

Curriculum Overview

Subject: Physical Education
Year Group: 7

Students are introduced to fundamental skills in team sports and individual activities. Initial tactics are introduced in team sports and evaluation and sequencing techniques in individual activities. Health and safety requirements of each activity will be delivered. Students are encouraged to demonstrate their learnt skills and tactics in small sided games. Students can describe the QPG levels, what level they are and what they need to do to improve. Key terms are introduced in lessons and reinforced around teaching areas and in changing rooms. Students are encouraged to attend EC. Gifted and talented students are informed of local clubs to attend and are entered in to county, regional and national competitions.

TERM 1	TERM 2	TERM 3
<p>KNOWLEDGE/SKILLS</p> <p>Individual skills, tactics, key terms and health and safety requirements in:</p> <p>Understanding the three components of a warm up.</p> <p>Students will understand the QPG levels and be able to describe the core skills, tactics and concepts of each activity. All students will have the opportunity to perform skills in practice and game situations. Those who are working at a higher level will have the additional extension opportunity of performing the more complex skills.</p> <p><u>Team Sports</u></p> <p>Basketball, Rugby, Football, Netball</p> <p>Introduction of passing and moving in to space to develop give and go. Basic handling, receiving, tackling, types of passing and shooting skills are introduced and explored.</p> <p><u>Individual Activities</u></p> <p>Fitness (includes elements of dance through Zumba type activities), Trampolining</p>	<p>KNOWLEDGE/SKILLS</p> <p>Individual skills, tactics, key terms and health and safety requirements in:</p> <p>Students will understand the QPG levels and be able to describe the core skills, tactics and concepts of each activity. All students will have the opportunity to perform skills in practice and game situations. Those who are working at a higher level will have the additional extension opportunity of performing the more complex skills.</p> <p><u>Team Sports</u></p> <p>Basketball, Football, Rugby, Dodgeball, Handball</p> <p>Introduction of passing and moving in to space to develop give and go. Basic handling, receiving, tackling, types of passing and shooting skills are introduced and explored. Man to man defense is introduced.</p> <p><u>Individual Activities</u></p> <p>Table Tennis, Badminton, Athletics, Trampolining</p>	<p>KNOWLEDGE/SKILLS</p> <p>Individual skills, tactics, key terms and health and safety requirements in:</p> <p>Students will understand the QPG levels and be able to describe the core skills, tactics and concepts of each activity. All students will have the opportunity to perform skills in practice and game situations. Those who are working at a higher level will have the additional extension opportunity of performing the more complex skills.</p> <p><u>Team Sports</u></p> <p>Cricket, Rounders, Handball, Softball</p> <p><u>Individual Activities</u></p> <p>Athletics, Tennis</p>
<p>KEY ASSESSMENTS</p> <p>Half term 1: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term.</p>	<p>KEY ASSESSMENTS</p> <p>Half term 1: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term.</p>	<p>KEY ASSESSMENTS</p> <p>Half term 1: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term.</p>

<p>Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p> <p>Half term 2: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p>	<p>Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p> <p>Half term 2: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p>	<p>Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p> <p>Half term 2: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p>
<p>Extended reading suggestions and external resources:</p> <p>Extension opportunities arise in PE through extra-curricular practices and inter school fixtures and competitions.</p> <p>External resources are links to local clubs the PE Department has developed e.g. Westcliff Rugby Club, Southend Athletics Club, Southend Sapphires Netball Club.</p> <p>From 2025 year 5 students will have the opportunity to experience our KS3 facilities through inter school tournaments in Basketball, Football and Netball. Links with the KS2 PE curriculum will be developed with the aim of students arriving to Chase in year 7 with an increased understanding of core skills.</p>		

Curriculum Overview

Subject: Physical Education
Year Group: 8

Students continue to develop fundamental skills in team sports and individual activities. Once consistency of fundamental skills has been demonstrated, students are extended through opportunities to develop more complex skills. Initial tactics are reviewed and improved in team sports and more detailed evaluation techniques and sequencing in individual activities. Health and safety requirements of each activity will be reviewed. Students are encouraged to demonstrate increasingly effective and developed skills and tactics in small sided games. Students can describe the QPG levels, what level they are and what they need to do to improve. Key terms are embedded in lessons and reinforced around teaching areas and in changing rooms. Students are encouraged to attend EC. Gifted and talented students are informed of local clubs to attend and are entered in to county, regional and national competitions.

