



King's College

The British School of Murcia

Secondary & VI form P.E. Curriculum Overview

Curriculum Structure 2014-2015: KS3

Throughout the year, students in KS3 will complete the following activities with the aim of giving the individuals a broad range of experiences and skills. The activities will not necessarily be in this order and will last for approximately 6 hours teaching time.

Block	Activity	Yr 7 – Objectives	Yr 8 - Objectives	Yr 9 - Objectives
1	Invasion Game 1	Different formations as a team Tactics and deception Manipulating opponents Performing skills under pressure	+ve/-ve's of formations as a team Changing strategies Manipulating opponents and team Performing skills under pressure	Adapting formations as a team Contrasting tactics Manipulating games Performing skills under pressure
2	Gymnastics/Trampolining	Supporting body weight - apparatus Components of movements Unsupported rotation – hands Body position during movements	Controlling body weight - apparatus Adapting movements Unsupported rotation - hands Body position during movements	Moving body weight - apparatus Creating different movements Unsupported rotation - flip Body position during movements
3	Volleyball	Learning different shots Structure of match-play Basic Rules Scoring	Applying different shots Tactics of match-play Stage 2 Rules Different positions	Adapting different shots Strategies in match-play Complex Rules Serving
4	Athletics	Running – relay and transition Jumping – take-off Throwing – height transition	Running – relay and transition Jumping – take-off Throwing – height transition	Running – relay and transition Jumping – take-off Throwing – height transition
5	Fitness	Core Exercises 4 Fitness components	Core Exercises 5 Fitness components - selecting	Core Exercises 6 Fitness components -

		Safety of equipment Principles of training	Using basic weight equipment Following a basic programme	differences Using weights and bars Designing a programme
6	Invasion Game 2	Different formations as a team Tactics and deception Manipulating opponents Performing skills under pressure	+ve/-ve's of formations as a team Changing strategies Manipulating opponents and team Performing skills under pressure	Adapting formations as a team Contrasting tactics Manipulating games Performing skills under pressure
7	Racquet Sport 1	Different Grips Back, forehand, overhead, drop Simple tactics Power and control	Selecting Grip Shot selection Moving the opponent Deception	Adapting Grips Shot adaptation/disguise Adapting tactics to your opponent Variation
8	Climbing	Safety Principles Ascent safely Supporting others (belay) Safe descent - Walking	Safety Principles Ascending different routes Supporting others (belay) Safe descent - controlling	Safety Principles Different climbing moves Supporting others (belay) Safe descent – helping others
9	Strike and Field	Different stances Movement during strike Selecting shots Strategies for batting/fielding	Changing stances Use of body during strike Stopping and collecting Selecting field placement	Stance strengths and weakness Foot positions Positioning players Field placement and batting order
10	Racquet sport 2	Different Grips Back, forehand, overhead, drop Simple tactics Power and control	Selecting Grip Shot selection Moving the opponent Deception	Adapting Grips Shot adaptation/disguise Adapting tactics to your opponent Variation

Curriculum Structure 2014-2015: KS4 GCSE

Students following the GCSE PE programme will broadly follow the specification in the order below:

Term	Activity	Yr 10 – Objectives	Yr 11 - Objectives
1	Theory	1.2.2 – Cardiovascular system 1.2.3 – Respiratory system	1.1.5 – Personal Health and Well-being 1.1.1 – Healthy Lifestyles and benefits
	Practical/Coursework	Individual Sports – Racquet, Fitness, Gymnastics etc Team Sports – Football, Basketball etc	Practice of performance sports Analysis of Performance
2	Theory	1.2.4 – Muscular system 1.2.5 – Skeletal system	1.1.2 – Influences on healthy active lifestyles 1.2.1 – Physical activity and your mind and body
	Practical/Coursework	Individual Sports – Racquet, Fitness, Gymnastics etc Team Sports – Football, Basketball etc	Personal Exercise Programme Finalised selection of top 4 sports
3	Theory	1.1.3 – Exercise and Fitness 1.1.4 – Physical Activity and Training	Revision and Coursework
	Practical/Coursework	Individual Sports – Racquet, Fitness, Gymnastics etc Team Sports – Football, Basketball etc	Formal assessments and coursework

Curriculum Structure 2014-2015: KS4

Throughout the year, students in KS3 will complete the following activities with the aim of giving the individuals a broad range of experiences and skills. The activities will not necessarily be in this order and will last for approximately 6 hours teaching time.

