

Welcome

Y7

Y8

Y9

Y10

Y11

Introduction to the PE Department

Initial baseline assessment for Y7

Grouping decisions made.

Y7 PE Curriculum: In Y7 pupils are encouraged to become independent with organisational skills, time management and develop positive relationships with new peers. **3 Term Carousel in a wide variety of sports**

Introduction to Head, Heart and Hands assessment

Summative assessment H/H/H approach

1st Sports Day!



Get involved in extra-curricular and house comps!

1st Report in PE

Join a new sports team



Healthy participation

Motor Competence

Y8 PE Curriculum: In Y8 pupils are reminded of their progress in Y7 and encouraged to continue to work on their organisation, time management and continue to foster strong relationships with their peers and different members of the PE staff. **3 Term Carousel in a wide variety of sports**

Initial baseline assessment for y8.

Rules, Strategies and Tactics

Get involved in extra-curricular and house comps!

2nd Report in PE

Take part in 2nd Sports day!

Y9 PE Curriculum: In Y9 pupils are reminded of their progress in KS3 and encouraged to continue to work on their organisation, time management and continue to foster strong relationships with their peers and different members of the PE staff. **3 Term Carousel in a wide variety of sports**

Initial baseline assessment for Y9.



Motor Competence

Summative assessment H/H/H approach



Sign up for DofE award
Get involved in extra-curricular and house comps!

Options

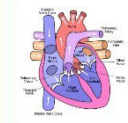
Rules, Strategies and Tactics

3rd Report in PE

Healthy participation

Take Part in 3rd Sports day!

Summative assessment H/H/H approach



2.1a Components of Fitness

1.1.e Effects of exercise on body systems

1.1d Cardiovascular & Respiratory systems

1.1c Movement Analysis

1.1b Structure and function of the Muscular system

1.1a Structure and function of the skeleton

Start your OCR GCSE PE Course

Introduction to KS4 PE

Written coursework (AEP) 14 hours

1.2b Applying the principles of training

1.3c Preventing injury and training

2.1a Engagement patterns of social groups

Mock Exams

Mock practical moderation

2.1b Commercialisation of sport

2.1c Ethical and socio-cultural issues in sport



2.2 Sports Psychology

Attend Y11 Prom

Our Intent

The atmosphere and delivery of physical education and sport at De La Salle is progressive and energetic, with the development of motor competence, rules, strategies, tactics and healthy participation at the heart of all lessons. Motor competence: Knowing how to safely and successfully complete movements and actions. Rules, strategies and tactics: Knowing how to safely and successfully apply the conventions, rules and regulations that are specific to a sporting situation. Healthy participation: know that exercise and health (mental, physical and social) help benefit us holistically- including competitive sport and recreational activities. All lessons throughout the PE curriculum; both practical and theory, are objective-led and focus on not just the "what we are doing" but the "why we are doing it" looking to link together sports to allow pupils to approach all sports holistically, rather than in segmented activity blocks.

Final Exams

2.3 Health, Fitness and Wellbeing



Thriving: Students are ready and able to progress smoothly to the next phase of their learning.



WELCOME

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1st Report in PE

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2nd Report in PE

Take part in 2nd Sports day!

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Initial baseline assessment for y8.

Get involved in extra-curricular and house comps!

2nd Report in PE

Summative assessment H/H/H approach

Sign up for DofE award
Get involved in extra-curricular and house comps!

Rules, Strategies and Tactics
3rd Report in PE

Options

Take Part in 3rd Sports day!

Summative assessment H/H/H approach

R185 Practical sports assessed (1st opp)

R186 Media and Sport work submitted to OCR

Learning Conversation

R185 Begin performance coursework

R185 Performance and leadership begins- 2 sports to be assessed.

R186 Media and Sport coursework begins

Start your OCR Sport Studies

Introduction to KS4 PE

R184 Exam enquiries begin

R184 Exam content delivery

Careers: Look into potential careers/FE that Sport Studies can assist

R184 Exam preparation

Mock Exams

R185 Performance and leadership ends

R184 Exam Therapy

RAG Exam content

Practice papers/W&T exams

Results Day!

Attend Y11 Prom

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Motor competence: Knowing how to safely and successfully complete movements and actions.
Rules, strategies and tactics: Knowing how to safely and successfully apply the conventions, rules and regulations that are specific to a sporting situation.
Healthy participation: know that exercise and health (mental, physical and social) help benefit us holistically- including competitive sport and recreational activities.
All lessons throughout the PE curriculum; both practical and theory, are objective-led and focus on not just the "what we are doing" but the "why we are doing it" looking to link together sports to allow pupils to approach all sports holistically, rather than in segmented activity blocks.

Final Exams

Final IV and work sent to OCR

Thriving: Students are ready and able to progress smoothly to the next phase of their learning.



Healthy participation

Rules, Strategies and Tactics

Motor Competence

Healthy participation