

# Physical Education KS3 Journey Plan



**Team of the term**  
Most improved top performer



**Borough Athletics Championship** – compete against the borough

**Year 9 Winter Term KOs**  
Advanced KNOWLEDGE OF K01, K02, K03, K04

**K01: Advanced rules and regulations**

**Winter Sports**

**Boys & girls:** football & rugby netball & gymnastics

**Team of the term:** Most improved top performer

**K04: GOOD communication leadership and teamwork**

**K03: GOOD components of fitness, methods of training & LT & ST effects of exercise.**

**Team of the term:** Most improved top performer

**K04: BASIC communication Leadership and teamwork**

**K03: BASIC components of fitness, methods of training & LT & ST effects of exercise.**

**Half term:** Seneca homework

**Sports day** – Day of athletics year 7, 8 and 9

**Sports awards**

**K010: Advanced muscles and bones**

**Year 9 Summer Term KOs**  
Advanced KNOWLEDGE OF K09, K010, K011, K012  
**END OF ASSESSMENT**

**Boys & Girls:** Handball & gymnastics OAA & netball, basketball

**Team of the term**  
Most improved Top Performer

**Summer sports**

**K08: Advanced physical fitness and self motivation**

**K012: Advanced Reviewing performance and feedback**

**K011: Advanced Observation and Evaluation**

**K09: Advanced of the three stages of a warmup**

**Year 9 Spring Term KOs**  
Advanced Knowledge OF K05, K06, K07, K08

**Half term:** Seneca Homework

**K07: Advanced core skills in a game play situation**

**K02: Advanced roles and responsibility**

**K03: Advanced components of fitness, methods of training & LT & ST effects of exercise.**

**League:** football & netball leagues

**Spring Sports**

**K05: Advanced organisational and resilience**

**K06: Advanced core skills**

**Half term:** Seneca Homework

**K04: Advanced communication, leadership and teamwork**

**Half term:** Seneca homework

**Boys & Girls:** Basketball, netball, football, gymnastics

**Extra-curricular clubs are in full swing**

**Sports awards**

**Sports day** – Day of athletics year 7, 8 and 9

**Borough Athletics Championship** – compete against the borough

**Fitness assessments testing:**

**Year 9**

**Year 8 Summer Term KOs**  
**GOOD KNOWLEDGE OF** K09, K010, K011, K012  
**END OF ASSESSMENT**

**K012: GOOD Reviewing performance and feedback**

**K011: GOOD Observation and evaluation**

**Boys & Girls:** Rounders, athletics, tennis and cricket

**Spring Sports**

**K05: GOOD organisational and resilience**

**K06: GOOD core skills**

**K08: GOOD physical fitness and self motivation**

**Summer sports**

**K09: GOOD of the three stages of a warmup**

**K010: Good Muscles and bones**

**Half term:** Seneca Homework

**Year 8 Spring Term KOs**  
**GOOD KNOWLEDGE OF** K05, K06, K07, K08

**Boys & Girls: Football & Rugby Netball & Gymnastics**

**K07: GOOD core skills in a game play situation**

**Extra-curricular clubs are in full swing**

**Year 8 Winter Term KOs**  
**GOOD KNOWLEDGE OF** K01, K02, K03, K04

**Sports awards**

**Sports