

KS4 Long Term Plan 2020-2021

Subject: PE

Exam Board: OCR



Curriculum Statement of Intent

The intent of the PE curriculum is to enrich students' development in both theoretical and practical aspects of the course so that they continue to pursue a lifelong love in sport and potentially a profession in the sports sector. Not only are we looking to build the students theoretical and practical prowess but also their social and cognitive development through games and sport so that skills such as leadership, communication, problem solving and cooperation are developed too.

The aim is to build on students learning in KS3 PE so that they have a full experience in a variety of sports so that pupils are able to select several sports to be assessed in towards their overall grade. So that they will leave school with a deeper understanding of the anatomical, historical and physical aspects of sport and themselves within the UK.

Our GCSE PE curriculum will equip learners with the knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and well-being. This will require them to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how the physiological and psychological state affects performance in physical activity and sport
- perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/ or compositional ideas
- develop their ability to analyse and evaluate to improve performance in physical activity and sport
- understand the contribution which physical activity and sport make to health, fitness and well-being
- understand key socio-cultural influences which can affect people's involvement in physical activity and sport.

Curriculum Statement of Implementation

The curriculum is taught in two parts, which are the practical and theory sides. During this time, pupils are taught a wide variety of topics within the course ranging from the psychology of sport to the NGBs allocation of services and provision to local and national sports. Theory lessons can be either 1 or 2 lessons per week but depend on the time of the year and where there class teacher feels more time may be needed to develop their students during that part of the year. Within theory lessons, pupils' knowledge is developed initially with new concepts and topics being taught but the emphasis is then switched to aim higher with practical examples and being able to review the concept itself and the flaws of it.

Within the practical setting of the course, students are taught the tactical aspects of the various sports so that they are able to build on the fundamental skills they have learnt in KS3 PE so that they are then able to access higher marks for these sports. Students are taught both individual and team sports offer them the best selection of sports possible for them to choose towards their final selection.

Term	Topics Covered (Date completed by and number of lessons)	Skills/AOs/interleaved content	Assessment (date and nature of assessment)
Yr 10 Autumn 1	Revision of lockdown topics – effects of exercise & components of fitness (COF) Principles of Training (POT) Athletics	Define - Relate to sport – Explain – Understand – Describe – Summarise - Technical language AO1/AO2/AO3 Performing at maximum levels in relation to speed, height, distance, strength or accuracy – athletics activities; achieving personal best scores or times, and in competition with others’ scores or times.	Effects of exercise & COF assessment to interleave lockdown topics (40 min) EOT assessment for POT (30 min) Practical Assessment with rules knowledge, assessment lesson structured to include EAI mimicking practical moderation expectations.
Yr 10 Autumn 2	Movement analysis Table Tennis/Hockey	Define - Relate to sport – Explain – Understand – Describe – Summarise - Technical language Practice exam question technique. Check for learning and understanding. AO1/AO2/AO3 Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance.	Formal assessment Paper 1 (60 min) EOT assessment for movement analysis (30 min) Practical Assessment with rules knowledge, assessment lesson structured to include EAI mimicking practical moderation expectations.
Yr 10 Spring 1	Prevention injury Netball	Define - Relate to sport – Explain – Understand – Describe – Summarise - Technical language Practice exam question technique. Check for learning and understanding. AO1/AO2/AO3 Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance.	EOT assessment for prevention injury (30 min) Practical Assessment with rules knowledge, assessment lesson structured to include EAI mimicking practical moderation expectations.
Yr 10 Spring 2	Sports Psychology Basketball	Define - Relate to sport – Explain – Understand – Describe – Summarise - Technical language Practice exam question technique. Check for learning and understanding. AO1/AO2/AO3 Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance.	EOT assessment for sports psychology (30 min) Practical Assessment with rules knowledge, assessment lesson structured to include EAI mimicking practical moderation expectations.
Yr 10 Summer 1	Commercialisation	Define - Relate to sport – Explain – Understand – Describe – Summarise - Technical language	EOT assessment for commercialisation (30 min)