Block	Activity	Yr 10 – Objectives	Yr 11 - Objectives
1	Invasion Game 1	Adapting formations as a team to match opponents Contrasting tactics and how to combat them Controlling game situations Performing skills under pressure	Changing formations in differing situations Selecting tactics based on personnel Controlling game situations as a team Performing skills under pressure
2	Gymnastics/Trampolining	Suspension and movement on complex apparatus Utilising strength and tension for high performance Forward and backward rotations Body position during movements	Rotation and jumping on complex apparatus Strength and conditioning for advanced skills Forward and backward rotations Body position during movements
3	Volleyball	Utilising disguise Defensive strategies in match-play Complex Rules Varieties of serving	Utilising disguise with/without the ball Formations and movement in possession Complex Rules Blocking
4	Athletics	Running – bio-mechanics of personal performance Jumping – bio-mechanics of personal performance Throwing – bio-mechanics of personal performance	Running – bio-mechanics of personal performance Jumping – bio-mechanics of personal performance Throwing – bio-mechanics of personal performance
5	Fitness	Core Exercises 7	Core Exercises 8

		<p>Fitness components - differences</p> <p>Concept of strength training</p> <p>Power and technique</p>	<p>Fitness components – selection and training differences</p> <p>Strength training programme</p> <p>Following a self-designed programme</p>
6	Invasion Game 2	<p>Adapting formations as a team to match opponents</p> <p>Contrasting tactics and how to combat them</p> <p>Controlling game situations</p> <p>Performing skills under pressure</p>	<p>Changing formations in differing situations</p> <p>Selecting tactics based on personnel</p> <p>Controlling game situations as a team</p> <p>Performing skills under pressure</p>
7	Racquet Sport 1	<p>Adapting Grips in shot selection</p> <p>Shot adaptation/disguise in doubles</p> <p>Identifying opponents strength and weaknesses</p> <p>Variation of tactics</p>	<p>Adapting Grips in game situation</p> <p>Adaptation of shot depending on position</p> <p>Altering play using opponents strength and weaknesses</p> <p>Variation of tactics</p>
8	Climbing	<p>Safety Principles</p> <p>Different climbing moves</p> <p>Supporting others (belay)</p> <p>Safe descent – helping others</p>	<p>Safety Principles</p> <p>Different climbing moves</p> <p>Leading and coaching others</p> <p>Safe descent – helping others</p>
9	Strike and Field	<p>Order of batters</p> <p>Foot positions</p> <p>Positioning players in different situations</p> <p>Field placement and batting order</p>	<p>Organising players in order reflective of opponent</p> <p>Foot positions</p> <p>Positioning players dependent on bowler/batter</p> <p>Field placement and batting order</p>
10	Racquet sport 2	<p>Adapting Grips in shot selection</p> <p>Shot adaptation/disguise in doubles</p> <p>Identifying opponents strength and weaknesses</p> <p>Variation of tactics</p>	<p>Adapting Grips in game situation</p> <p>Adaptation of shot depending on position</p> <p>Altering play using opponents strength and weaknesses</p> <p>Variation of tactics</p>

Curriculum Structure 2014-2015: KS5 AS and A2

Students following the A-Level PE programme will broadly follow the specification in the order below:

Term	Activity	AS – Objectives	A2 – Objectives
1	Theory	Development of active leisure Healthy lifestyles Development of Competitive Sport	Psychological Perpetration Centres of Excellence
	Practical/Coursework	Local Study Coursework Performance Analysis Coursework	Development Plan
2	Theory	Effects of Exercise Performance Pathways	Technical Preparation Fatigue and Recovery The role of technology
	Practical/Coursework	National Study Coursework Performance Analysis Coursework	International studying Progressive participation
3	Theory	Fitness Training Lifelong Involvement	Physiological Preparation
	Practical/Coursework	Performance analysis Coursework completion Finalised Practical Assessments	Life Plan Finalised Practical Assessments