

NKS Physical Education Curriculum Map 2021



The purpose of studying Physical Education at NKS is...

At Norton Knatchbull School the Physical Education Department aim to provide a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. We provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. Our department also aims to ensure that all pupils develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engaged in competitive sports and lead a healthy, active lifestyle.

For further information please contact:

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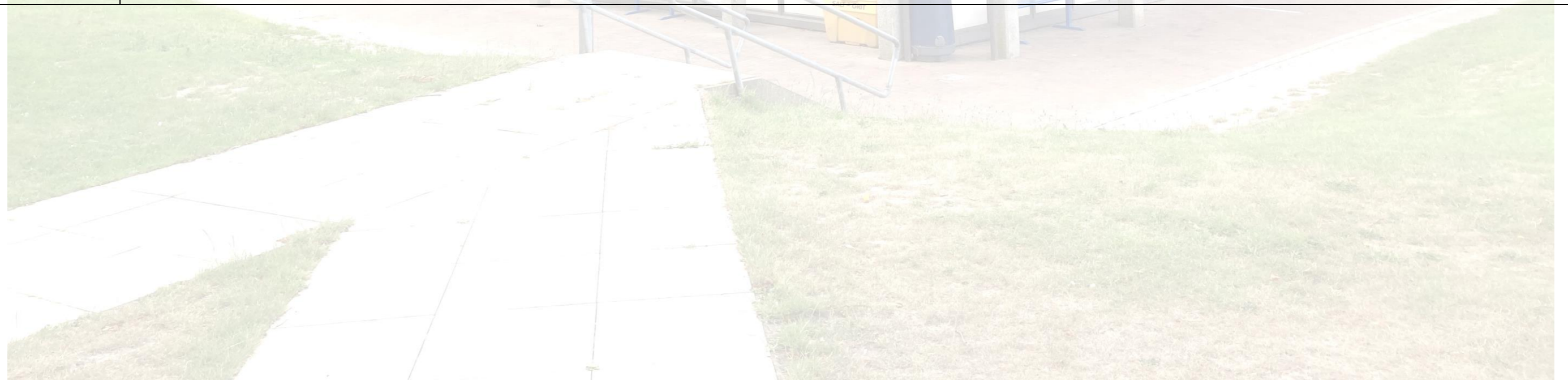
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Year 7

Prior to joining NKS students will have studied... Local primary schools offer a range of sporting experiences. Some pupils may not of been taught units in specific sports, but more about developing motor skills such as catching, throwing, kicking, balancing etc. Some school do have external coaches who give sessions on Hockey and Cricket for example.

Our curriculum builds on and extends this by... e.g. Units are sequenced to encourage/allow...the development of basic and some intermediate skills across a range of sports. Tactical knowledge, positional sense and an understanding of the rules are also developed in Rugby, Football, Hockey, Gymnastics, Basketball, Badminton, Athletics, Cricket and Tennis.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Content – Knowledge and Understanding & Skills and concepts	<p>CORE</p> <p>Rugby</p> <ul style="list-style-type: none"> • Passing, Positional sense, attacking & defensive lines, Tackling & Rucking • 3 man scrums • 3 v 3 & 5 v 5 games <p>Badminton</p> <ul style="list-style-type: none"> • Clears, Drop Shots • Singles play <p>Cross country</p> <ul style="list-style-type: none"> • Pace & Endurance <p>-----</p>	<p>Hockey</p> <ul style="list-style-type: none"> • Controlling the ball • Push Pass • Slap pass • 3 v 1 possession • 3 v 3 games <p>Basketball</p> <ul style="list-style-type: none"> • Chest & Bounce pass • Dribbling • Set shots • Lay ups • 3 v 3 games <p>-----</p>	<p>Hockey</p> <ul style="list-style-type: none"> • Controlling the ball • Push Pass • Slap pass • 3 v 1 possession • 3 v 3 games <p>Basketball</p> <ul style="list-style-type: none"> • Chest & Bounce pass • Dribbling • Set shots • Lay ups • 3 v 3 games <p>-----</p>	<p>Football</p> <ul style="list-style-type: none"> • Instep & Laces passing • 3 v 1 Possession • Control diff parts of body • Dribbling • 5 v 5 games <p>Gymnastics</p> <ul style="list-style-type: none"> • Point balances • Basic travelling rolls/jumps • paired sequences/routines. <p>-----</p>	<p>Athletics</p> <ul style="list-style-type: none"> • Intro to sprints/ middle distance/ throws and jumps <p>-----</p>	<p>Tennis</p> <ul style="list-style-type: none"> • Grip • Ready Position • Forehand • Backhand • Singles play <p>Cricket</p> <ul style="list-style-type: none"> • Fielding • Bowling • Straight drive • Forward Def • Small sided games <p>-----</p>
Assessment		Assessed on the skills learnt within their Rugby & Badminton against 1-9	Assessed on the skills learnt within their Hockey & Basketball against 1-9	Assessed on the skills learnt within their Football & Gymnastics against 1-9	Assessed on the skills & events learnt within their Athletics against 1-9	Assessed on the skills learnt within their Cricket & Tennis against 1-9
Enrichment and extension	<p>Football, Rugby, Hockey, Athletics, Tennis & Cricket Teams and Badminton Tournament.</p> <p>House Competitions for Rugby, Football, Hockey, Badminton, Basketball, Athletics, Tennis & Cricket.</p>					



