Indoor**	**Outdoor**
	Yoga (GYM)	Handball (ASTRO)	Athletics (SEE ROTA)	Rounders (FIELD)	Athletics (SEE ROTA)	Tennis (ASTRO)
	Fitness Suite	Hockey (ASTRO)	Athletics (SEE ROTA)	Rounders (FIELD)	Athletics (SEE ROTA)	Cricket (ASTRO)
	Badminton (SPORTS HALL)	Netball (BACK COURTS)	Athletics (SEE ROTA)	Rounders (FIELD)	Athletics (SEE ROTA)	(OPEN)
Assessment	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit

	Autumn 1 September - October		**Autumn 2** October - December		**Spring 1** January - February	
Year 8 - Boys (4 hours per fortnight)	**Indoor**	**Outdoor**	**Indoor**	**Outdoor**	**Indoor**	**Outdoor**
	Badminton (SPORTS HALL)	Rugby (FIELD)	Fitness Suite	Football (ASTRO)	Dance/ Trampolining (GYM)	Fitness
	Table Tennis (TT ROOM)	Football (ASTRO)	Dance/ Trampolining (GYM)	Handball (ASTRO)	Badminton (SPORTS HALL)	Fitness
	Fitness Suite	Handball (ASTRO)	Badminton (SPORTS HALL)	(OPEN)	Table Tennis (TT ROOM)	Fitness
Assessment	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit
	Spring 2 February - March/April		**Summer 1** March/April - May		**Summer 2** May - July	
	Indoor	**Outdoor**	**Indoor**	**Outdoor**	**Indoor**	**Outdoor**
	Table Tennis (TT ROOM)	Handball (ASTRO)	Athletics (SEE ROTA)	Tennis (ASTRO)	Athletics (SEE ROTA)	Cricket (ASTRO)
	Fitness suite	Rugby	Athletics (SEE ROTA)	Cricket (ASTRO)	Athletics (SEE ROTA)	Softball (FIELD)
	Dance/ Trampolining (GYM)	Football	Athletics (SEE ROTA)	Softball (FIELD)	Athletics (SEE ROTA)	(OPEN)
Assessment	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit

FRED LONGWORTH HIGH SCHOOL

	Autumn 1 September - October		**Autumn 2** October - December		**Spring 1** January - February	
Year 8 - Girls (4 hours per fortnight)	**Indoor**	**Outdoor**	**Indoor**	**Outdoor**	**Indoor**	**Outdoor**
	Badminton (SPORTS HALL)	Hockey (ASTRO)	Fitness Suite (DANCE STUDIO)	Netball (BACK COURTS)	Dance	Football (ASTRO)
	Dance (DANCE STUDIO)	Netball (BACK COURTS)	Badminton (SPORTS HALL)	Football (ASTRO)	Trampolining (GYM)	Hockey (ASTRO)
	Fitness Suite	Football (FIELD)	Yoga (GYM)	Handball (ASTRO)	Badminton (DANCE STUDIO)	Tag Rugby (FIELD)
Assessment	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit
	Spring 2 February - March/April		**Summer 1** March/April - May		**Summer 2** May - July	
	Indoor	**Outdoor**	**Indoor**	**Outdoor**	**Indoor**	**Outdoor**
	Trampolining/Yoga (GYM)	Handball (ASTRO)	Athletics (SEE ROTA)	Rounders (FIELD)	Athletics (SEE ROTA)	Tennis (ASTRO)
	Fitness Suite	Netball (ASTRO)	Athletics (SEE ROTA)	Rounders (FIELD)	Athletics (SEE ROTA)	Cricket (ASTRO)
	Dance (SPORTS HALL)	Tag Rugby (BACK COURTS)	Athletics (SEE ROTA)	Rounders (FIELD)	Athletics (SEE ROTA)	(OPEN)
Assessment	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit

	Autumn 1 September - October		**Autumn 2** October - December		**Spring 1** January - February	
Year 9 - Boys (3 hours per fortnight)		**1**	**2**			**3**
	Rugby (FIELD)	Badminton (SPORTS HALL)	Football (ASTRO)	Basketball	Fitness	Fitness Suite
	Football (ASTRO)	Table Tennis (TT ROOM)	Handball (ASTRO)	Trampolining (GYM)	Fitness	Badminton (SPORTS HALL)
	Handball (ASTRO)	Fitness Suite	(OPEN)	Badminton (SPORTS HALL)	Fitness	Table Tennis (TT ROOM)
Assessment	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit
	Spring 2 February - March/April		**Summer 1** March/April - May		**Summer 2** May - July	
	4		**HAL**	**5**	**6**	**HAL**
	Handball (ASTRO)	Table Tennis (TT ROOM)	Tennis (ASTRO)	Athletics (SEE ROTA)	Cricket (ASTRO)	Athletics (SEE ROTA)
	Rugby	Fitness Suite	Cricket (ASTRO)	Athletics (SEE ROTA)	Softball (FIELD)	Athletics (SEE ROTA)
	Football	Trampolining (GYM)	Softball (FIELD)	Athletics (SEE ROTA)	(OPEN)	Athletics (SEE ROTA)
Assessment	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit

	Autumn 1 September - October		**Autumn 2** October - December		**Spring 1** January - February	
Year 9 - Girls (3 hours per fortnight)		**1**	**2**		**HAL**	**3**
	Badminton (SPORTS HALL)	Hockey (ASTRO)	Fitness Suite (DANCE STUDIO)	Netball (BACK COURTS)	Yoga	Football (ASTRO)
	Dance (DANCE STUDIO)	Netball (BACK COURTS)	Badminton (SPORTS HALL)	Football (ASTRO)	Trampolining (GYM)	Handball (ASTRO)
	Fitness Suite	Football (FIELD)	Badminton (SPORTS HALL)	Handball (ASTRO)	Dance (DANCE STUDIO)	Tag Rugby (FIELD)
Assessment	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit
	Spring 2 February - March/April		**Summer 1** March/April - May		**Summer 2** May - July	
	4	**HAL**		**5**	**6**	
	Trampolining (GYM)	Handball (ASTRO)	Athletics (SEE ROTA)	Rounders (FIELD)	Athletics (SEE ROTA)	Tennis (ASTRO)
	Fitness Suite	Hockey (ASTRO)	Athletics (SEE ROTA)	Rounders (FIELD)	Athletics (SEE ROTA)	Cricket (ASTRO)
	Yoga	Netball (BACK COURTS)	Athletics (SEE ROTA)	Rounders (FIELD)	Athletics (SEE ROTA)	(OPEN)
	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit

FRED LONGWORTH

	Autumn 1 September - October		**Autumn 2** October - December		**Spring 1** January - February	
Year 10Q (3 hours per fortnight)	**Changing room**		**Pathway 1**		**Pathway 2**	
	Football		Badminton		Table Tennis	
	Rugby		Football		Handball	
	Fitness Suite		Table Tennis		Fitness Suite	
	Netball		Yoga		Trampolining	
	Table Tennis		Fitness Suite		Badminton	
	Indoor Game	Badminton	OPEN	Trampolining	Yoga	
Assessment	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit
	Spring 2 February - March/April		**Summer 1** March/April - May		**Summer 2** May - July	
	Option 1		**Changing room ROTA/Event**		**Option 2/3**	
	Football		Athletics		Tennis	Cricket
	Basketball		Athletics		Cricket	Softball
	OPEN		Athletics		Softball	Short Tennis
	Table Tennis		Athletics		Rounders	Tennis
	4. Circuit Training		Athletics		Softball	Rounders
	OPEN		Athletics		Short Tennis	Rounders
Assessment	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit	Formative and summative assessment for each unit

Year 11 A/I/S (3 hours per fortnight)	**Autumn 1** September - October		**Autumn 2** October - December		**Spring 1** January - February	
1.	Football		Badminton		Table Tennis	
2.	Rugby		Table Tennis		Circuit training	
3.	Netball		Fitness Suite		Badminton	
4.	Dance		Trampolining		Fitness Suite	
Assessment	**N/A**		**N/A**		**N/A**	
	Spring 2 February - March/April		**Summer 1** March/April - May		**Summer 2** May - July	
1.	Option 1		Summer Game		Athletics/Tennis	
2.	Option 2		Invasion Game		Athletics/Cricket	
3.	Option 3		Summer Game		Athletics/Rounders	
4.	Option 4		Aesthetic		Athletics/Rounders	
Assessment	**N/A**		**N/A**		**N/A**	

