

Walthamstow Academy – Physical Education Curriculum Journey

Our Curriculum Intent

Copied and pasted from curriculum handbook – first page overview of curriculum – curriculum vision and curriculum principles sections

We believe that PE is one of the most important subjects' students can study at secondary school because it equips them with the skills, tools and experiences to enable them to maintain their own levels of physical and mental health and fitness for the rest of their life. Our curriculum expands beyond the teenager in the classroom and extends into every aspect of their adult life.

The taught PE curriculum uses a mastery approach, whereby students will heavily focus on '**skills**' within the sport and, through consistent **repetition, reviewing, revisiting** and **practising** the content, will aim to provide students with the platform to master each sporting discipline. This ensures students form strong bases of knowledge and understanding for the skills before moving on to more complex tasks and will ultimately allow our students to demonstrate these skills in a competitive situation.

The PE department offers a vast range of **extra-curricular** opportunities. Each term there is a selection of clubs each day during lunch and team-based clubs after school that students can attend; early after school sports clubs offers students additional practice and recreational play. Students have the added opportunities to represent the school in their chosen sport through local fixtures, local tournaments, and local and county competitions.

Our Curriculum Progression Model

When sequencing material we aim to ensure that all students achieve mastery in specified skills the techniques and tactics and knowledge and understanding will be formatively assessed at assessment points within KS3 through KPI trackers. As a result of this data input teaching content can be adapted and revisited accordingly. KPI assessment will be used to judge success and progress towards mastery, with teaching time allocated to practical work. The impact of the curriculum upon students becoming athletes or sports analysts who can then make a decision for themselves and under pressure – can be tracked through student participation in sports clubs, sports events and their role within festivals, reading about and viewing sports and whether students opt to further their study within KS4 and KS5 option PE. KS4 and KS5 success is judged on termly assessments in line with the academy assessment points and PPE's.

KS3

- We introduce students to a broad range of sports
- We aim to promote enjoyment of sport and mastering of skills
- In year 9 we introduce students to human biology (musculoskeletal and cardiorespiratory systems)
- We provide a strong extracurricular programme to aid in abilities to master taught skills

KS4

- We encourage students to specialise in a chosen sport and participate outside of school
- Biology and sports science taught to students at GCSE level
- We provide opportunities for students to gain leadership responsibilities and coaches roles

Half Term		Curriculum Content	Assessment(s) <i>(assessment title, duration and approx date)</i>	Extra-Curricular Options <i>(Places to visit; wider reading; clubs to join)</i>
Year 7 Curriculum Overview: <i>What will year 7s study and learn this academic year? Why this/ why now?</i>				
Year 7 HT1	Unit Title: Students will learn about/ develop skills of: <ul style="list-style-type: none">• Multi-skills• Trampoline• Basketball• Cross Country	Component of Fitness - Baseline assessment, two hours, w/b 12 September	<ul style="list-style-type: none">• Boys and girls’ football• Girls’ netball• Table Tennis team• Cross Country squad	
Year 7 HT2	Unit Title: Students will learn about/ develop skills of: <ul style="list-style-type: none">• Rugby• Table Tennis• Fitness	Component of Fitness - Baseline assessment, two hours, w/b 11 November	<ul style="list-style-type: none">• Boys and girls’ football• Girls’ netball• Boys’ and girls’ basketball• Indoor athletics• Badminton squad• Indoor girls’ cricket• Boys’ and girls’ Handball	
Year 7 HT3	Unit Title: Students will learn about/ develop skills of: <ul style="list-style-type: none">• Rugby• Football• Handball	Component of Fitness - Baseline assessment, two hours, w/b 30 January	<ul style="list-style-type: none">• Boys’ and girls’ basketball• Indoor athletics• Boys’ and girls’ Handball• Trampoline squad	
Year 7 HT4	Unit Title: Students will learn about/ develop skills of: <ul style="list-style-type: none">• Rugby• Handball• Football	Component of Fitness - Baseline assessment, two hours, w/b 27 March	<ul style="list-style-type: none">• Boys’ and girls’ football• Girls’ netball• Indoor athletics	

