

The intent of the PE curriculum is to:

1. Develop *curiosity* and confidence across a range of sports
2. Educate and *respect* the value of physical activity
3. Engage and lead in meaningful physical activity
4. Prepare *scholars* to be responsible citizens in wider life

Below shows the knowledge that is studied in Physical Education at different points throughout a scholar's time at Astrea Academy Sheffield.

September 2022 – July 2023							
Year	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6	What will a successful scholar look like at this stage?
7 Personal Development	Scholars will develop their knowledge of the following; The Value of Physical Activity & Physical activity preparation: Warm ups and cool downs Scholars will study content and develop their knowledge and understanding of the skills, tactics, rules and regulations of the following; Netball Badminton	Scholars will study content and develop their knowledge and understanding of the skills, tactics, rules and regulations of the sports and physical activities below; Handball Badminton	Scholars will study content and develop their knowledge and understanding of the skills, tactics, rules and regulations of the sports and physical activities below; Football Gymnastics	Scholars will study content and develop their knowledge and understanding of the following; Health, fitness and well-being Components of fitness Methods of training Fitness Testing	Scholars will study content and develop their knowledge and understanding of the skills, tactics, rules and regulations of the sports and physical activities below; Athletics Striking and Fielding	Scholars will study content and develop their knowledge and understanding of the skills, tactics, rules and regulations of the sports and physical activities below; Striking and Fielding	Scholars can deal with sustained demands during lessons; master basic skills and attempt some more advanced techniques well. Scholars can describe, in-depth, the rules of the activity; lead a basic practice/game with minimal help and feedback. In regards to problem solving, scholars can effectively solve problems in practises and make improvements based on feedback. Scholars are beginning to connect concepts between lessons and transfer these concepts to other aspects of life. Finally, scholars will understand personal development, specifically the value of Physical Education, self-worth, resilience, inter-personal skills, kindness and Respect
8 Health and Wellbeing	Scholars will study content and develop their knowledge and understanding of the skills, tactics, rules and regulations of the sports and physical activities below; Netball Basketball	Scholars will study content and develop their knowledge and understanding of the skills, tactics, rules and regulations of the sports and physical activities below; Handball Badminton	Scholars will study content and develop their knowledge and understanding of the skills, tactics, rules and regulations of the sports and physical activities below; Football Dance	Scholars will study content and develop their knowledge and understanding of the following Health, fitness and well-being Components of fitness Methods of training Fitness Testing	Scholars will study content and develop their knowledge and understanding of the skills, tactics, rules and regulations of the sports and physical activities below; Athletics Striking and Fielding	Scholars will study content and develop their knowledge and understanding of the skills, tactics, rules and regulations of the sports and physical activities below; Striking and Fielding Athletics	A year 8 scholar will be able to lead a warmup safely for a specific sport and in general. They will understand the value of physical activity and its benefits. Scholars will be able to practically perform key skills in conditioned practices. Scholars can demonstrate the majority of sporting demands in lessons; techniques will begin to look aesthetically pleasing and show some developments in competitive scenarios. Scholars will be able to officiate a basic game/practise and demonstrate effective problem solving reacting well to feedback. Scholars can transfer this learning to past and present events.
9 Leadership	Scholars will study content and develop their knowledge and understanding of the skills, tactics, rules and regulations of the sports and physical activities below; Netball Badminton	Scholars will study content and develop their knowledge and understanding of the skills, tactics, rules and regulations of the sports and physical activities below; Handball Badminton	Scholars will study content and develop their knowledge and understanding of the skills, tactics, rules and regulations of the sports and physical activities below; Football Dance	Scholars will study content and develop their knowledge and understanding of the following Health, fitness and well-being Components of fitness Methods of training Fitness Testing	Scholars will study content and develop their knowledge and understanding of the skills, tactics, rules and regulations of the sports and physical activities below; Athletics Striking and Fielding	Scholars will study content and develop their knowledge and understanding of the skills, tactics, rules and regulations of the sports and physical activities below; Striking and Fielding Athletics	A year 9 scholar will be able to apply practical skills into competitive situations whilst displaying leadership skills. Techniques will be physically aesthetically pleasing with much more independence within lessons. Scholars will understand the power of positivity and be able to reflect on personal performance and team to influence their approach to physical activity and sport.
10 Aspirations	Year 10 BTEC Sport: Component 1: Preparing Participants to Take Part in Sport and Physical Activity Year 10 GCSE PE: Theory: Component 2: Health fitness & well-being Practical: 3rd Sport assessment Year 10 Core PE Personality Pathway.	Year 10 BTEC Sport: Component 1: Preparing Participants to Take Part in Sport and Physical Activity Year 10 GCSE PE: Theory: Component 2: Socio-cultural influence Practical: Netball/Handball Year 10 Core PE Personality Pathway	Year 10 BTEC Sport: Component 1: Preparing Participants to Take Part in Sport and Physical Activity Year 10 GCSE PE: Theory: Component 2: Sport Psychology Practical: Handball/Football Year 10 Core PE Personality Pathway	Year 10 BTEC Sport: Component 2: Taking Part and Improving Other Participants Sporting Performance Year 10 GCSE PE: Theory: Component 4: PEP Practical: Climbing Year 10 Core PE Personality Pathway	Year 10 BTEC Sport: Component 2: Taking Part and Improving Other Participants Sporting Performance Year 10 GCSE PE: Theory: Component 4: PEP Practical: Athletics Year 10 Core PE Personality Pathway	Year 10 BTEC Sport: Component 2: Taking Part and Improving Other Participants Sporting Performance Year 10 GCSE PE: Theory: Component 4: PEP Practical: PEP training programme Year 10 Core PE Personality Pathway	BTEC Scholars will be able to prepare participants to take part in sport and physical activity. Scholars will also investigate the components of fitness and their effect on performance, take part in practical sport, explore the role of officials in sport and learn to apply methods and sporting drills to improve other participants' sporting performance. Year 10 GCSE PE- Scholars will complete four units of the GCSE PE qualification across year 10 and 11, which will equip scholars with the knowledge, understanding, skills and values they need to be able to develop and maintain their performance in sport. Scholars will also develop their theoretical knowledge and understanding of the factors that underpin physical activity and sport, including how physical activity benefits health, fitness and wellbeing. Scholars will be able to analyse their own physical performance by creating a personal exercise programme focusing on an area of development. Year 10 Core PE Personality Pathway – Scholars will have engaged in several different sports and activities and will have developed their leadership skills and raising aspirations through meaningful physical activity.

