

Physical Education Practical Mastery Curriculum Plan

5 year programme of study



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Year 7

Students will participate in most sports through a 4 block rotation, covering 3 sports within each block

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Block 1										Block 2	
	<u>Team Sports</u> Rugby Football Basketball/Netball Hockey			<u>Individual Sports</u> Swimming Dance Gymnastics Badminton			<u>Health and Skill related Activities</u> Multi-Skills Health Related Fitness			<u>Team Sports</u> Rugby Football Basketball/Netball Hockey		
Spring	Block 2								Block 3			
	<u>Individual Sports</u> Swimming Dance Gymnastics Badminton				<u>Health and Skill related Activities</u> Multi-Skills Health Related Fitness				<u>Team Sports</u> Rugby Football Basketball/Netball Hockey			
Summer	Block 3				Block 4							
	<u>Individual Sports</u> Swimming Dance Gymnastics Badminton		<u>Health and Skill related Activities</u> Multi-Skills Health Related Fitness		<u>Striking and Fielding</u> Cricket Rounders Softball Tennis				<u>Athletics</u> Track Field			

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Y7	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Warming up								Health and Fitness			
	What is warming up?	How do we warm up? Why do we warm up? What is the importance of warming up?		Demonstrate how to lead a warm-up. Every student to deliver a short warm-up to demonstrate skills and knowledge.				Why people take part in Sport. Basic benefits of taking part in sporting activities.	Effects of exercise; <i>Social</i> <i>Emotional</i> <i>mental</i> <i>Physical</i>			
Spring	Heart Rate					Muscles						
	What is pulse rate? How do you record your pulse rate?	What is maximum heart rate? How do you calculate your resting and active heart rate?		Demonstrate how to record your heart rate in different sporting activities.		Identification of muscles. Why it is important that we have muscles? What are their roles?		Identify the names of the key muscles. Key terms.		Link the muscles used to sporting examples. Identify what muscle are used in different sporting actions. <i>Muscular strength.</i> <i>Muscular endurance.</i>		
Summer	Nutrition					Methods of Training			Components of Fitness			
	Basic nutrition. What foods we should be eating. <i>Eatwell guide.</i> <i>5 a day.</i> <i>Government guidelines.</i>	Eatwell guide sections; <i>Carbohydrates, fruit and veg, protein, dairy, oils and spreads.</i>		Linking nutrition to individual sports. What foods are good to eat when taking part in different activities?		Describe what the methods of training are. Understand how they link with different sports. <i>Continuous</i> <i>Fartlek</i> <i>Interval</i>			What are components of fitness? <i>Speed</i> <i>Power</i> <i>Reaction time</i> Relate the components of fitness to different sports.			

Year 8

Students will participate in most sports through a 4 block rotation, covering 3 sports within each block

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Block 1										Block 2	
	<u>Team Sports</u> Rugby Football Basketball/Netball Hockey				<u>Individual Sports</u> Dance Gymnastics Badminton			<u>Health and Skill related Activities</u> Health Related Fitness OAA Leadership			<u>Team Sports</u> Rugby Football Basketball/Netball Hockey	
Spring	Block 2								Block 3			
	<u>Individual Sports</u> Dance Gymnastics Badminton				<u>Health and Skill related Activities</u> Health Related Fitness OAA Leadership				<u>Team Sports</u> Rugby Football Basketball/Netball Hockey			
Summer	Block 3				Block 4							
	<u>Individual Sports</u> Dance Gymnastics Badminton		<u>Health and Skill related Activities</u> Health Related Fitness OAA Leadership		<u>Striking and Fielding</u> Cricket Rounders Softball Tennis				<u>Athletics</u> Track Field			

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Y8	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Warming up				Musculoskeletal system							
	How do we warm up and why? (M) Identify the 3 stages of a warm up (M).		Demonstrate how to lead a warm (M). Understand how to link the 3 stages of a warm up.		Recap muscles (M). Identify the muscle names and location (M).		Identify the names of the main bones of the skeletal system. Identify the roles of bones.		Identify different range of movements. Demonstrate range of movements through sporting examples.			
Spring	Short term effects			Long term effects of exercise			Health and Fitness			Classification of skills		
	Short term effects of exercise. What happens? Why does it happen?			What are the long-term effects of exercise? (Link to pulse rate) (M)			Effects of exercise; <i>Social</i> <i>Emotional</i> <i>Mental</i> <i>Physical</i> (M) How it will impact on people (M)			Classifications of skills; <i>Open /Closed</i> <i>Simple /Complex</i> <i>Gross/Fine (motor skills)</i> Give sporting examples relating to the classification of skills.		
Summer	Nutrition				Methods of training			Principles of training			Training thresholds	
	Eatwell guide. Food groups; <i>carbohydrates, fruit and veg, protein, dairy and oils and spreads. Vitamins and minerals. Water.</i> Linking nutrition to sports (E.G Protein and weight lifting). (M)				Understand the methods of training. Link the methods of training to different sporting activities.			Understand the principles of training <i>S – Specificity</i> <i>F- Frequency</i> <i>P- Progressive Overload</i> <i>I – intensity</i> <i>O – Over training</i> <i>T- Time</i> <i>R- reversibility</i> <i>T- Type</i> <i>I – Individual needs</i>			Aerobic target zone: 60-80%. Anaerobic target zone: 80-90%. 220 – age = Max HR	