day** – Day of athletics year 7, 8 and 9

**K02: GOOD roles and responsibility**

**K01: GOOD Rules and regulations**

**Winter Sports**

**Fitness assessment s: testing**

**YEAR 8**

**K012: BASIC Reviewing performance and feedback**

**Half term:** Seneca Homework

**Team of the term:** Most improved top performer

**Boys & Girls:** Handball & gymnastics OAA & netball

**K05: BASIC organisational and resilience**

**K06: Basic core skills**

**K07: BASIC core skills in a game play situation**

**Borough Athletics Championship** –

**Boys & Girls:** Rounders, Athletics tennis and cricket

**Half term:** Seneca Homework

**K011: BASIC Observation and Evaluation**

**K04: BASIC communication Leadership and teamwork**

**League:** Football & netball leagues

**Year 7 Spring Term KOs**  
**BASIC** K05, K06, K07, K08

**Half term:** Seneca Homework

**K08: BASIC physical fitness and self motivation**

**Extra-curricular clubs are in full swing**

**K09: BASIC of the three stages of a warmup**

**YEAR 7**

**Year 7 Winter Term KOs**  
**BASIC** K01, K02, K03, K04

**K03: BASIC components of fitness, methods of training & LT & ST effects of exercise.**

**Half term:** Seneca homework

**K02: BASIC roles and responsibility**

**K01: BASIC Rules and regulations**

**Winter Sports**

**Assessment**

**First 6 weeks** – sporting concepts: endball, football, athletics, fitness, S&F & badminton

**Extra-Curricular clubs:**  
Winter term: Football & Netball  
Spring term: Football & Netball  
Summer term: Athletics, tennis and rounders

# Physical Education KS4 Journey Plan



**Half Term 5 Sports (Girls)**  
Tennis, Cricket, Rounders, Dance

**Half Term 5 Sports (Boys)**  
Ball, Volleyball, Tennis, Table Tennis, Softball, Rugby

**Half Term 4 Sports (Girls)**  
Dodgeball, O.A.A, Rounders, Rugby, Table Tennis, Tennis

**Half Term 4 Sports (Boys)**  
Rounders, Dodgeball, Basketball, Volleyball, Handball, Football

**Half Term 2 Sports (Girls)**  
Football, Basketball, O.A.A, Badminton, Netball, Volleyball, Table Tennis

**Throughout Year 11, discussions are held in lesson around Career Pathways in Sport and Further Education opportunities provided internally and externally**

**Half Term 3 Sports (Girls)**  
Volleyball, Netball, Handball, Basketball, Badminton, Fitness, O.A.A

**Half Term 3 Sports (Boys)**  
Football, Badminton, Basketball, Dodgeball, Gaelic Football, Fitness

**Analyzing and Evaluating Performance**

**Half Term 2 Sports (Boys)**  
Basketball, Table Tennis, Rugby, Dodgeball, Danish Longball

**Half Term 1 Sports (Boys)**  
Football, Dodgeball, Cricket, Table Tennis, O.A.A

**Incorporating Tactics and Strategies**

**Half Term 5 Sports (Girls)**  
Tennis, Badminton, Athletics, Dance, Outdoor Adventure Activities, Rugby

**Half Term 1 Sports (Girls)**  
O.A.A, Badminton, Dodgeball, Basketball, Dance, Football, Volleyball

**YEAR 11**

**Half Term 6 Sports (Boys)**  
Danish Longball, Outdoor Adventure Activities, Tennis, Dodgeball, Athletics, Softball, Badminton