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Year 8

Our Y8 curriculum builds on and extends the work done in Y7 by... e.g. Units are sequenced to encourage/allow... the further development of basic and intermediate skills across a range of sports. Tactical knowledge, positional sense and an understanding of the rules are also further developed in Rugby, Football, Hockey, Gymnastics, Basketball, Badminton, Athletics, Cricket and Tennis.

It prepares students for the GCSE programme by... e.g. Units are sequenced to encourage/allow... the development of both their practical skills as well as their knowledge of muscles and team building and coaching skills.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Content – Knowledge and Understanding & Skills and concepts	<p align="center">CORE</p> <p>Rugby</p> <ul style="list-style-type: none"> • Passing, • Positional sense, attacking & defensive lines, • Tackling • Rucking & clearing out • Mauling • 5 man scrums • 7 v 7 games <p>Gymnastics</p> <ul style="list-style-type: none"> • Mirror/Matching balances • Travelling rolls/jumps • Routines in 4s <p>Cross country</p> <ul style="list-style-type: none"> • Pace & Endurance 	<p>Hockey</p> <ul style="list-style-type: none"> • Controlling the ball • Push Pass • Slap pass • 7 v 3 possession • Tackling technique • 7 v 7 games <p>Basketball</p> <ul style="list-style-type: none"> • Chest & Bounce pass • Dribbling • Set shots • Lay ups • 3 v 3 games 	<p>Hockey</p> <ul style="list-style-type: none"> • Controlling the ball • Push Pass • Slap pass • 7 v 3 possession • Tackling technique • 7 v 7 games <p>Basketball</p> <ul style="list-style-type: none"> • Chest & Bounce pass • Dribbling • Set shots • Lay ups • 3 v 3 games 	<p>Football</p> <ul style="list-style-type: none"> • Instep & Laces passing • 7 v 3 Possession • Control diff parts of body • Dribbling & Turns • 7 v 7 games <p>Badminton</p> <ul style="list-style-type: none"> • Clears, Drop Shots, Drive • Singles play 	<p>Athletics</p> <ul style="list-style-type: none"> • sprints/ relay Middle distance / throws and jumps 	<p>Tennis</p> <ul style="list-style-type: none"> • Grip • Ready Position • Forehand • Backhand • Volleys • Singles play <p>Cricket</p> <ul style="list-style-type: none"> • Fielding • Bowling • Back Defence • Pull shot • Small sided games
Assessment		Assessed on the skills learnt within their Rugby & Gymnastics against 1-9	Assessed on the skills learnt within their Hockey & Basketball against 1-9	Assessed on the skills learnt within their Football & Badminton against 1-9	Assessed on the skills & events learnt within their Athletics against 1-9	Assessed on the skills learnt within their Cricket & Tennis against 1-9
Enrichment and extension	Football, Rugby, Hockey, Athletics, Tennis & Cricket Teams and Badminton Tournament. House Competitions for Rugby, Football, Hockey, Badminton, Basketball, Athletics, Tennis & Cricket.					