Year 9

Students will participate in most sports through a 4 block rotation, covering 3 sports within each block

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Block 1										Block 2	
	<u>Team Sports</u> Rugby Football Basketball/Netball Hockey			<u>Individual Sports</u> Dance Trampolining Badminton		<u>Health and Skill related Activities</u> Health Related Fitness		<u>International/Emerging Sports</u> Kabaddi Gaelic Football American Football Handball			<u>Team Sports</u> Rugby Football Basketball/Netball Hockey	
Spring	Block 2							Block 3				
	<u>Individual Sports</u> Dance Trampolining Badminton			<u>Health and Skill related Activities</u> Health Related Fitness			<u>International/Emerging Sports</u> Kabaddi Gaelic Football American Football Handball			<u>Team Sports</u> Rugby Football Basketball/Netball Hockey		<u>Individual Sports</u> Dance Trampolining Badminton
Summer	Block 3				Block 4							
	<u>Health and Skill related Activities</u> Health Related Fitness		<u>International/Emerging Sports</u> Kabaddi Gaelic Football American Football Handball		<u>Striking and Fielding</u> Cricket Rounders Softball Tennis				<u>Athletics</u> Track Field			

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Y9	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Fitness			Nutrition			Circulatory System			Respiratory system		
	Benefits of fitness. How would we develop fitness levels?			Recap on nutrition and the different food categories (M). Understand what makes a healthy balanced diet. Diet and meal plans.			What is the heart and the functions of the heart? Heart chamber. Understand the different of oxygenated and deoxygenated blood. Link to what happens when we exercise.			Understand the respiratory system. What makes up the respiratory system? Link to what happens when we exercise.		
Spring	Recap musculoskeletal system			Bones/ligaments and tendons			Joint classification			Movement Analysis		
	Understand the muscular and skeletal system. Names of the main muscles and bones (M).			What are the roles of the bones? Understanding the different types of bones; Long Short Flat Irregular What are the roles of tendons and ligaments?			Know what a joint is. Understand what makes up a joint. Types of synovial joint; Ball and socket Hinge Saddle Pivot Gliding/plane Condylod			Can identify different movements in a variety of sport and understand how the movement happens. <i>Flexion/extension.</i> <i>Adduction/abduction</i> <i>Rotation</i> <i>Circumduction</i> <i>Plantar/ dorsi flexion</i>		
Summer	Muscle clarification and characteristics		Agonistic/ antagonistic muscles		Muscle fibre types		Function of the cardiovascular system Barriers to participation					
	Voluntary muscles. Involuntary Muscles. Cardiac Muscles. Roles.		Creation of opposing movement. <i>Quadriceps and hamstrings acting at the knee.</i> <i>Biceps and triceps acting at the elbow.</i> <i>Hip flexors and gluteus maximus acting at the hip.</i>		Type I Type IIa Type IIx Impact on types of physical activity.		Transport of oxygen, carbon dioxide and nutrients. Clotting of open wounds. Regulation of body temperature.			<i>The roles of blood;</i> <i>Red blood cells.</i> <i>White Blood cells</i> <i>Platelets.</i> <i>Plasma.</i>		

Year 10

Students will participate in most sports through a 4 block rotation, covering 3 sports within each block

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Block 1										Block 2	
	<u>Team Sports</u> Rugby Football Basketball/Netball Hockey Volleyball Dodgeball		<u>Individual Sports</u> Trampolining Badminton		<u>Health and Skill related Activities</u> Health Related Fitness		<u>International/Emerging Sports</u> Kabaddi Gaelic Football American Football Handball		<u>Team Sports</u> Rugby Football Basketball/Netball Hockey Volleyball Dodgeball			
Spring	Block 2								Block 3			
	<u>Individual Sports</u> Trampolining Badminton		<u>Health and Skill related Activities</u> Health Related Fitness		<u>International/Emerging Sports</u> Kabaddi Gaelic Football American Football Handball		<u>Team Sports</u> Rugby Football Basketball/Netball Hockey Volleyball Dodgeball		<u>Individual Sports</u> Trampolining Badminton			
Summer	Block 3			Block 4								
	<u>Health and Skill related Activities</u> Health Related Fitness	<u>International/Emerging Sports</u> Kabaddi Gaelic Football American Football Handball		<u>Striking and Fielding</u> Cricket Rounders Softball Tennis				<u>Athletics</u> Track Field				