**Half Term 5 Sports (Boys)**  
Handball, Rounders, Badminton, Volleyball, Tennis, Football

**Half Term 6 Sports (Girls)**  
Danish Longball, Outdoor Adventure Activities, Tennis, Rounders, Rugby, Dance

**Year 10 Extra Curricular Clubs:**  
Football, Cricket, Basketball, GCSE Intervention

**Analyzing and Evaluating Performance**

**Half Term 3 Sports (Girls)**  
Dodgeball, Fitness, Outdoor Adventure Activities, Gymnastics, Netball, Basketball

**Half Term 4 Sports (Boys)**  
Badminton, Table Tennis, Basketball, Football, Gaelic Football, Cricket, Volleyball

**Half Term 4 Sports (Girls)**  
Dance, Basketball, Football, Badminton, Volleyball, Table Tennis, Rounders

**Half Term 3 Sports (Boys)**  
Cricket, Football, Rugby, Handball, Basketball, Badminton

**Half Term 2 Sports (Boys)**  
Badminton, Rugby, Football, Dodgeball, Table Tennis, Basketball, Handball

**Half Term 2 Sports (Girls)**  
Netball, Volleyball, Dodgeball, Basketball, Handball

**Half Term 1 Sports (Girls)**  
Rugby, Football, Volleyball, Badminton, Dodgeball



**Half Term 1 Sports (Boys)**  
Football, Handball, Rounders, Basketball, Badminton, Rugby

**Incorporating Tactics and Strategies**



**YEAR 10**

**At the beginning of Year 10, students are given a voice to choose what sports they participate in over KS4**

# BTEC Health and Social Care - Journey Plan



## Unit 3 Exam

Obstacles caused by time constraints, emotional / psychological, unachievable targets and lack of support

Support for improving health and wellbeing

Person central approach; the importance, benefits and barriers

Impacts of life events: physical events and relationship changes and life circumstances

Environmental factors: housing, home environment, environmental factors and exposure to pollution

Health and Wellbeing exam component will start



Inherited conditions such as cystic fibrosis and haemophilia

Body mass index and published guidelines

Interpret health indicators and data

Resting heart rate, blood pressure

Economic factors: employment situations and financial resources



Physical factors and ill health: Cardio-vascular disease, obesity and type 2 diabetes

Lifestyle factors such as smoking, alcohol, drugs, exercise and nutrition

Social factors: relationships, social inclusion, bullying, discrimination and exclusion

## Unit 3 Exam prep

Definition of health and wellbeing

Mental health



Cultural factors: gender roles, expectations, gender identity and sexual orientation

Component 2 exam series close in December

To individuals of the skills, attributes and values in HSC practice.

Obstacles that individuals may face when requiring care

Attributes in health and social care, empathy, patience, trustworthiness, honesty



Students will have opportunity to prepare for component 2

## Submission of Component 2



Services for adults or children with specific needs

Values in health and social care the 6c's



Skills needed in healthcare services

Informal and formal social care

Barriers to accessing services, including physical, geographical, cultural, language and sensory.

Healthcare professionals



Multi disciplinary team working

Services for older adults



Types of care Informal; formal and support networks.

Tertiary care

Secondary care services

Learning disabilities

Health conditions COPD and dementia

Secondary care services



Primary care services

Physically disabilities

Cerebral Vascular Accident CVA

Health conditions Type 2 diabetes, arthritis

## Comp 2

## Submission of Component 1

Lifestyle choices

Social and Cultural factors

Intellectual Development

Economic Factors

Case study preparation



Component 1 exam series closes in April

Students will have opportunity to prepare for component 1

Social development

Human lifespan and development

## Comp 1



## YEAR 10

Physical factors



Emotional development

Physical Development



# Physical Education GCSE PE Journey Plan



## Final Exam

Students sit their final Exam to complete the course.

## Personalised Exercise Programme (PEP)

Students write a review of performance highlighting strengths and weakness and put together a 6 week plan to improve their performance

**Practical Moderation**  
Students will be assessed practically in their three sports

## Exam Preparation;

Students prepare for their exams with revision session during the last term to improve on areas of weakness



**Interpreting data**  
Statistical analysis



## Media in sport

Sponsorship; Fashion; commercialisation; types of media ; funding in sport and media; advantages and disadvantages of media.; geographical impact on sport

## Sports and Ethics

Sportsmanship; gamesmanship. rules and regulations in sports interpreting graphs



**User groups in sport**  
Gender; age; ethnicity, disability and the effect on participation



**Mental Preparation: stress management techniques; visualization**

## Guidance and Feedback on performance

Types of guidance, advantages of guidance and feedback

## Goal Setting

Smart goals/ reviewing targets

**Classification of Skills**  
Types of skills, practice structures



**Social Cultural influences**



**Sports psychology**



## The consequence of sedentary lifestyle

Physical Implications of sedentary lifestyle; physical implications of a sedentary lifestyle; how to develop a healthy lifestyle; consequences of sedentary lifestyle; graphs and data

## Diet and Nutrition

Balanced Diet; The different food groups The effects of nutrition and performance; Minerals; hydration

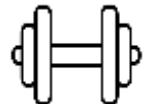
## Body composition

Factors effecting Optimum weight Somatotypes

YEAR

11

**Health and performance**



## Physical Emotional, Social health Fitness and wellbeing:

Physical ability and Health risks; physical activity and emotional health; physical ability and social health; the impacts of fitness and wellbeing; personal exercise programme Lifestyle choices and impact on health

**Warming up and cooling down;**  
Body temperature; the importance of a warm up and cool down.

## Training

Training methods; training thresholds; effects of training; optimizing training injury prevention.