<p style="text-align: center;">11 Supporting Mental Health</p>	<p>Year 11 BTEC Sport: Theory: Unit 3: Applying the Principles of Personal Training Practical: Methods of Training</p> <p>Year 11 GCSE PE Component 1- Applied anatomy & physiology</p> <p>Year 11 Core PE Personality Pathway</p>	<p>Year 11 BTEC Sport: Theory: Unit 3: Applying the Principles of Personal Training Practical: Methods of Training</p> <p>Year 11 GCSE PE Component 1- Movement analysis</p> <p>Year 11 Core PE Personality Pathway</p>	<p>Year 11 BTEC Sport: Theory: Unit 3: Applying the Principles of Personal Training Practical: Methods of Training</p> <p>Year 11 GCSE PE Component 1- Physical training</p> <p>Year 11 Core PE Personality Pathway</p>	<p>Year 11 BTEC Sport: Theory: Unit 6: Sports Leadership Practical: Leadership</p> <p>Year 11 GCSE PE Component 3- Practical performance and moderation</p> <p>Year 11 Core PE Personality Pathway</p>	<p>Year 11 BTEC Sport: Theory: Unit 6: Sports Leadership Practical: Leadership</p> <p>Year 11 GCSE PE Component 1 & 2- Revision strategies and techniques</p> <p>Year 11 Core PE Personality Pathway</p>	<p>Exam Period</p>	<p>Year 11 BTEC Sport – Scholars will have four units of the BTEC qualification, gaining sports leadership skills as well as knowledge on anatomy and physiology and physical training. Scholars are prepared for post 16 and accessing courses in A level PE and BTEC Sport.</p> <p>Year 11 GCSE PE- Scholars will complete four units of the GCSE PE qualification across year 10 and 11, which will equip scholars with the knowledge, understanding, skills and values they need to be able to develop and maintain their performance in sport. In year 11, Scholars will develop their knowledge and understanding of anatomy and physiology of the human body and the application of this towards sport. Scholars are prepared for post 16 and accessing courses in A level PE and BTEC Sport.</p> <p>Year 11 Core PE Personality Pathway – Scholars will have engaged in several different sports and activities and will have developed their leadership skills as well as focused on how physical activity supports mental health.</p>
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