

Subject – Physical Education

In Physical Education we will be offering a broad and diverse curriculum to engage, stimulate and promote enjoyment for all pupils. Pupils will participate in a range of sports which develop skills such as teamwork, competitiveness and self-discipline alongside their physical knowledge and capacity. This will be linked at every opportunity to the values of the campus. Strong links have been established with all the PE departments across the Trust to ensure the highest level of innovative and stimulating PE provision at Cranbrook.

Key Stage 3

Across KS3 we will be placing a greater emphasis on introducing and developing pupil's knowledge of core topics covered in the new PE option offered in Year 9. The 6 topics are;

- Respiratory System
- Skeletal System
- Muscular System & Movement
- Warming Up The Muscles
- Fitness Components
- Training Methods

Progress and understanding of these topics will be measured by end of term mini tests. Integrating the above content into pupil's physical education lessons will enable pupils to develop a deeper understanding of body function and health. This will extend and link to their scientific knowledge and provide a deeper understanding of their own body mechanics. Providing the means, motive and platform to improve their own health and fitness will underpin the teaching programme.



Key Stage 4

In Year 9 we will be launching our new PE option; NCFE V-CERT Technical Award in Health & Fitness (L1/2). Over the course of the year pupils will study the first unit of work (See V-Cert Entry in the table for structure & content). New knowledge will be delivered in a variety of learning styles to ensure engagement and retention. Pupils will also have a practical lesson of Futsal which will allow them to apply their learning in a practical environment. Pupils will experience a real authentic life/work based practice, enabling them to explain links, present ideas and plan practical sessions.

KS4 Core PE

Our Core Year 9's will follow 3 key learning areas across the year;

- Mental Health
- Lifestyle Factors
- Social-Cultural Influences

The above areas are perceived as key issues in current society. Whilst core PE will be primarily focused on promoting high levels of activity and teaching skills/techniques relevant to a specific sport, developing pupil's awareness, respect and acceptance of others will be a core principal underpinning all teaching.

In Year 10 and 11 promoting a healthy active lifestyle whilst maintaining a strong focus on improving performance will be at the core of all lessons. At this stage it is essential that all pupils are encouraged to participate and lessons are perceived as engaging, inclusive and challenging for all. The KS4 Physical Education programme will encourage greater independence for pupils to challenge themselves. Some groups could be offered pathways (choice of sports) each term. During periods of examination, core PE will be tailored to provide a de-stressful environment.



| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--------|---|----------|---|----------|--|----------|
| Year 7 | Warming Up & Effects of Exercise <ul style="list-style-type: none"> • Warming up the muscles • Cooling down the muscles • Muscle groups • Short term effects of exercise • Long term effects of exercise | | Skeletal System <ul style="list-style-type: none"> • Structure of the Skeleton • Names of bones • Axial & Appendicular Skeleton • Function of the Skeleton • Structure of the Spine • Types of Joints | | Respiratory Systems <ul style="list-style-type: none"> • Structure of the respiratory system • Function of the respiratory system • Gaseous Exchange • Lung Volumes | |
| Year 8 | Fitness Components Health Related Components <ul style="list-style-type: none"> • Cardiovascular endurance • Muscular strength – static, dynamic and explosive • Muscular endurance • Body composition • Flexibility Skill Related Components <ul style="list-style-type: none"> • Agility • Speed • Coordination • Power • Balance • Reaction time | | Muscular System & Movement <ul style="list-style-type: none"> • Structure of the muscular system • Types of Muscle • Joint Actions • Muscle Movements & Contractions • Muscle Fibre Types | | Training Methods <ul style="list-style-type: none"> • Interval training • Circuit training • Fartlek training • Continuous training • Resistance and body weight training • Cross training – combining 2 or more methods | |



| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---------------|---|----------|---|----------|---|----------|
| Year 9 V-Cert | Unit 1 LO1 <ul style="list-style-type: none"> The Skeletal System The Muscular System The Respiratory System | | Unit 1 LO1 <ul style="list-style-type: none"> The Cardiovascular System Energy Systems Unit 1 LO2 <ul style="list-style-type: none"> Short-term effects of health and fitness activities Long-term effects of health and fitness activities | | Unit 1 LO3 <ul style="list-style-type: none"> Health & Fitness Components of Health & Fitness Unit 1 LO4 <ul style="list-style-type: none"> Principles of Training Principles of FITT | |
| Year 9 Core | Mental Health <ul style="list-style-type: none"> National Initiatives Benefits of Exercise & activity Benefits of social interaction through sport, exercise & activity | | Lifestyle factors <ul style="list-style-type: none"> Activity levels Motivation Diet Rest and recovery Other Factors | | Social- Cultural Influences <ul style="list-style-type: none"> Peer Pressure Social Media/Media Gender Stereotypes Disability Drugs | |
| Year 10 | Core PE | Core PE | Core PE | Core PE | Core PE | Core PE |
| Year 11 | Core PE | Core PE | Core PE | Core PE | Core PE | Core PE |



| Core Sports that every year group will be taught | Supporting Sports that will be delivered alongside the 4 Core Sports |
|---|---|
| Rugby (Tag/Touch/Contact – dependant of Age) | Badminton |
| Football/Futsal | Hockey |
| Netball | Health & Fitness |
| Volleyball | Outdoor Education |
| | Handball |
| | Rounders |
| | Cricket |
| | Athletics |
| | Gymnastics |
| | Dance |
| | Boxing |
| | Dance |
| | Trampolining |