**Drugs in sport**  
Performance enhancing drugs; smoking; alcohol and the effects on performance; legal drugs

**4. Health Fitness and Wellbeing**



**Components of Fitness**  
Health related components; Physical related components.

## Lever Systems

Fulcrum, loads and effort/ mechanical advantages.

**Planes and axes of movements:** Movement patterns and sporting actions.

## Health and fitness

Relationship between health and fitness and the role they play in both.

**2 Movement Analysis**

**3. Physical Training**

**The Cardio Respiratory system**  
The functions of the respiratory system; blood vessels; blood flow and distribution: blood roles; The heart; Breathing and gas exchange

**Skeletal System**  
The structure and function of the skeletal system: functions of the skeletal system; classification of bones, joints, connective tissue, movement



**1. Anatomy and Physiology**

YEAR  
10

**Short and long term effects of exercise** effects on the heart, muscles, respiratory system

**Aerobic and Anaerobic Exercise**  
energy release, aerobic exercise, anaerobic exercise; nutrition,

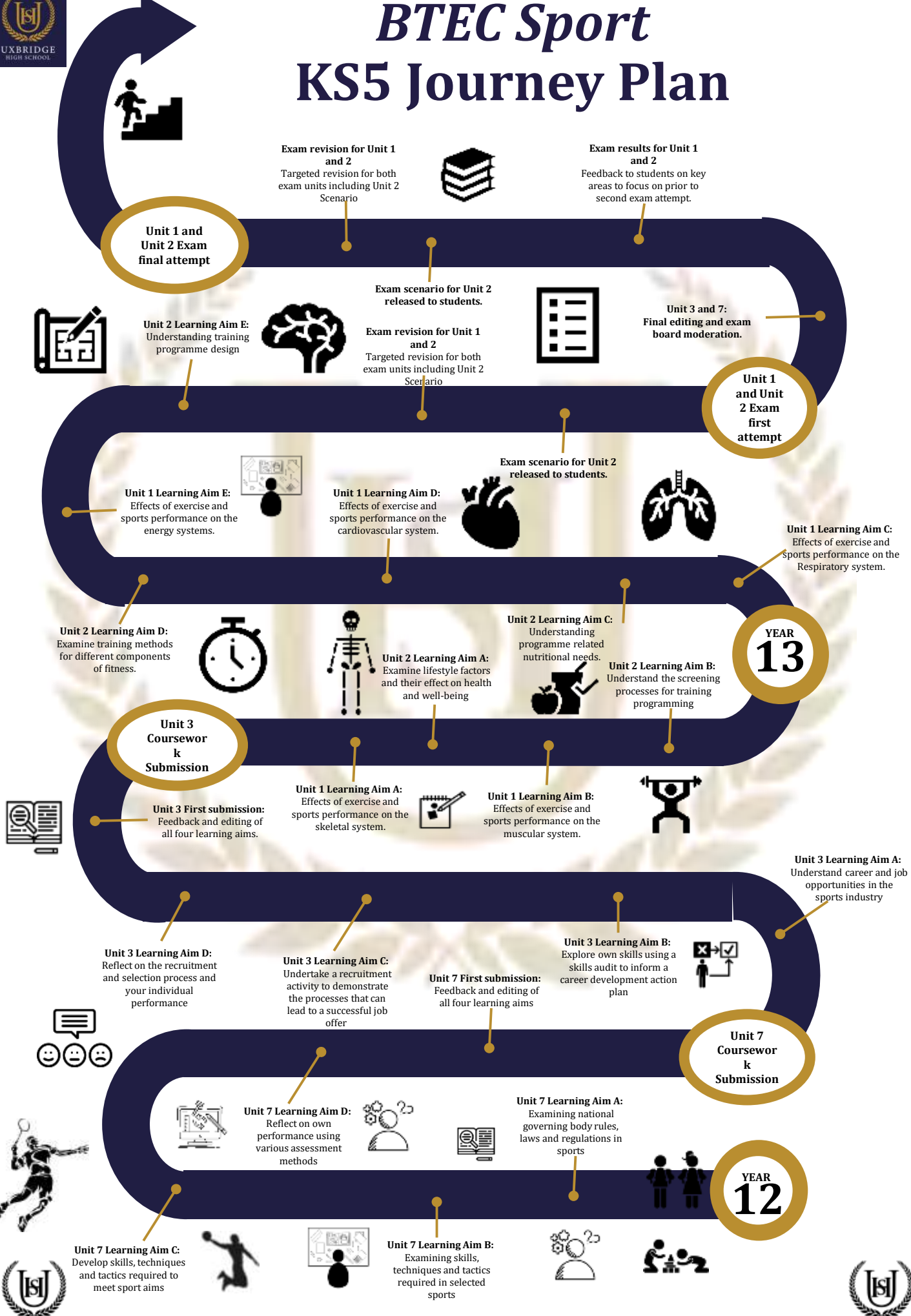
**Muscular System**  
Muscle types, muscle locations and sporting examples, how muscle properties; how skeletal and muscular system working together



