

Co-op Belle Vue Physical Education five year overview



Co-op Academy
Belle Vue

The Key Stage 3 Physical Education curriculum aims to develop fundamental movement skills, tactical understanding, fitness, and health awareness. It also focuses on fostering personal and social development through teamwork and communication. Creative expression through physical activity is encouraged, promoting holistic well-being and active lifestyles. Students experience a wide range of activities throughout Key Stage 3.					
Year 7 Long Term Plan -					
Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6
Introduction to Physical Education & Outdoor Adventurous Activities (Teambuilding)	Boys - Football Girls - Football	Boys - Basketball Girls - Netball	Boys - Gymnastics Girls - Fitness/Dance	Boys - Athletics Girls - Athletics	Boys - Cricket Girls - Rounders
Key concepts	Key concepts	Key concepts	Key concepts	Key concepts	Key concepts
Fundamental movement skills, tactical understanding, fitness and health, personal and social development, and creative expression through physical activity.					
Assessment: Knowledge Expert Assessment Analysis of performance	Assessment: Knowledge Expert Assessment Analysis of performance	Assessment: Knowledge Expert Assessment Analysis of performance Achievement Assessment	Assessment: Knowledge Expert Assessment Analysis of performance	Assessment: Knowledge Expert Assessment Analysis of performance	Assessment: Knowledge Expert Assessment Analysis of performance Achievement Assessment

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Year 8 Long Term Plan -					
Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6
Boys - Football Girls - Rugby	Boys - Rugby Girls - Netball	Boys - Table Tennis Girls - Badminton	Boys - Fitness Girls - Gymnastics	Boys - Athletics Girls - Athletics	Boys - Rounders Girls - Rounders
Key concepts	Key concepts	Key concepts	Key concepts	Key concepts	Key concepts
Fundamental movement skills, tactical understanding, fitness and health, personal and social development, and creative expression through physical activity.					
Assessment: Knowledge Expert Assessment Analysis of performance	Assessment: Knowledge Expert Assessment Analysis of performance	Assessment: Knowledge Expert Assessment Analysis of performance Achievement Assessment	Assessment: Knowledge Expert Assessment Analysis of performance	Assessment: Knowledge Expert Assessment Analysis of performance	Assessment: Knowledge Expert Assessment Analysis of performance Achievement Assessment

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Key Stage 4			
The BTEC Sport Level 2 Award curriculum is tailored to equip students with essential knowledge and practical skills in the field of sports. It aims to develop proficiency in fundamental sports techniques, tactical understanding, and fitness principles. Additionally, the curriculum focuses on promoting personal development through teamwork, communication, and leadership in sports contexts. By emphasising these aspects, the BTEC Sport Level 2 Award prepares students for further studies and the sports industry.			
Year 10 BTEC SPORT LEVEL 2 AWARD	Components of fitness Component 1: Fitness testing for Physical components of fitness	Component 1: Fitness testing for Skill related components of fitness Methods of training physical fitness	Methods of skill related fitness training
Year 11 BTEC SPORT LEVEL 2 AWARD	Components of fitness Component 2: Taking Part and improving other participants sporting performance	Component 3: Developing fitness to improve other participants performance in sport and physical activity	Component 3: Developing fitness to improve other participants performance in sport and physical activity