TERM 1	TERM 2	TERM 3
<p>KNOWLEDGE/SKILLS</p> <p>Individual skills, tactics, key terms and health and safety requirements in:</p> <p>Understanding beginning to lead the three components of a warm up.</p> <p>Students will understand the QPG levels and be able to describe the core skills, tactics and concepts of each activity. All students will have the opportunity to perform skills in practice and game situations. Those who are working at a higher level will have the additional extension opportunity of performing the more complex skills.</p> <p><u>Team Sports</u></p> <p>Basketball, Rugby, Football, Netball</p> <p>Introduction of passing and moving in to space to develop give and go. Basic handling, receiving, tackling, types of passing and shooting skills are introduced and explored.</p> <p><u>Individual Activities</u></p>	<p>KNOWLEDGE/SKILLS</p> <p>Individual skills, tactics, key terms and health and safety requirements in:</p> <p>Students will understand the QPG levels and be able to describe the core skills, tactics and concepts of each activity. All students will have the opportunity to perform skills in practice and game situations. Those who are working at a higher level will have the additional extension opportunity of performing the more complex skills.</p> <p><u>Team Sports</u></p> <p>Basketball, Football, Rugby, Dodgeball, Handball</p> <p>Introduction of passing and moving in to space to develop give and go. Basic handling, receiving, tackling, types of passing and shooting skills are introduced and explored. Man to man defense is developed.</p> <p><u>Individual Activities</u></p>	<p>KNOWLEDGE/SKILLS</p> <p>Individual skills, tactics, key terms and health and safety requirements in:</p> <p>Students will understand the QPG levels and be able to describe the core skills, tactics and concepts of each activity. All students will have the opportunity to perform skills in practice and game situations. Those who are working at a higher level will have the additional extension opportunity of performing the more complex skills.</p> <p><u>Team Sports</u></p> <p>Cricket, Rounders, Handball, Softball</p> <p><u>Individual Activities</u></p> <p>Athletics, Tennis</p>

Fitness (includes elements of dance through Zumba type activities), Trampolining	Table Tennis, Badminton, Athletics, Trampolining	
<p>KEY ASSESSMENTS</p> <p>Half term 1: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p> <p>Half term 2: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p>	<p>KEY ASSESSMENTS</p> <p>Half term 1: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p> <p>Half term 2: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p>	<p>KEY ASSESSMENTS</p> <p>Half term 1: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p> <p>Half term 2: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p>
<p>Extended reading suggestions and external resources:</p> <p>Extension opportunities arise in PE through extra-curricular practices and inter school fixtures and competitions.</p> <p>External resources are links to local clubs the PE Department has developed e.g. Westcliff Rugby Club, Southend Athletics Club, Southend Sapphires Netball Club.</p> <p>From 2025 year 5 students will have the opportunity to experience our KS3 facilities through inter school tournaments in Basketball, Football and Netball. Links with the KS2 PE curriculum will be developed with the aim of students arriving to Chase in year 7 with an increased understanding of core skills.</p>		

Curriculum Overview

Subject: Physical Education

Year Group: 9



While students continue to develop fundamental skills in team sports and individual activities, in preparation for GCSE more complex skills are introduced. Examples of these are weak hand/ foot dribbling and shooting in football and basketball. Initial tactics are reviewed and improved in team sports and more detailed evaluation techniques in individual activities. More complex skills such as screen and role in basketball and somersaults in Trampolining are introduced. Health and safety requirements of each activity will be reviewed. Students are encouraged to demonstrate increasingly effective and developed skills and tactics in small sided games. Students can describe the QPG levels, what level they are and what they need to do to improve. Key terms are embedded in lessons and reinforced around teaching areas and in changing rooms. Students are encouraged to attend EC. Gifted and talented students are informed of local clubs to attend and are entered in to county, regional and national competitions.