Year 7 HT5	Unit Title: Students will learn about/ develop skills of: <ul style="list-style-type: none"> • Athletics 		<ul style="list-style-type: none"> • Boys' and girls' athletics league (outdoor) • Boys Cricket
Year 7 HT6	Unit Title: Students will learn about/ develop skills of: <ul style="list-style-type: none"> • Cricket • Softball • Rounders • International sports activities 		<ul style="list-style-type: none"> • Boys' and girls' athletics league (outdoor) • Boys Cricket • Girls' Kwik cricket • Girls' rounders • Beach Volleyball
Term	Curriculum Content	Assessment(s) <i>(assessment title, duration and approx date)</i>	Extra-Curricular Options <i>(Places to visit; wider reading; clubs to join)</i>
Year 8 Curriculum Overview: <i>What will year 8s study and learn this academic year? Why this/ why now?</i>			
Year 8 HT1	Unit Title: Students will learn about/ develop skills of: <ul style="list-style-type: none"> • Multi-skills • Trampoline • Basketball • Cross Country 	Component of Fitness - Baseline assessment, two hours, w/b 12 September	<ul style="list-style-type: none"> • Boys' and girls' football • Girls' netball • Table Tennis team • Cross Country squad
Year 8 HT2	Unit Title: Students will learn about/ develop skills of: <ul style="list-style-type: none"> • Rugby • Table Tennis • Fitness 	Component of Fitness - Baseline assessment, two hours, w/b 11 November	<ul style="list-style-type: none"> • Boys and girls' football • Girls' netball • Boys' and girls' basketball • Indoor athletics • Badminton squad • Indoor girls' cricket • Boys' and girls' Handball
Year 8 HT3	Unit Title: Students will learn about/ develop skills of: <ul style="list-style-type: none"> • Rugby • Football • Handball 	Component of Fitness - Baseline assessment, two hours, w/b 30 January	<ul style="list-style-type: none"> • Boys' and girls' basketball • Indoor athletics • Boys' and girls' Handball • Trampoline squad

Year 8 HT4	Unit Title: Students will learn about/ develop skills of: <ul style="list-style-type: none"> • Rugby • Football • Handball 	Component of Fitness - Baseline assessment, two hours, w/b 27 March	<ul style="list-style-type: none"> • Boys' and girls' football • Girls' netball • Indoor athletics
Year 8 HT5	Unit Title: Students will learn about/ develop skills of: <ul style="list-style-type: none"> • Athletics 		<ul style="list-style-type: none"> • Boys' and girls' athletics league (outdoor) • Boys Cricket
Year 8 HT6	Unit Title: Students will learn about/ develop skills of: <ul style="list-style-type: none"> • Cricket • Softball • Rounders • International sports activities 		<ul style="list-style-type: none"> • Boys' and girls' athletics league (outdoor) • Boys Cricket • Girls' Kwik cricket • Girls' rounders • Beach Volleyball
Term	Curriculum Content	Assessment(s) <i>(assessment title, duration and approx date)</i>	Extra-Curricular Options <i>(Places to visit; wider reading; clubs to join)</i>
Year 9 Curriculum Overview: <i>What will year 9s study and learn this academic year? Why this/ why now?</i>			
Year 9 HT1	Unit Title: Students will learn about/ develop skills of: <ul style="list-style-type: none"> • Multi-skills • Trampoline • Basketball • Cross Country 	Component of Fitness - Baseline assessment, two hours, w/b 12 September	<ul style="list-style-type: none"> • Boys' and girls' football • Girls' netball • Table Tennis team • Cross Country squad
Year 9 HT2	Unit Title: Students will learn about/ develop skills of: <ul style="list-style-type: none"> • Rugby • Table Tennis • Fitness • PE Theory 	Component of Fitness - Baseline assessment, two hours, w/b 11 November	<ul style="list-style-type: none"> • Boys' and girls' football • Girls' netball • Boys' and girls' basketball • Indoor athletics • Badminton squad • Indoor girls' cricket

