

Curriculum Map - Boys' Physical Education

Intent: At The Thomas Alleyne Academy, our core Physical Education (PE) program is designed to foster a love for physical activity and promote lifelong health and fitness in every student. We believe that physical education is vital for the overall development of our students, encompassing physical, mental and social well-being.

Our curriculum is built on three core assessment strands: **Thinking Me**, **Social Me**, and **Physical Me**. This holistic approach ensures that students develop physical literacy through:

- **Thinking Me:** Encouraging critical thinking and problem-solving skills related to physical activity.
- **Social Me:** Enhancing social skills such as teamwork, leadership and cooperation.
- **Physical Me:** Building fundamental movement skills and promoting physical fitness.

Through this comprehensive approach, we aim to create a supportive and inclusive environment where every student can thrive, regardless of their skill level.

Our examination PE curriculum includes the **OCR Cambridge Nationals in Sport Studies** at Key Stage 4 (KS4) and the **OCR Sport and Physical Activity Extended Certificate** at Key Stage 5 (KS5). The KS4 course covers contemporary issues in sport, performance & leadership and the media's role in sport. The KS5 course delves deeper into body systems, coaching, sports organisation and sports injuries. These programs equip students with the knowledge and practical skills for further education and careers in the sports industry.

	Autumn Term	Spring Term	Summer Term
Year 7	<p>Rugby Content - Ball handling, passing, tackling, ball presentation, rucking, counter rucking, attacking play, defensive play. Kit - Reversible top, navy shorts, red socks, rugby/football boots and gum shield.</p> <p>Football Content - Passing, ball control, dribbling, shooting, possession, defending, spatial awareness. Kit - Reversible top, navy shorts, red socks, football boots and shin pads..</p> <p>Basketball Content - Ball handling, passing, dribbling, lay-up, set shot. Kit - White polo, navy shorts, red socks and</p>	<p>OAA Content - Map reading, 4 and 6 grid references. Kit - White polo, navy shorts, red socks and trainers.</p> <p>Dance Content - Motifs, choreography, analysing performance Kit - White polo, navy shorts, red socks and trainers.</p> <p>Gymnastics Content - Travel, balance, floorwork, evaluating performance. Kit - White polo and navy shorts.</p> <p>Badminton</p>	<p>Athletics Content - Sprints, middle distance runs, throws, jumps. Kit - White polo, navy shorts, red socks and trainers.</p> <p>Cricket Content - Throwing and catching, fielding, batting and bowling. Kit - White polo, navy shorts, red socks and trainers.</p> <p>Tennis Content - Ball control, forehand and backhand strokes, footwork, scoring, rules, game play. Kit - White polo, navy shorts, red socks and trainers.</p>

	trainers.	Content - Serving, overhead clear, drop shot, game play Kit - White polo, navy shorts, red socks and trainers.	
Year 8	Rugby Content - Passing, tackling, rucking, rules, defensive strategies, game play Kit - Reversible top, navy shorts, red socks, rugby/football boots and gum shield. Football Content - Passing, control, defending, positions, shooting, small sided games. Kit - Reversible top, navy shorts, red socks, football boots and shin pads. Basketball Content - Ball handling, passing, dribbling, lay-up, set shot. Kit - White polo, navy shorts, red socks and trainers.	Table Tennis Content - Grip, forehand push, forehand serve, forehand drive, forehand lob, forehand smash. Kit - White polo, navy shorts, red socks and trainers. Dance Content - Motif, choreography, audience present and performance. Kit - White polo, navy shorts, red socks and trainers. Gymnastics Content - Balance, flight, vaulting, jumps, analysing performance Kit - White polo and navy shorts. Badminton Content - Serving, smash, outwit opponents, doubles game play, scoring, rules. Kit - White polo, navy shorts, red socks and trainers.	Athletics Content - Sprints, middle distance runs, throws, jumps. Kit - White polo, navy shorts, red socks and trainers. Cricket Content - Throwing and catching, fielding, batting and bowling. Kit - White polo, navy shorts, red socks and trainers. Tennis Content - Forehand and backhand strokes, volley, movement, scoring, game play, rules Kit - White polo, navy shorts, red socks and trainers.
Year 9	Rugby	Badminton	Athletics