TERM 1	TERM 2	TERM 3
<p>KNOWLEDGE/SKILLS</p> <p>Individual skills, tactics, key terms and health and safety requirements in:</p> <p>Delivering the three components of a warm up is established and conducted with confidence.</p> <p>Students will understand the QPG levels and be able to describe the core skills, tactics and concepts of each activity. All students will have the opportunity to perform skills in practice and game situations. Those who are working at a higher level will have the additional extension opportunity of performing the more complex skills.</p> <p><u>Team Sports</u></p> <p>Basketball, Rugby, Football, Netball</p> <p>Introduction of passing and moving in to space to develop give and go. Basic handling, receiving, tackling, types of passing and shooting skills are introduced and explored.</p> <p><u>Individual Activities</u></p>	<p>KNOWLEDGE/SKILLS</p> <p>Individual skills, tactics, key terms and health and safety requirements in:</p> <p>Students will understand the QPG levels and be able to describe the core skills, tactics and concepts of each activity. All students will have the opportunity to perform skills in practice and game situations. Those who are working at a higher level will have the additional extension opportunity of performing the more complex skills.</p> <p><u>Team Sports</u></p> <p>Basketball, Football, Rugby, Dodgeball, Handball</p> <p>Introduction of passing and moving in to space to develop give and go. Basic handling, receiving, tackling, types of passing and shooting skills are introduced and explored. Man to man defense is introduced.</p>	<p>KNOWLEDGE/SKILLS</p> <p>Individual skills, tactics, key terms and health and safety requirements in:</p> <p>Students will understand the QPG levels and be able to describe the core skills, tactics and concepts of each activity. All students will have the opportunity to perform skills in practice and game situations. Those who are working at a higher level will have the additional extension opportunity of performing the more complex skills.</p> <p><u>Team Sports</u></p> <p>Cricket, Rounders, Handball, Softball</p> <p><u>Individual Activities</u></p> <p>Athletics, Tennis</p>

Fitness (includes elements of dance through Zumba type activities), Trampolining	<u>Individual Activities</u> Table Tennis, Badminton, Athletics, Trampolining	
<p>KEY ASSESSMENTS</p> <p>Half term 1: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p> <p>Half term 2: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p>	<p>KEY ASSESSMENTS</p> <p>Half term 1: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p> <p>Half term 2: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p> <p>GCSE students to receive peer and teacher feedback on how to develop their leadership skills after leading a warm up.</p>	<p>KEY ASSESSMENTS</p> <p>Half term 1: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p> <p>Half term 2: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures. GCSE students to receive peer and teacher feedback on how to develop their leadership skills after leading a warm up.</p> <p>GCSE students to receive peer and teacher feedback on how to develop their leadership skills after leading a warm up.</p>
<p>Extended reading suggestions and external resources:</p> <p>Extension opportunities arise in PE through extra-curricular practices and inter school fixtures and competitions.</p> <p>External resources are links to local clubs the PE Department has developed e.g. Westcliff Rugby Club, Southend Athletics Club, Southend Sapphires Netball Club.</p> <p>From 2025 year 5 students will have the opportunity to experience our KS3 facilities through inter school tournaments in Basketball, Football and Netball. Links with the KS2 PE curriculum will be developed with the aim of students arriving to Chase in year 7 with an increased understanding of core skills.</p>		

Curriculum Overview

Subject: BTEC Level ½ Tech
Award in Sport
Year Group: 10



Students will have the opportunity to develop applied knowledge and skills in the following areas: investigating provisions for sports including equipment and facilities to enhance sport, planning and delivery of sports sessions, and fitness for sport, including fitness testing and methodology.

Component 1 (30% of grade)

Component 2 (30% of grade)

Component 3 (40% of grade)

TERM 1	TERM 2	TERM 3
KNOWLEDGE/SKILLS Component 1 A – Types of sporting and physical activities and the benefits of taking part. Provision of sport in different sectors. Types and needs of participants. Barriers to sport and physical activity participation and how to overcome these. B - Sporting clothing, equipment and technology. Benefits and limitations of technology in sport. C - Planning and delivering warm ups. Responses of cardiorespiratory and musculoskeletal systems	KNOWLEDGE/SKILLS Component 1 Preparation for PSA – planning for learning outcome A real assessment. Preparation for PSA – planning for learning outcome B real assessment. Preparation for PSA – planning for learning outcome C real assessment. (Final coursework grade for component 1 submitted in May)	KNOWLEDGE/SKILLS Component 3 (Exam) A – The importance of fitness for successful participation in sport, fitness testing principles, exercise intensity and how it can be determined. Component 2 A – Understand how components of fitness are used in different physical activities.
KEY ASSESSMENTS Half term 1: Learning Aim A assessment practice (teacher marked) Half term 2: Learning Aim B assessment practice (teacher marked). Learning Aim C assessment practice (teacher marked)	KEY ASSESSMENTS Half term 1: Supervised assessment of Learning Outcome A (real coursework) Half term 2: Supervised assessment of Learning outcome B (real coursework) Supervised assessment of Learning outcome C. (real coursework)	KEY ASSESSMENTS Half term 1: Upgrading task 1, 2 and 3 (final grade decided for Component 1 coursework) Half term 2: Assessment practice for learning outcome A for Component 3 (teacher marked) Assessment practice for learning outcome A for Component 2 (teacher marked)