**Extra-Curricular clubs:**  
All sports clubs will be used for additional practice as well as theoretical intervention Classes

# BTEC Sport

## KS5 Journey Plan



**Unit 1 and Unit 2 Exam final attempt**

Exam revision for Unit 1 and 2  
Targeted revision for both exam units including Unit 2 Scenario



Exam results for Unit 1 and 2  
Feedback to students on key areas to focus on prior to second exam attempt.



Unit 2 Learning Aim E: Understanding training programme design



Exam scenario for Unit 2 released to students.



Unit 3 and 7: Final editing and exam board moderation.

**Unit 1 and Unit 2 Exam first attempt**

Unit 1 Learning Aim E: Effects of exercise and sports performance on the energy systems.



Unit 1 Learning Aim D: Effects of exercise and sports performance on the cardiovascular system.



Exam scenario for Unit 2 released to students.



Unit 1 Learning Aim C: Effects of exercise and sports performance on the Respiratory system.

Unit 2 Learning Aim D: Examine training methods for different components of fitness.



Unit 2 Learning Aim A: Examine lifestyle factors and their effect on health and well-being

Unit 2 Learning Aim C: Understanding programme related nutritional needs.



Unit 2 Learning Aim B: Understand the screening processes for training programming

**YEAR 13**



Unit 3 First submission: Feedback and editing of all four learning aims.

**Unit 3 Coursework Submission**

Unit 1 Learning Aim A: Effects of exercise and sports performance on the skeletal system.



Unit 1 Learning Aim B: Effects of exercise and sports performance on the muscular system.



Unit 3 Learning Aim A: Understand career and job opportunities in the sports industry

Unit 3 Learning Aim D: Reflect on the recruitment and selection process and your individual performance

Unit 3 Learning Aim C: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer

Unit 7 First submission: Feedback and editing of all four learning aims

Unit 3 Learning Aim B: Explore own skills using a skills audit to inform a career development action plan



**Unit 7 Coursework Submission**



Unit 7 Learning Aim D: Reflect on own performance using various assessment methods



Unit 7 Learning Aim A: Examining national governing body rules, laws and regulations in sports



**YEAR 12**

Unit 7 Learning Aim C: Develop skills, techniques and tactics required to meet sport aims



Unit 7 Learning Aim B: Examining skills, techniques and tactics required in selected sports