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Year 9

Our Y9 curriculum builds on and extends the work done in Y8 by... e.g. Units are sequenced to encourage/allow... Units are sequenced to encourage/allow... the further development of intermediate skills across a range of sports. Tactical knowledge, positional sense and an understanding of the rules are also further developed in Rugby, Football, Hockey, Gymnastics, Basketball, Badminton, Athletics, Cricket and Tennis.

At GCSE, the pupils are introduced to new sports which include Table Tennis, Volleyball, Handball as well as a Sport Creation unit that develops their team building, communicational and leadership skills.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Content – Knowledge and Understanding & Skills and concepts	<p align="center">CORE</p> Rugby <ul style="list-style-type: none"> • Passing, Positional sense, attacking & defensive lines, • Tackling • Continuous Rucking • Mauling situations • Phase play situations • 8 man scrums • 7 v 7 games Badminton <ul style="list-style-type: none"> • Clears, Drop Shots, Drive & Smash • Doubles play Cross country <ul style="list-style-type: none"> • Pace & Endurance 	Hockey <ul style="list-style-type: none"> * Controlling the ball * Slap pass * Hit pass * 7 v 3 possession * Short Corners * 7 v 7 games Basketball <ul style="list-style-type: none"> * Chest & Bounce pass * Dribbling weaker hand * Jump shots * Lay ups * 5 v 5 games 	Hockey <ul style="list-style-type: none"> * Controlling the ball * Slap pass * Hit pass * 7 v 3 possession * Short Corners * 7 v 7 games Basketball <ul style="list-style-type: none"> * Chest & Bounce pass * Dribbling weaker hand * Jump shots * Lay ups * 5 v 5 games 	Football <ul style="list-style-type: none"> * Instep & Laces passing * 7 v 3 Possession * Dribbling & Turns * Crossing & Shooting * 7 v 7 games Gymnastics <ul style="list-style-type: none"> * Threw Vaults * Straddle Vaults * Neck springs 	Athletics <ul style="list-style-type: none"> * sprints/ relay * Middle distance / throws and jumps 	Tennis <ul style="list-style-type: none"> * Grip * Ready Position * Forehand * Backhand * Volleys * Serves <ul style="list-style-type: none"> * Doubles play Cricket <ul style="list-style-type: none"> * Fielding * Bowling * Drive shot * Cut shot * Small sided games
	GCSE Core skills in Volleyball	Core skills in Handball	Sport Creation topic to develop leadership skills and group dynamics	Core skills in Table Tennis	Core skills in Tennis	Core skills in Cricket
Assessment	GCSE Practical	GCSE Practical	GCSE Practical	GCSE Practical	GCSE Practical	GCSE Practical
Enrichment and extension	Football, Rugby, Hockey, Athletics, Tennis & Cricket Teams and Badminton Tournament. House Competitions for Rugby, Football, Hockey, Badminton, Basketball, Athletics, Tennis & Cricket.					

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Year 10

Our Y10 curriculum builds on and extends the work done in Y9 by... e.g. Units are sequenced to encourage/allow... the further development of intermediate skills and introduce advanced skills across a range of sports. Tactical knowledge, positional sense and an understanding of the rules are also further developed. Pupils develop their coaching abilities through our Football coaching programme and are then given options where they get to choose which sports they would like to specialise in.