Extended reading suggestions and external resources:

<https://www.amazon.co.uk/Pearson-REVISE-Award-Sport-Revision/dp/129243614X>

https://www.amazon.co.uk/Pearson-REVISE-Award-Practice-Assessments/dp/1292436301/ref=pb_xggy_thbs_d_sccl_1/257-9930138-5047832?pd_rd_w=Xuzhf&content-id=amzn1.sym.a08eede5-3393-433c-bbdb-c853fc4fd321&pf_rd_p=a08eede5-3393-433c-bbdb-c853fc4fd321&pf_rd_r=YY2BAH7346M5Q5Y98KK2&pd_rd_wg=ANsDO&pd_rd_r=b8c4d532-7d99-4e39-b901-a580cadf9c4c&pd_rd_i=1292436301&psc=1

Curriculum Overview

Subject: BTEC Level ½ Tech
Award in Sport

Year Group: 11



Students will have the opportunity to develop applied knowledge and skills in the following areas: investigating provisions for sports including equipment and facilities to enhance sport, planning and delivery of sports sessions, and fitness for sport, including fitness testing and methodology.

Component 1 (30% of grade)

Component 2 (30% of grade)

Component 3 (40% of grade)

TERM 1	TERM 2	TERM 3
<p>KNOWLEDGE/SKILLS</p> <p>Component 2</p> <p>B – Be able to participate in sport and understand the roles and responsibilities of officials.</p> <p>C – Demonstrate ways to improve participants sporting technique.</p> <p>Component 2</p> <p>Task 1 – Demonstrating knowledge and understanding of components of fitness.</p> <p>Task 2 – Demonstrating skill in a selected sport in isolated practice, and skill and strategy in a competitive situation.</p> <p>Task 3 – Demonstrate knowledge and understanding of officials in sport and two key rules and regulations.</p> <p>Task 4 – Demonstrate knowledge and understanding of a sport and provide specific drills to improve participants sporting techniques.</p>	<p>KNOWLEDGE/SKILLS</p> <p>Component 3 (Exam)</p> <p>A – The importance of fitness for successful participation in sport, fitness testing principles, exercise intensity and how it can be determined.</p> <p>B – Importance of fitness testing and requirements for administration of each fitness test, fitness tests methods for components of physical fitness, fitness test methods for components of skill-related fitness, interpretation of fitness tests results.</p> <p>C – Requirements for each of the following fitness training methods, fitness training methods for physical components of fitness, fitness training for skill-related components of fitness, additional requirements for each training methods, provision for taking part in fitness training methods, the effects of long-term fitness training on the body systems.</p>	<p>KNOWLEDGE/SKILLS</p> <p>Component 3 (Exam)</p> <p>D – Personal information to aid fitness training programme design, fitness programme design, motivational techniques for fitness programming.</p> <p>Revision for exam.</p> <p>(Exam sat in May)</p>

(Final coursework grade for Component 2 submitted in December)		
<p>KEY ASSESSMENTS</p> <p>Half term 1: Supervised assessment of component 2 tasks 1, 2, 3. (Real coursework)</p> <p>Half term 2: Supervised assessment of component 2 task 4. (Real coursework)</p>	<p>KEY ASSESSMENTS</p> <p>Half term 1: Assessment practice for learning outcome A (teacher marked)</p> <p>Assessment practice for learning outcome B (teacher marked)</p> <p>Half term 2: Assessment practice for learning outcome C (teacher marked)</p> <p>(PPE's in March – Component 3 paper)</p>	<p>KEY ASSESSMENTS</p> <p>Half term 1: Assessment practice for learning outcome D (teacher marked)</p>
<p>Extended reading suggestions and external resources:</p> <p>https://www.amazon.co.uk/Pearson-REVISE-Award-Sport-Revision/dp/129243614X</p> <p>https://www.amazon.co.uk/Pearson-REVISE-Award-Practice-Assessments/dp/1292436301/ref=pd_bxgy_thbs_d_sccl_1/257-9930138-5047832?pd_rd_w=Xuzhf&content-id=amzn1.sym.a08eede5-3393-433c-bbdb-c853fc4fd321&pf_rd_p=a08eede5-3393-433c-bbdb-c853fc4fd321&pf_rd_r=YY2BAH7346M5Q5Y98KK2&pd_rd_wg=ANsDO&pd_rd_r=b8c4d532-7d99-4e39-b901-a580cadf9c4c&pd_rd_i=1292436301&psc=1</p> <p>Coursework criteria, assessment templates and examples are available throughout the course</p>		