



Curriculum overview

Physical Education

NORTHGATE
High School

Key Stage 3

Year 7	Key learning: <ul style="list-style-type: none"> • Develop competence in core skills. • Develop knowledge and competence to generate increasing control and consistency when linking skills. • Explore variation of appropriate strategy and tactics. • Use competition to develop emotional, socially and personally. • How to warm-up effectively. • The role physical activity plays in supporting physical, mental, social and emotional well-being. 		
	Autumn Term Badminton Cross country Fitness Football Rugby Table tennis	Spring Term Basketball Dance Netball Tournaments	Summer Term Athletics Cricket Rounders Tennis
Year 8	Key learning: <ul style="list-style-type: none"> • Further develop competence in a wider range of skills, generating increasing accuracy. • Develop knowledge and competence to combine skills more effectively. • Begin adapting performance according to outcomes. • Linking aspects of physical activity to improving focus, concentration, and emotions in school. • Opportunity to create pathways in response to preferences of outdoor activities. 		
	Autumn Term Badminton Cross country Fitness Football (option choice) Netball (option choice) Rugby (option choice) Table tennis	Spring Term Basketball Dance (option choice) Netball (option choice) Tournaments	Summer Term Athletics Cricket Rounders Tennis

Year 9	Key learning:		
	<ul style="list-style-type: none"> • Combine skills to outwit opponents with more consistency and accuracy. • Develop knowledge of and competence in more complex skills, tactics and strategies. • Taking more ownership for learning by increasing their influence and independence as performers. • Linking components of fitness to activities and sports and how they impact success. • The role of physical activity in supporting mood, well-being, and cognition. • Increased involvement in pathway choice and activity preferences to support maintaining healthy active lifestyle choices. 		
	Autumn Term <i>Option choices in collaboration with teaching staff:</i> Badminton Cross country Fitness Football Netball Rugby Table tennis	Spring Term Basketball Tournaments <i>Option choices in collaboration with teaching staff:</i> Dance Fitness Fitness suite	Summer Term <i>Option choices in collaboration with teaching staff:</i> Cricket Fitness Fitness suite Futsal Rounders Tennis

Key Stage 4 - core

Key learning:		
<ul style="list-style-type: none"> • Experience a variety of competitive scenarios to enhance the ability to modify and adapt the combination of skills with increasing consistency; reflecting upon individual and group success. • Explore and develop competence in beating an opponent individually with more consistency when performing. • Develop more efficiency in creating and maximising upon opportunities to score as a team/individual. • Net / Wall - refinement of skills from Key Stage 3, efficiency within games, more responsibility for planning and preparing for games. • Invasion - refine skills within National Governing Body guideline games, investigating performances, and planning to improve. • Fitness - understand benefits to self, understand concept of physical development, and look to self-monitor performances in line with set goals and targets. 		
Autumn Term	Spring Term	Summer Term
<i>Option choices in collaboration with teaching staff:</i> <ul style="list-style-type: none"> • Main games x 2 (basketball, futsal, football, handball) • Mixed games (basketball, futsal, netball, volleyball) • Mixed activities (netball, table tennis, badminton, volleyball, basketball) • Aesthetics/fitness (fitness suite, yoga, just dance, orienteering, fitness) 		<i>Option choices in collaboration with teaching staff:</i> <ul style="list-style-type: none"> • Games (football, basketball) • Rounders/cricket • Tennis • Fitness Suite

Key Stage 4 - GCSE

GCSE Physical Education AQA 8562

Year	Autumn Term	Spring Term	Summer Term
10	<ul style="list-style-type: none">• Applied anatomy and physiology• Movement analysis and biomechanics• Physical training including practical work <p>Students choose practical sports, and these are then done on rotation through the year.</p>	<ul style="list-style-type: none">• Physical training	<ul style="list-style-type: none">• Psychological aspects (Paper 2)
11	<ul style="list-style-type: none">• Socio-cultural influences and wellbeing in physical activity and sport• NEA <p>Students specialise in their best 3 sports, aiming to maximise their marks in each.</p>	<ul style="list-style-type: none">• Socio-cultural influences• Health, fitness and wellbeing	Revision/exams