At GCSE, the pupils are practically taught intermediate and advanced skills across a range of sports that can be used for the GCSE practical element of the course. The pupils also start the theory part of the course where they cover topics on Health, Fitness, Diet, Psychology, Commercialisation, Technology, Training programmes.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Content – Knowledge and Understanding & Skills and concepts	<p style="text-align: center;">CORE</p> <p>Football</p> <ul style="list-style-type: none"> Pupils develop their coaching by coaching peers 11 v 11 Tournament <p>GCSE Practical</p> <p>Pupils learn advanced skills in Volleyball</p> <p>GCSE Theory</p> <p>Pupils learn & are assessed on the following topics;</p> <ul style="list-style-type: none"> Health & Fitness Sedentary Lifestyle & Obesity Somatotypes Food Components Use of data 	<p>Football</p> <ul style="list-style-type: none"> Pupils develop their coaching by coaching peers 11 v 11 Tournament <p>Pupils learn advanced skills in Handball</p> <p>Pupils learn & are assessed on the following topics;</p> <ul style="list-style-type: none"> Skills & Ability Goal Setting & Info Processing Guidance Feedback Arousal Motivation Participation Aggression Personality 	<p>Options</p> <ul style="list-style-type: none"> Pupils develop their Advanced skills & match play in either Volleyball, Badminton, Hockey, Fitness. <p>Pupils learn advanced skills in Table Tennis</p> <p>Pupils learn & are assessed on the following topics;</p> <ul style="list-style-type: none"> Skills & Ability Goal Setting & Info Processing Guidance Feedback Arousal Motivation Participation Aggression Personality 	<p>Options</p> <ul style="list-style-type: none"> Pupils develop their Advanced skills & match play in either Basketball, Badminton, Table Tennis, Rugby, Fitness <p>Pupils learn advanced skills in Football & Hockey</p> <p>Pupils learn & are assessed on the following topics;</p> <ul style="list-style-type: none"> Commercialisation in Sport Technology in Sport Spectator Behaviour Player Conduct 	<p>Athletics</p> <ul style="list-style-type: none"> Pupils develop advanced skills and techniques across a range of Athletic disciplines <p>Pupils learn advanced skills in Tennis</p> <p>Pupils learn & are assessed on the following topics;</p> <ul style="list-style-type: none"> Fitness Components Fitness Testing Principles of training Types of Training Safety Principles Training Seasons 	<p>Options</p> <ul style="list-style-type: none"> Pupils develop their Advanced skills & Match play in either Cricket, Tennis or Softball <p>Pupils learn advanced skills in Cricket</p> <p>Pupils learn & are assessed on the following topics;</p> <ul style="list-style-type: none"> Fitness Components Fitness Testing Principles of training Types of Training Safety Principles Training Seasons
Assessment	<p>GCSE Practical</p> <p>Unit Test 1 on Theory</p>	<p>GCSE Practical</p> <p>Unit Test 2 on Theory</p>	<p>GCSE Practical</p> <p>Unit Test 2 on Theory</p>	<p>GCSE Practical</p> <p>Unit Test 3 on Theory</p>	<p>GCSE Practical</p> <p>Unit Test 3 on Theory</p>	<p>GCSE Practical</p> <p>Unit Test 4 on Theory</p>
Enrichment and extension	<p>Football, Rugby, Hockey, Athletics, Tennis & Cricket Teams and Badminton Tournament</p> <p>House Competitions for Rugby, Football, Hockey, Badminton, Basketball, Athletics, Tennis & Cricket</p>					

NKS Physical Education Curriculum Map 2021

Year 11

Our Y11 curriculum builds on and extends the work done in Y10 by... e.g. Units are sequenced to encourage/allow... the further development of intermediate skills and advanced skills across a range of sports. Tactical knowledge, positional sense and an understanding of the rules are also further developed. Pupils develop their coaching abilities through our Football coaching programme and are then given options where they get to choose which sports they would like to specialise in.

At GCSE, the pupils are practically taught intermediate and advanced skills across a range of sports that can be used for the GCSE practical element of the course. The pupils also continue the theory part of the course where they cover topics on Anatomy & Physiology and Movement Analysis. We then run a revision programme in term 4 & 5, focussing on exam technique and questions.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Content – Knowledge and Understanding & Skills and concepts	<p align="center">CORE</p> <p>Football</p> <ul style="list-style-type: none"> Pupils develop their coaching by coaching peers 11 v 11 Tournament <p align="center">GCSE Practical</p> <p>Pupils learn advanced skills in Badminton</p> <p align="center">GCSE Theory</p> <p>Pupils learn & are assessed on the following topics; Muscular Skeletal system Joints Respiratory System Cardiovascular system</p>	<p>Football</p> <ul style="list-style-type: none"> Pupils develop their coaching by coaching peers 11 v 11 Tournament <p align="center">GCSE Practical</p> <p>Pupils learn advanced skills in Basketball</p> <p align="center">GCSE Theory</p> <p>Pupils learn & are assessed on the following topics; Aerobic & Anaerobic exercise Effects of Exercise Levers Muscle Action</p>	<p>Options</p> <ul style="list-style-type: none"> Pupils develop their Advanced skills & match play in either Volleyball, Badminton, Hockey, Fitness, <p align="center">GCSE Practical</p> <p>Pupils learn advanced skills in Rugby</p> <p align="center">GCSE Theory</p> <p>Pupils learn & are assessed on the following topics; Planes & Axis Movement Analysis Coursework Planning & Draft</p>	<p>Options</p> <ul style="list-style-type: none"> Pupils develop their Advanced skills & match play in either Basketball, Badminton, Table Tennis, Rugby, Fitness <p align="center">GCSE Practical</p> <p>Pupils learn advanced skills and are reassessed across a range of sports to finalise grades.</p> <p align="center">GCSE Theory</p> <p>Pupils focus on the following; Coursework Final Submission Revision & Practice Exams</p>	<p>Options</p> <ul style="list-style-type: none"> Pupils develop their Advanced skills & Match play in either Cricket, Tennis or Softball <p align="center">GCSE Theory</p> <p>Pupils focus on the following; Revision & Practice Exams</p>	
Assessment	GCSE Practical	GCSE Practical Unit Test 5	GCSE Practical Unit Test 6	GCSE Practical	GCSE Practical	GCSE Practical
Enrichment and extension	Football & Rugby teams, Badminton Tournament. House Competitions for Rugby, Football, Hockey, Badminton, Basketball, Athletics, Tennis & Cricket.					