HIGH SCHOOL
FACTA NON VERBA

OCR SPORTS STUDIES CURRICULUM MAP

Year 10 (5 hours per fortnight)	**Autumn 1** September - October	**Autumn 2** October - December	**Spring 1** January - February
	R051:Contemporary Issues		**R053: Sports leadership**
	LO1: Understand the issues, which affect participation. End of LO1 test	**LO3:** Understand the importance of hosting major sporting events. End of LO3 test (recap 1,2 & 3)	-Students will be completing the **Sports Leaders Award** at **Leigh Sports Village** - Alongside completing the sports leaders award students will complete:
	LO2: Know about the role of sporting promoting values. End of LO2 test (recap 1 & 2)	**LO4:** Know about the role of National Governing Bodies. End of LO4 test (recap 1,2,3 & 4)	**LO1:** Know the personal qualities, styles, roles and responsibilities associated with effective
	Work Scrutiny books October	**Revision drop in sessions after school** **SMHW revision tasks for the holidays**	
		EXAM- JANUARY **Input exam results into the tracking system**	
		RESIT OPPORTUNITY- MAY	
	Spring 2 February - March/April	**Summer 1** March/April - May	**Summer 2** May -July
	LO2: Be able to plan a sports activity session.	Students will begin to deliver warm up's in primary schools. This will continue until around May.	**LO4:** Be able to evaluate own performance in delivering a sports session.
	Work Scrutiny LO1 LO2	**LO3:** Be able to deliver a sports activity session. **WITNESS STATEMENT**	**SUBMISSION DATE: RO53/RO52 January 10th**
		COMPLETE BY: End of May	**RE SITS RO52**
		Lunchtime revision sessions for re sits in May students will have been identified for their resit	**Tracking completed & standardisation of unit- JUNE RO53**
			Summer homework/project set- Research for LO1: RO55 or RO56
		***Core PE will be used for the students who have passed the exam. The other students will revise in preparation for the May exam.**	*Students will have the opportunity to get involved with ATSA AND KS2 sports events. **REWARDS TRIP**

FRED LONGWORTH HIGH SCHOOL
FACTA NON VERBA

OCR SPORTS STUDIES CURRICULUM MAP

Year 11 (5 hours per fortnight)	**Autumn 1** September - October	**Autumn 2** October - December	**Spring 1** January - February
	R056-Developing knowledge and skills in outdoor activities	**LO2:** Understand the value of participating in outdoor activities.	**R052: Developing sports skills**
	Students will be participating in two outdoor activities over a two-week period.		**LO1:** Be able to use skills, techniques and tactics/strategies/compositional ideas as an **individual** performer in a sporting activity.
	LO1: Know about different types of outdoor activities and their provision.		**WITNESS STATEMENT SUBMISSION DATE - JANUARY**
	LO4: Be able to demonstrate knowledge and skills during outdoor activities.	**LO3:** Be able to plan an outdoor activity.	**LO2:** Be able to use skills, techniques and tactics/strategies/compositional ideas as a **team** performer in a sporting activity
		SUBMISSION DATE-MAY	**WITNESS STATEMENT SUBMISSION DATE- FEBRUARY**
	Work scrutiny LO1 & LO4 Oct		
		Tracking & standardisation of unit- 10th December	
	Spring 2 February - March/April	**Summer 1** March/April - May	**Summer 2** May -July
	LO3: Be able to officiate in a sporting activity.	**Resubmission period for all students to analyse personal trackers to determine which learning objectives can be re submitted**	
	WITNESS STATEMENT	**FINAL UNIT SUBMISSION TO KAREN- 15th May**	
	SUBMISSION DATE - MARCH	**ONLY when ALL work is complete and submitted can students participate in practical lessons.**	
	LO4: Be able to apply practice methods to support improvement in a sporting activity	**REWARDS TRIP!**	
	SUBMISSION DATE-APRIL		
	RESUBMISSION DATE- MAY		
	Tracking & standardisation of unit- 29th April		

