

The Physical Education Curriculum at Jewellery Quarter Academy

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Key Stage 4 Qualifications and Examination Boards:

Year 9

Course	Exam board
Sports Studies	OCR Cambridge National Level 1/2
Health and Social Care	OCR Cambridge National Level 1/2
Core PE	Non-examination course

Year 10

Course	Exam board
GCSE PE	AQA
Sports Studies	OCR Cambridge National Level 1/2
Health and Social Care	OCR Cambridge National Level 1/2
Core PE	Non-examination course

Year 11

Course	Exam board
GCSE PE	AQA
Sports Studies	OCR Cambridge National Level 1/2
Health and Social Care	OCR Cambridge National Level 1/2
Core PE	Non-examination course

Useful Websites and Links:

<https://www.bbc.co.uk/bitesize/subjects/znyb4wx>

<https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582>

<https://members.gcsepod.com/teachers/teach>

<https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-studies-level-1-2-j803-j813/>

<https://www.ocr.org.uk/qualifications/cambridge-nationals/health-and-social-care-level-1-2-j801-j811/>

Knowledge Acquisition Endpoints in Physical Education at JQA

	Technique	Decision Making	Intended Results	Tactics	Contribution	Application	Outwitting Opponents
7	All of the year 6 expectations plus...						
	Quality maintained during set plays	Confidence to make good decisions in predetermined situations when faced with opposition	Produce the intended results in most scenarios. Doesn't happen by chance.	Use set tactics and strategies in game situations.	During team/ pair work make contributions either verbal/ physical.	Apply relevant skills to sport being played.	Confident to attempt to outwit opponent. Select appropriate skills to outwit an opponent.
8	All of the year 7 expectations plus...						
	Quality maintained during set plays and spontaneous situations.	Make effective decisions that benefit performance.	Produce intentional actions/ results.	Use set tactics and strategies in game situations that are specific to position/ role being played.	During team/ pair work make significant contributions either verbal/ physical.	Apply relevant skills to the position/role in current sport.	Select and apply appropriate skills to outwit an opponent.

Year 9 Curriculum Plan

Term	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Title	Health, fitness & well-being	Health, fitness & well-being	Skeletal system	Respiratory system	Cardiovascular system	Skill classification
Key focuses	The human body and movement in physical activity and sport.	Diet, nutrition and health.	Types of joint and different movements at each.	Respiratory system, pathway of air, gaseous exchange.	Role of blood vessels, effects of exercise- immediate, short & long-term.	Skill classification

Year 10 Curriculum Plan

Term	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Title	Health, fitness & well-being	Physical training	Coursework	Physical training	Sports Psychology	Sports Psychology
Key focuses	Components fitness, fitness testing,	Principles of training, different types of training, how to collect and use data.	Students identify strengths & weaknesses within their sport. Relating to components of HRF/SRF, theoretical content, appropriate training methods to support and develop strengths/weaknesses.	Different types of training, injury, training thresholds.	Inverted U-theory, arousal, goal setting, SMART targets.	Information processing model, types of guidance, feedback, aggression, motivation, personality types

Year 11 Curriculum Plan

Term	Autumn One	Autumn Two	Spring One	Spring Two
Title	Movement analysis	Socio-cultural influences	Socio-cultural influences Revision on content	Revision on content Exam technique
Key focuses	Levers, planes of movement, analyse sporting movements in relation to planes and axes.	Engagement patters, barriers to participation, commercialisation, sponsorship, technology.	Drug use, spectator behaviour.	How to answer exam questions. Key word of question analysis.