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Year 12

Prior to commencing A Level students will have studied... ideally GCSE Physical Education, but must also have a good knowledge in Biology (entry requirement of a 6) Pupils will play sport regularly outside of school

And will need to specialise in 1 sport.

An understanding of students' starting points is achieved by... looking at their GCSE grades in PE, their GCSE Theory paper marks and their Biology GCSE grade. Literacy tasks are within every lesson and regular early home works are set to gauge pupils starting points and any knowledge gaps. The 1st Unit Test is early in the course to identify strengths & weaknesses of the pupils.

Our Y12 curriculum builds on and extends this by... e.g. Units are sequenced to encourage/allow... development and thinking skills across a range of topics including participation, anatomy and physiology, skill acquisition & sport and society.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Content – Knowledge and Understanding & Skills and concepts	Paper 1: Factors affecting participation in physical activity and sport Section A: Applied anatomy and physiology	Paper 1: Factors affecting participation in physical activity and sport Section A: Applied anatomy and physiology	Paper 1: Factors affecting participation in physical activity and sport Section B: Skill acquisition	Paper 1: Factors affecting participation in physical activity and sport Section B: Skill acquisition	Paper 1: Factors affecting participation in physical activity and sport Section C: Sport and society	Paper 1: Factors affecting participation in physical activity and sport Section C: Sport and society
Assessment	Linear Progressive Tests on topics taught	Linear Progressive Tests on topics taught	Linear Progressive Tests on topics taught	Linear Progressive Tests on topics taught	Linear Progressive Tests on topics taught PPE	Linear Progressive Tests on topics taught
Enrichment and extension	1 st & 2 nd XI Football teams, 1 st XI Hockey team, 1 st XI Cricket team, U18 Tennis Team. Enrichment programme on Wednesday afternoons					



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Year 13

Our Y13 curriculum builds on and extends the work done in Y12 by... e.g. Units are sequenced to encourage/allow... development and thinking skills across a range of topics including exercise physiology, biomechanics, sport psychology, sport and society. Revision programme then in place for Year 12 & 13.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Content – Knowledge and Understanding & Skills and concepts	Paper 2: Factors affecting optimal performance in physical activity and sport Section A: Exercise physiology and biomechanics	Paper 2: Factors affecting optimal performance in physical activity and sport Section A: Exercise physiology and biomechanics	Paper 2: Factors affecting optimal performance in physical activity and sport Section B: Sport psychology	Paper 2: Factors affecting optimal performance in physical activity and sport Section C: Sport and society and technology in sport	Paper 2: Factors affecting optimal performance in physical activity and sport Revision programme and Exam question practice / previous papers	Paper 2: Factors affecting optimal performance in physical activity and sport
Assessment	Linear Progressive Tests on topics taught	Linear Progressive Tests on topics taught	Linear Progressive Tests on topics taught	Linear Progressive Tests on topics taught	Linear Progressive Tests on topics taught	Linear Progressive Tests on topics taught
Enrichment and extension	1 st & 2 nd XI Football teams, 1 st XI Hockey team, 1 st XI Cricket team, U18 Tennis Team. Enrichment programme on Wednesday afternoons					