FRED LONGWORTH HIGH SCHOOL

GCSE PE THEORY CURRICULUM MAP YEAR 10

Year 10 (5 hours per fortnight)	**Autumn 1** September - October	**Autumn 2** October - December	**Spring 1** January - February
3 HOURS OF THEORY	**Section 1-Applied Anatomy & Physiology**	1.2 The structure & function of the muscular system. (AEP) antagonist pairs and the different types of movement by each muscle group.	1.4 The cardiovascular & respiratory systems.
2 HOURS OF PRACTICAL	1.1 The structure & function of the skeletal system.	1.3 Movement analysis (AEP) 4 main joints, range of movement around as joint	**END OF UNIT TEST 3**
	END OF UNIT TEST 1	**END OF UNIT TEST 2**	**-Feedback & redraft on test.** **- Input test results into the tracker.**
	-Feedback & redraft on test. **-Input test results into the tracker.**	**-Feedback & redraft on test.** **-Input test results into the tracker.**	
	Spring 2 February - March/April	**Summer 1** March/April - May	**Summer 2** May -July
	1.5 The effects of exercise on the body systems.	**Section 2- Physical Training**	2.3 Preventing injury in physical activity and training. (AEP) Warm up/Cool down/Risk Assessment/Principles of Training)
	END OF UNIT TEST 4	2.1 Components of fitness (AEP) definitions, fitness tests and evaluations	**END OF UNIT TEST 7**
			AEP – overview of key skills and assessment of skills including x3 strengths and weaknesses.
	-Feedback & redraft on test. **- Input test results into the tracker.**	**END OF UNIT TEST 5**	**-Feedback & redraft on test.** **- Input test results into the tracker.**
	Parents evening- 12th March	**-Feedback & redraft on test.** **-Input test results into the tracker.**	1. Students to complete a walk talk of paper one in preparation for the summer homework.
		2.2 Applying the principles of training.	**2. Summer homework/project set-** complete paper one.
		END OF UNIT TEST 6	3. MOCK paper 1
		-Feedback & redraft on test. **- Input test results into the tracker.**	

FRED LONGWORTH HIGH SCHOOL

GCSE PE THEORY CURRICULUM MAP YEAR 11

Year 11 (5 hours per fortnight)	**Autumn 1** September - October	**Autumn 2** October - December	**Spring 1** January - February
3 HOURS OF THEORY	**Section 3- Socio-Cultural Influences**	**Section 4- Sports Psychology**	**Section 5- Health, Fitness & Well-being**
2 HOURS OF PRACTICAL	3.1 Engagement patterns of different social groups in activities and sports.	3.3 Ethnical & socio-cultural issues in physical activity & sport	4.3 Mental preparation
	3.2 Commercialisation of physical activity & sport	**END OF UNIT TEST 8** **Feedback & redraft on test** **- Input test results into the tracker**	4.4 Types of guidance & feedback
		4.1Charcteristics of skilful movement & classification of skills AEP – Skill classification (Movement Analysis)	**END OF UNIT TEST 9** **Feedback & redraft on test** **- Input test results into the tracker**
		4.2 Goal setting AEP – Action Plan SMART	
	Spring 2 February - March/April	**Summer 1** March/April - May	**Summer 2** May - July
	5.1 Health, fitness & well being	**Section 4:** Assessment	-REVISION- apply techniques
	5.2 Diet & nutrition	**Section 5:** Movement analysis	-Past papers
	END OF UNIT TEST 10 **-Feedback & redraft on test** **- Input test results into the tracker**	**Section 6:** Action plan- 5 hours	-RECAP- on any topics that students found difficult.
	AEP- Controlled Asessment-9 hours	**AEP-Final section to complete**	EXAMS
	Section 1: Evaluation	Practical mock exams with schools within the cluster	Paper 1 Wednesday 13th MAY Paper 2 Friday 15th MAY Middle week of MAY
	Section 2: Analysis	NEA grades inputted into OCR spreadsheet and sent with video evidence to the examiner by 31st March	
	Section 3: Overview	NEA external moderation date: TBC	

FREDERICK LONGWORTH HIGH SCHOOL
FACTA NON VERBA