			<ul style="list-style-type: none"> Boys' and girls' Handball
Year 9 HT3	Unit Title: Students will learn about/ develop skills of: <ul style="list-style-type: none"> Rugby Football Handball PE Theory 	Component of Fitness - Baseline assessment, two hours, w/b 30 January PE Theory – End of topic exam, one hour exam (50 marks)	<ul style="list-style-type: none"> Boys' and girls' basketball Indoor athletics Boys' and girls' Handball Trampoline squad
Year 9 HT4	Unit Title: Students will learn about/ develop skills of: <ul style="list-style-type: none"> Rugby Football Handball 	Component of Fitness - Baseline assessment, two hours, w/b 27 March	<ul style="list-style-type: none"> Boys and girls' football Girls' netball Indoor athletics
Year 9 HT5	Unit Title: Students will learn about/ develop skills of: <ul style="list-style-type: none"> Athletics 		<ul style="list-style-type: none"> Boys' and girls' athletics league (outdoor) Boys Cricket
Year 9 HT6	Unit Title: Students will learn about/ develop skills of: <ul style="list-style-type: none"> Cricket Softball Rounders International sports activities 		<ul style="list-style-type: none"> Boys' and girls' athletics league (outdoor) Boys Cricket Girls' Kwik cricket Girls' rounders Beach Volleyball
Term	Curriculum Content	Assessment(s) (assessment title, duration and approx date)	Extra-Curricular Options (Places to visit; wider reading; clubs to join)
Year 10 Curriculum Overview: What will year 10s study and learn this academic year? Why this/ why now?			
Year 10 HT1	Unit Title: Students will learn about/ develop skills of: <u>PE GCSE</u> <u>Health and fitness</u>	PE GCSE – Provide an end of unit exam at the conclusion of every Unit, 60 mins exam (50 marks)	<ul style="list-style-type: none"> Boys' and girls' football Girls' netball Table Tennis team Cross Country squad

	<ul style="list-style-type: none"> • Health and fitness • Consequences of a sedentary lifestyle • Obesity & Performance • Somatotypes • Energy use • Roles of carbohydrates, fats, proteins, vitamins, minerals & water <p>BTEC Sport <u>Practical performance in sport</u></p> <ul style="list-style-type: none"> • Rules and regulations • Scenarios • Officials essay • Sports poster • Isolated practices <p>PE Core <u>Pathway 1</u></p> <ul style="list-style-type: none"> • Football • Rugby • Basketball <p><u>Pathway 2</u></p> <ul style="list-style-type: none"> • Boxercise • Yoga <p><u>Pathway 3</u></p> <ul style="list-style-type: none"> • Trampolining • Handball • Table Tennis 	<p>PE GCSE – Paper 1 PPE, 75mins (78 marks), late November</p>	
<p>Year 10 HT2</p>	<p>Unit Title: Students will learn about/ develop skills of:</p> <p>PE GCSE <u>Applied anatomy and physiology</u></p> <ul style="list-style-type: none"> • Bones and functions of the Skelton • Structure of synovial joints and types of freely moveable joints 		<ul style="list-style-type: none"> • Boys’ and girls’ football • Girls’ netball • Boys’ and girls’ basketball • Indoor athletics • Badminton squad • Indoor girls’ cricket

	<ul style="list-style-type: none"> Antagonistic pairing <p><u>Physical training</u></p> <ul style="list-style-type: none"> Health and fitness Components of fitness Fitness testing <p>BTEC Sport</p> <p><u>Practical performance in sport</u></p> <ul style="list-style-type: none"> Conditioned practices Checklist Analysis of performance <p>PE Core</p> <p><u>Pathway 1</u></p> <ul style="list-style-type: none"> Football Rugby Basketball <p><u>Pathway 2</u></p> <ul style="list-style-type: none"> Boxercise Yoga <p><u>Pathway 3</u></p> <ul style="list-style-type: none"> Trampolining Handball Table Tennis 		<ul style="list-style-type: none"> Boys' and girls' Handball
Year 10 HT3	<p>Unit Title: Students will learn about/ develop skills of:</p> <p>PE GCSE</p> <p><u>Physical training</u></p> <ul style="list-style-type: none"> Principles of training and overload (including application) Types of training advantages & disadvantages Calculating intensities (training zones) <p><u>Physical training</u></p> <ul style="list-style-type: none"> Safety principles (warm-ups & cool downs) 		<ul style="list-style-type: none"> Boys' and girls' basketball Indoor athletics Boys' and girls' Handball Trampoline squad