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Y10	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Energy Systems				Aerobic and anaerobic exercise		Short-term effects of exercise			Long-term effects of exercise		
	Understand what the energy systems are. Why are the different energy systems important? <i>Anaerobic</i> <i>Aerobic System.</i> <i>ATP-PC</i>				Use of glucose. Production of carbon dioxide and water. Impact of insufficient oxygen. <i>Lactic acid (By-product)</i> <i>Use of fats.</i> <i>Use of carbohydrates.</i>		<i>Lactate build-up/muscle fatigue.</i> <i>Heart rate/Stroke volume/Cardiac Output.</i> <i>Depth and rate of breathing.</i> <i>Recovery/Oxygen intake.</i> <i>Oxygen transport/Oxygen debt.</i> <i>By-products</i>			<i>Decrease resting heart rate.</i> <i>Hypertrophy.</i> <i>Increased lung capacity.</i> <i>Increased number of alveoli.</i> <i>Increased resting stroke volume.</i> <i>Increased capillarisation.</i> <i>Faster recovery.</i>		
Spring	Prevention of injury			Types of injury			R.I.C.E	Performance enhancing drugs			Barriers to participation	
	Correct application of training principles. <i>Avoid overuse of injury.</i> <i>Appropriate protective clothing.</i> <i>Checking of equipment and facilities (Risk assessments).</i>			<i>Concussion.</i> <i>Fractures (Open/closed).</i> <i>Dislocations.</i> <i>Sprains/strains.</i> <i>Torn cartilage.</i> <i>Soft tissue damage.</i> <i>Bruising.</i>			Rest Ice Compression Elevation	Positive and negative impacts on sporting performance and <i>lifestyle/health.</i> <i>Anabolic steroids.</i> <i>Diuretics.</i> <i>Stimulants.</i> <i>Blood doping.</i>			What barriers people face when taking part in sport.	
Summer	Recap: Respiratory system				Recap: Circulatory system				Recap: Musculoskeletal system			
	What makes up the respiratory system? Short and long term effects of exercise.				What makes up the circulatory system? Short and long term effects of exercise.				What makes up the musculoskeletal system? Short and long term effects of exercise.			

Year 11

Students will participate in a selected sport/activity of their choice

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Option Block 1										Option Block 2	
	<u>Team Sports</u> Rugby Football Basketball/Netball Hockey Volleyball Dodgeball		<u>Individual Sports</u> Trampolineing Badminton		<u>Health and Skill related Activities</u> Health Related Fitness Fitness Suite		<u>International/Emerging Sports</u> Kabaddi Gaelic Football American Football Handball		<u>Team Sports</u> Rugby Football Basketball/Netball Hockey Volleyball Dodgeball			
Spring	Option Block 2								Option Block 3			
	<u>Individual Sports</u> Trampolineing Badminton		<u>Health and Skill related Activities</u> Health Related Fitness Fitness Suite		<u>International/Emerging Sports</u> Kabaddi Gaelic Football American Football Handball		<u>Team Sports</u> Rugby Football Basketball/Netball Hockey Volleyball Dodgeball		<u>Individual Sports</u> Trampolineing Badminton			
Summer	Option Block 3				Option Block 4							
	<u>Health and Skill related Activities</u> Health Related Fitness Fitness Suite		<u>International/Emerging Sports</u> Kabaddi Gaelic Football American Football Handball		<u>Striking and Fielding</u> Cricket Rounders Softball Tennis				<u>Athletics</u> Track Field			

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Y11	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	Physical Health		Emotional Health		Social Health		Well-being		Promoting personal health		Lifestyle choices	
	How to increase physical ability. Improving components of fitness. <i>Improved health.</i> <i>Decreased health risks.</i>		How physical activity improves emotional/psychological health.		How physical activity improves social health.		Impact of fitness on well-being. Positive and negative health effects.		Understanding the importance of designing, developing, monitoring and evaluating personal programmes to develop specific needs.		<i>Diet.</i> <i>Activity level.</i> <i>Rest/sleep balance.</i> <i>Recreational drug use (alcohol/nicotine).</i>	
Spring	Positive and negative impacts of lifestyle choice		Sedentary lifestyle and its consequences		Nutritional requirements		Micronutrients/ macronutrients		Optimum weight		Energy balance and hydration	
	<i>Health.</i> <i>Fitness.</i> <i>Well-being.</i> <i>Negative effects of smoking/alcohol.</i>		<i>Overweight/over fat/obese.</i> <i>Depression.</i> <i>Coronary heart disease.</i> <i>High blood pressure.</i> <i>Diabetes.</i> <i>Osteoporosis.</i> <i>Loss of muscle tone.</i> <i>Posture.</i>		Balanced diet. Maintaining a healthy lifestyle. Optimising performance in physical activity and sport.		<i>Vitamins and minerals.</i> <i>Water.</i> <i>Fibre.</i> <i>Carbohydrates and minerals.</i> <i>Carbohydrate loading.</i> <i>Timing of protein intake.</i>		Factors affecting; <i>Sex.</i> <i>Height.</i> <i>Bone structure.</i> <i>Muscle growth.</i>		Importance of maintaining a healthy weight. Importance of hydration. How to maintain correct levels during physical activity and sport.	
Summer	De-stress											