	Trampolining	<p>Practice exam question technique.</p> <p>Check for learning and understanding.</p> <p>AO1/AO2/AO3</p> <p>Accurate replication of actions, phrases and sequences - trampolining activities; the ability to repeat actions, phrases and sequences of movement as perfectly as possible.</p>	<p>Practical Assessment with rules knowledge, assessment lesson structured to include EAI mimicking practical moderation expectations.</p>
Yr 10 Summer 2	Social cultural	<p>Define - Relate to sport –Explain – Understand – Describe – Summarise - Technical language</p> <p>Practice exam question technique.</p> <p>Check for learning and understanding.</p> <p>AO1/AO2/AO3</p>	<p>EOT assessment for social cultural (30 min)</p>
	Football	<p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance.</p>	<p>Practical Assessment with rules knowledge, assessment lesson structured to include EAI mimicking practical moderation expectations.</p>
Yr 11 Autumn 1	Revision of lockdown topics	<p>Define - Relate to sport –Explain – Understand – Describe – Summarise - Technical language</p> <p>Practice exam question technique.</p> <p>Check for learning and understanding.</p> <p>AO1/AO2/AO3</p>	<p>Formal assessment Paper 1 & 2</p> <p>In class assessments weekly, consolidating knowledge, variety of methods.</p>
	Engagement patterns	<p>Practice exam question technique.</p> <p>Check for learning and understanding.</p> <p>AO1/AO2/AO3</p>	<p>In class assessments weekly, consolidating knowledge, variety of methods.</p>
	Table Tennis/ Trampolining	<p>Accurate replication of actions, phrases and sequences - trampolining activities; the ability to repeat actions, phrases and sequences of movement as perfectly as possible.</p> <p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance.</p>	<p>Practical Assessment with rules knowledge, assessment lesson structured to include EAI mimicking practical moderation expectations.</p>
Yr 11 Autumn 2	Analysing and Evaluating Performance (AEP) coursework	<p>Define - Relate to sport –Explain – Understand – Describe – Summarise - Technical language</p> <p>AO1/AO2/AO3</p>	<p>Pupils will be given individual feedback to each pupil in summative and formative ways to help pupils achieve the best possible grade in their AEP coursework</p>
	Athletics	<p>Performing at maximum levels in relation to speed, height, distance, strength or accuracy – athletics activities; achieving personal best scores or times, and in competition with others’ scores or times.</p>	
Yr 11 Spring 1	Revision of previous topics based on QLA	<p>Define - Relate to sport –Explain – Understand – Describe – Summarise - Technical language</p> <p>Revising in Groups (similar ability)</p> <p>Revising 1-on-1 with the teacher</p> <p>Using the Mark Scheme independently</p>	<p>Formal assessment Paper 1 & 2</p> <p>In class assessments weekly, consolidating knowledge, variety of methods.</p>

	Finalising of pupils sports (variety) Once information is known spend time preparing students in the relevant practical activates (as selected by the moderator)	<p>AO1/AO2/AO3</p> <p>Performing at maximum levels in relation to speed, height, distance, strength or accuracy – athletics activities; achieving personal best scores or times, and in competition with others’ scores or times.</p> <p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance.</p> <p>Accurate replication of actions, phrases and sequences - trampolining activities; the ability to repeat actions, phrases and sequences of movement as perfectly as possible.</p>	Practical Assessment with rules knowledge, assessment lesson structured to include EAI mimicking practical moderation expectations.
Yr 11 Spring 2	<p>Revision of previous topics based on QLA</p> <p>Finalising of pupils sports (variety) Once information is known spend time preparing students in the relevant practical activates (as selected by the moderator)</p>	<p>Define - Relate to sport –Explain – Understand – Describe – Summarise - Technical language</p> <p>Identify areas for improvement, what <u>they</u> should PRIORITISE (i.e. what they DON’T know / understand)</p> <p>AO1/AO2/AO3</p> <p>Performing at maximum levels in relation to speed, height, distance, strength or accuracy – athletics activities; achieving personal best scores or times, and in competition with others’ scores or times.</p> <p>Outwitting opponents – games activities; overcoming opponents in competition by directly affecting each other’s performance.</p> <p>Accurate replication of actions, phrases and sequences - trampolining activities; the ability to repeat actions, phrases and sequences of movement as perfectly as possible.</p>	<p>In class assessments weekly, consolidating knowledge, variety of methods.</p> <p>Practical Assessment with rules knowledge, assessment lesson structured to include EAI mimicking practical moderation expectations.</p>
Yr 11 Summer 1	Revision of previous topics based on QLA	<p>Define - Relate to sport –Explain – Understand – Describe – Summarise - Technical language</p> <p>AO1/AO2/AO3</p>	