	<ul style="list-style-type: none"> High altitude training and seasonal aspects <p>BTEC Sport <u>Practical performance in sport</u></p> <ul style="list-style-type: none"> Analysis of performance <p>PE Core <u>Pathway 1</u></p> <ul style="list-style-type: none"> Handball Table Tennis Football <p><u>Pathway 2</u></p> <ul style="list-style-type: none"> Pilates Fitness <p><u>Pathway 3</u></p> <ul style="list-style-type: none"> Softball Danish Longball 		
Year 10 HT4	<p>Unit Title: Students will learn about/ develop skills of:</p> <p>PE GCSE <u>Physical training</u></p> <ul style="list-style-type: none"> Principles of training and overload (including application) Types of training advantages & disadvantages Calculating intensities (training zones) <p><u>Physical training</u></p> <ul style="list-style-type: none"> Safety principles (warm-ups & cool downs) High altitude training and seasonal aspects <p>BTEC Sport <u>External Exam</u></p> <ul style="list-style-type: none"> Fitness components Fitness testing 	PE GCSE – Paper 1 PPE, 75mins (78 marks), late February	<ul style="list-style-type: none"> Boys' and girls' football Girls' netball Indoor athletics

	<p>PE Core</p> <p><u>Pathway 1</u></p> <ul style="list-style-type: none"> • Handball • Table Tennis • Football <p><u>Pathway 2</u></p> <ul style="list-style-type: none"> • Pilates • Fitness <p><u>Pathway 3</u></p> <ul style="list-style-type: none"> • Softball • Danish Longball 		
Year 10 HT5	<p>Unit Title: Students will learn about/ develop skills of:</p> <p>PE GCSE</p> <p><u>Movement analysis</u></p> <ul style="list-style-type: none"> • Levers • Mechanical advantages (planes & axis) • Analysis of sporting movements <p><i>Coursework – Performance analysis & evaluation</i></p> <p>BTEC Sport</p> <p><u>Fitness for sport and exercise (External exam)</u></p> <ul style="list-style-type: none"> • Training methods • Principles of training • Exam style questions <p><u>Fitness for sport and exercise (External exam)</u></p> <ul style="list-style-type: none"> • Fitness components (recap) • Fitness testing (recap) • Training methods (recap) • Principles of training (recap) • Exam style questions (recap) 		<ul style="list-style-type: none"> • Boys' and girls' athletics league (outdoor) • Boys Cricket

	<p><u>PE Core</u></p> <p><u>Pathway 1</u></p> <ul style="list-style-type: none"> • Athletics <p><u>Pathway 2</u></p> <ul style="list-style-type: none"> • Trampoline • Samba <p><u>Pathway 3</u></p> <ul style="list-style-type: none"> • Ultimate Frisbee • Diamond Cricket • Rounders 		
Year 10 HT6	<p>Unit Title: Students will learn about/ develop skills of:</p> <p><u>PE GCSE</u></p> <p><u>Sports psychology</u></p> <ul style="list-style-type: none"> • Goal setting • SMART targets and information processing model • Arousal and inverted U theory • Stress management techniques • Aggression & personality • Motivation (intrinsic & extrinsic) <p><u>BTEC Sport</u></p> <p><u>Applying the principles of personal training</u></p> <ul style="list-style-type: none"> • Musculo-skeletal systems • Cardio-respiratory systems • How to design a fitness programme <p><u>PE Core</u></p> <p><u>Pathway 1</u></p> <ul style="list-style-type: none"> • Athletics <p><u>Pathway 2</u></p>		<ul style="list-style-type: none"> • Boys' and girls' athletics league (outdoor) • Boys Cricket • Girls' Kwik cricket • Girls' rounders • Beach Volleyball

	<ul style="list-style-type: none"> • Trampoline • Samba <p><u>Pathway 3</u></p> <ul style="list-style-type: none"> • Ultimate Frisbee • Diamond Cricket • Rounders 		
Term	Curriculum Content	Assessment(s) (assessment title, duration and approx date)	Extra-Curricular Options (Places to visit; wider reading; clubs to join)
Year 11 Curriculum Overview: <i>What will year 11s study and learn this academic year? Why this/ why now?</i>			
Year 11 HT1	<p>Unit Title: Students will learn about/ develop skills of:</p> <p><u>PE GCSE</u> <u>Applied anatomy and physiology</u></p> <ul style="list-style-type: none"> • Pathways of air and gaseous exchange • Blood vessels • Cardiac output & stroke volume • Structure of the heart • Cardiac cycle (pathway of blood and redistribution) • Mechanics of breathing <p><u>BTEC Sport</u> <u>Applying the principles of personal training</u></p> <ul style="list-style-type: none"> • Personal fitness training programme <p><u>PE Core</u> <u>Pathway 1</u></p> <ul style="list-style-type: none"> • Football • Rugby • Basketball <p><u>Pathway 2</u></p> <ul style="list-style-type: none"> • Boxercise 	<p>PE GCSE – Paper 2 PPE, 75mins (78 marks), late November</p>	<ul style="list-style-type: none"> • Boys’ and girls’ football • Girls’ netball • Table Tennis team • Cross Country squad

