

# Physical Education Long Term Plan

Academic Year 2023-2024



Co-op Academy  
Grange

## KS3 PE at Co-op Academy Grange

KS3 follow a gender-based sports rotation in which students receive 4 weeks (6 lessons of 80 minutes) on each sport.

We believe that a high quality PE curriculum should provide all students with an opportunity to have equal access to a broad, balanced and relevant curriculum. The intended outcome is that students will improve their maximum potential physically, socially, emotionally and cognitively, while developing a lifelong love of physical activity and sport. We supply students with the knowledge to make informed decisions regarding healthy lifestyles and provide as much physical activity as possible to improve fitness levels.

	A	B	C	D	E	F	G	H	I
Boys	Football	Basketball	Badminton	Health Related Fitness	Rugby	Cricket	Athletics T&F	Tennis	Table Tennis
Girls	Football	Basketball	Badminton	Health Related Fitness	Rugby	Cricket	Athletics T&F	Rounders	Netball

NB: During the mock exam period in February/March, students follow a two-week bespoke options programme that introduces the students to the Year 10/11 model of Sports Education

## KS4 Core PE at Co-op Academy Grange

KS4 core PE students follow a Sports Education programme. Sports will be provided on a rotation, with each class following the rotation below.

The Sports Education model encourages participation and involvement in physical education in school and out of school, because it provides an opportunity to take on a variety of different roles within a sporting event, including manager, coach, umpire, scorer and many more. It gives students an opportunity to take ownership and responsibility of their own learning, with the teacher taking the role of the facilitator. The Sport Education model has several distinct characteristics including, Seasons, Team Affiliation, Formal Competition, Keeping Records and Festivity.

The season will cover 12 lessons and will be played on the facilities available- For example football will be played on the 4G. The physical education class has 30 students in and has been specifically developed for Year 10 and Year 11 students.

The Core PE curriculum at KS4 has been designed to build upon and embed the physical development and procedural knowledge of our students so that it encourages them to become more confident. It also embeds the importance of maintaining a healthy lifestyle during and beyond their time at Co-op Academy Grange. Students in Y10 and Y11 receive one x 80 minute lesson of Core PE per week. Sport Education relies on direct instruction, peer teaching and cooperative learning, so it will give everyone a chance to work together and try something different. Staff will deliver engaging and challenging lessons through a "Sports Education" approach to lessons. The Sports Education model has been chosen to increase student motivation and engagement, considering it is a student-centred model of learning. The students take responsibility for their learning and have opportunities to take on different roles, whilst the teacher takes the role as a facilitator, helping students out and making sure everything is running smoothly. A large part of the Sports Education programme is the "Competition and Celebration" at the conclusion of the season and unit.

	A	B	C
Boys	Football	Table Tennis	Basketball
Girls	Football	Fitness	Badminton

NB: During the mock exam period in February/March, students follow a two-week bespoke options programme that will be dependent on what facilities are available.

## NCFE LEVEL 1/2 Technical Award Health and Fitness at Co-op Academy Grange

	HT1	HT2	HT3	HT4	HT5	HT6
Y10	<p>1.1: Skeletal System</p> <ul style="list-style-type: none"> <li>• Structure of the skeleton</li> <li>• Functions of the skeleton</li> <li>• Types of bones</li> <li>• Types of joints</li> <li>• Joint actions</li> <li>• Structure of a synovial joint</li> <li>• Structure of the spine</li> <li>• Posture</li> </ul>	<p>1.2: Muscular System</p> <ul style="list-style-type: none"> <li>• Types of muscle</li> <li>• Structure of the muscular system</li> <li>• Muscle movement</li> <li>• Muscle contraction</li> <li>• Muscle fibre types</li> <li>• Performance of muscle fibres</li> </ul>	<p>1.3: Respiratory System</p> <ul style="list-style-type: none"> <li>• Structure of the respiratory system</li> <li>• Functions of the respiratory system</li> <li>• Diffusion and gaseous exchange</li> <li>• Respiratory measurements</li> <li>• Respiratory changes</li> </ul> <p>1.4: Cardiovascular System</p> <ul style="list-style-type: none"> <li>• Structure and function of the blood vessels</li> <li>• Blood redistribution</li> <li>• Structure of the heart</li> <li>• The cardiac cycle</li> <li>• Cardiovascular measurements</li> <li>• Blood Pressure</li> </ul>	<p>1.5 Energy Systems</p> <p>2.1: Effects of Health and Fitness Activities on the Body</p> <ul style="list-style-type: none"> <li>• Short-term effects of exercise</li> <li>• Long-term effects of exercise</li> </ul>	<p>3.1: Health related and Skill Related Fitness</p> <p>3.2: Components of Fitness</p> <ul style="list-style-type: none"> <li>• Health-related fitness</li> <li>• Skill-related fitness</li> </ul>	<p>4.1 Principles of Training &amp; FITT</p> <ul style="list-style-type: none"> <li>• Understanding the principles of training</li> <li>• Principles of overload</li> </ul>

	HT1	HT2	HT3	HT4	HT5	HT6
Y11	<p>SYNOPTIC Released</p> <p>Students will receive the scenario from the examination board and have 23 hours to complete the project Start project in HT3.</p> <p>Two lessons will be spent on delivery of the content One lesson will be spent on working on the project (over the three lessons per two week model)</p> <p>6.1 Lifestyle Factors</p> <ul style="list-style-type: none"> <li>• Activity levels</li> <li>• Diet</li> <li>• Rest and recovery</li> <li>• Other factors</li> </ul> <p>5.1 Fitness testing</p> <ul style="list-style-type: none"> <li>• Health-related fitness tests</li> <li>• Skill-related fitness tests</li> <li>• Using normative data</li> <li>• Validity and reliability</li> </ul>	<p>5.2 Training methods</p> <p>5.3 Optimising a health and fitness programme</p> <ul style="list-style-type: none"> <li>• Heart rate training zones</li> <li>• Repetitions and sets</li> </ul>	<p>7.1 Health and fitness analysis and goal setting Collecting, using, analysing and evaluating data Goal setting</p> <p>8.1 The structure of a health and fitness programme</p> <ul style="list-style-type: none"> <li>• Components of a health and fitness programme</li> <li>• Health and safety</li> <li>• The session plan</li> <li>• Warm up and cool down</li> <li>• Main activity session</li> <li>• Reviewing the activity session</li> <li>• Goal setting</li> </ul>	<p>SYNOPTIC DEADLINE</p> <p>Revision for Exam</p>	<p>Revision for Exam</p> <p>EXAM</p>	