	<p>Content - Passing, tackling, rucking, rules, defensive strategies, game play Kit - Reversible top, navy shorts, red socks, rugby/football boots and gum shield.</p> <p>Football Content - Passing, control, defending, positions, shooting, small sided games. Kit - Reversible top, navy shorts, red socks, football boots and shin pads.</p> <p>Basketball Content - Passing, dribbling, lay-up, set shot, defensive plays and attacking plays. Kit - White polo, navy shorts, red socks and trainers.</p> <p>Examination PE Content - OCR Cambridge Nationals covering areas from R184: Contemporary Issues in Sport.</p>	<p>Content - Underarm clear, net shots, game tactics and strategies. Kit - White polo, navy shorts, red socks and trainers.</p> <p>Sport Education Content - Leadership qualities, roles and responsibilities of leaders, delivering activities, planning sessions. Kit - White polo, navy shorts, red socks and trainers.</p> <p>Active for Life Content - Programme of activities for students to try that are new. E.g kin ball, volleyball, fitness suite and many more. Kit - White polo, navy shorts, red socks and trainers.</p>	<p>Content - Sprints, middle distance runs, throws, jumps. Kit - White polo, navy shorts, red socks and trainers.</p> <p>Cricket Content - Throwing and catching, fielding, batting and bowling. Kit - White polo, navy shorts, red socks and trainers.</p> <p>Tennis Content - Target practise, game play, accuracy of shots, serving, tactics, game play, rules Kit - White polo, navy shorts, red socks and trainers.</p>
KS4	<p>Active for life Content - Students take part in a range of activities such as football, netball, badminton, fitness suite. Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p>	<p>Active for life Content - Students take part in a range of activities such as basketball, volleyball, multi games, fitness suite. Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p>	<p>Active for life Content - Students take part in a range of activities such as Athletics, rounders, cricket, softball, tennis. Kit - Navy shorts or TAA leggings, white polo top, red socks and trainers.</p>
Year 10 OCR	<p>R185 - Performance and Leadership in Sports Activities TA1 - Key components of performance TA2 - Applying practice methods to support improvement in a sporting activity</p>	<p>R185 - Performance and Leadership in Sports Activities TA3 - Organising and planning a sports activity session TA4 - Leading a sports activity session</p>	<p>R185 - Performance and Leadership in Sports Activities TA5 - Reviewing your own performance in planning and leading a sports activity session</p>
Year 11 OCR	<p>R186 - Sport and the Media TA1 - The different sources of media that cover sport TA2 - Positive effects of the media in sport TA3 - Negative effects of the media in sport</p>	<p>R184 - Contemporary Issues in Sport TA1 - Issues which affect participation in sport TA2 - The role of sport in promoting values TA3 - The implications of hosting a major sporting event for a city or country</p>	<p>R184 - Contemporary Issues in Sport TA4 - The role National Governing Bodies (NGBs) play in the development of their sport TA5 - The use of technology in sport</p>

<p>Year 12 OCR</p>	<p>Unit 1 - Body Systems & the Effects of Physical Activity LO1 - Understand the skeletal system in relation to exercise and physical activity. LO2 - Understand the muscular system in relation to exercise and physical activity. LO3 - Understand the cardiovascular system in relation to exercise and physical activity.</p> <p>Unit 2 -Sports Coaching & Activity Leadership LO1 - Know the roles and responsibilities of sports coaches and activity leaders. LO2 - Understand principles which underpin coaching and leading. LO3 - Understand methods to improve skills, techniques and tactics in sport.</p> <p>Unit 17 - Sports Injuries & Rehabilitation LO1 - Know common injuries and their effects LO2 - Be able to minimise the risk of sports injuries</p>	<p>Unit 1 - Body Systems & the Effects of Physical Activity LO4 - Understand the respiratory system in relation to exercise and physical activity. LO5 - Understand the different energy systems in relation to exercise and physical activity.</p> <p>Unit 2 -Sports Coaching & Activity Leadership LO4 - Be able to plan sports and activity sessions. LO5 - Be able to prepare sports and activity environments. LO6 - Be able to deliver sports and activity sessions.</p> <p>Unit 17 - Sports Injuries & Rehabilitation LO3 - Be able to respond to acute sports injuries when they occur LO4 - Know the role of different agencies in the treatment and rehabilitation of sports injuries</p>	<p>Unit 1 - Body Systems & the Effects of Physical Activity Exam - May</p> <p>Unit 2 -Sports Coaching & Activity Leadership LO7 - Be able to review sports and activity sessions.</p> <p>Unit 17 - Sports Injuries & Rehabilitation LO5 - Be able to plan a rehabilitation programme for a specific sports injury.</p>
<p>Year 13 OCR</p>	<p>Unit 3 - Sports Organisation and Development LO1 - Understand how sport in the UK is organised LO2 - Understand sports Development LO3 - Understand how the impact of sports development can be Measured LO4 - Understand sports development in practice</p>	<p>Unit 8 - Organisation of Sports Events LO1 - Know different types of sports events and their purpose LO2 - Know the different roles and responsibilities involved in the planning and delivery of sports events. LO3 - Be able to plan and promote a sports event. LO4 - Be able to participate in the delivery of a sports event</p>	<p>Unit 8 - Organisation of Sports Events LO5 - Be able to review the planning and delivery of a sports event</p>