	<ul style="list-style-type: none"> • Yoga <p><u>Pathway 3</u></p> <ul style="list-style-type: none"> • Trampolining • Handball • Table Tennis 		
Year 11 HT2	<p>Unit Title: Students will learn about/ develop skills of:</p> <p><u>PE GCSE</u> <u>Socio-cultural influences</u></p> <ul style="list-style-type: none"> • Engagement patterns and factors affecting them • Commercialisation. sponsorship and media • Positive and negative impacts of sponsorship and media <p><u>BTEC Sport</u> <u>Applying the principles of personal training</u></p> <ul style="list-style-type: none"> • Personal fitness training programme • Evidencing • Performance evaluation <p><u>PE Core</u> <u>Pathway 1</u></p> <ul style="list-style-type: none"> • Football • Rugby • Basketball <p><u>Pathway 2</u></p> <ul style="list-style-type: none"> • Boxercise • Yoga <p><u>Pathway 3</u></p> <ul style="list-style-type: none"> • Trampolining • Handball • Table Tennis 		<ul style="list-style-type: none"> • Boys' and girls' football • Girls' netball • Boys' and girls' basketball • Indoor athletics • Badminton squad • Indoor girls' cricket • Boys' and girls' Handball

Year 11 HT3	<p>Unit Title: Students will learn about/ develop skills of:</p> <p><u>PE GCSE</u> <i>Revision Paper 1</i></p> <ul style="list-style-type: none"> Paper 1 - Applied anatomy and physiology Paper 1 – Physical training Movement analysis <p><u>BTEC Sport</u> <i>Fitness for sport and exercise (External exam)</i></p> <ul style="list-style-type: none"> Training methods (recap) Principles of training (recap) Exam style questions (recap) Fitness components (recap) Fitness testing (recap) <p><u>PE Core</u> <i>Pathway 1</i></p> <ul style="list-style-type: none"> Handball Table Tennis Football <p><i>Pathway 2</i></p> <ul style="list-style-type: none"> Pilates Fitness <p><i>Pathway 3</i></p> <ul style="list-style-type: none"> Softball Danish Longball 		<ul style="list-style-type: none"> Boys’ and girls’ basketball Indoor athletics Boys’ and girls’ Handball Trampoline squad
Year 11 HT4	<p>Unit Title: Students will learn about/ develop skills of:</p> <p><u>PE GCSE</u></p>	PE GCSE – Paper 1 PPE, 75mins (78 marks), late February	<ul style="list-style-type: none"> Boys’ and girls’ football Girls’ netball Indoor athletics

	<p><u>Revision Paper 1</u></p> <ul style="list-style-type: none"> • Applied anatomy and physiology • Physical training • Movement analysis <p><u>BTEC Sport</u></p> <p><u>Leadership</u></p> <ul style="list-style-type: none"> • What makes a good leader? • Leadership poster • What makes a good sports session? • Plan a sports session <p><u>PE Core</u></p> <p><u>Pathway 1</u></p> <ul style="list-style-type: none"> • Handball • Table Tennis • Football <p><u>Pathway 2</u></p> <ul style="list-style-type: none"> • Pilates • Fitness <p><u>Pathway 3</u></p> <ul style="list-style-type: none"> • Softball • Danish Longball 		
<p>Year 11 HT5</p>	<p>Unit Title: Students will learn about/ develop skills of:</p> <p><u>PE GCSE</u></p> <p><u>Revision Paper 2</u></p> <ul style="list-style-type: none"> • Health and Fitness • Socio-cultural influences • Data analysis <p><u>BTEC Sport</u></p>		<ul style="list-style-type: none"> • Boys' and girls' athletics league (outdoor) • Boys Cricket

	<p><u>Leading sports activity</u></p> <ul style="list-style-type: none">• Practice sports session plan• Leading a sports session• Evaluate a sports session• Finalise BTEC folder <p>PE Core</p> <p><u>Pathway 1</u></p> <ul style="list-style-type: none">• Athletics <p><u>Pathway 2</u></p> <ul style="list-style-type: none">• Trampoline• Samba <p><u>Pathway 3</u></p> <ul style="list-style-type: none">• Ultimate Frisbee• Diamond Cricket• Rounders		
--	---	--	--