



## Physical Education Curriculum Overview

Physical Education at Tiffin aims to provide a wide range of activities to all students with the opportunity to develop their physical competence, self-esteem and to value the benefits of exercise and a “healthy lifestyle”.

Through curricular and co-curricular sport, we aim to gain the interest and enthusiasm of every student in a particular activity so that they will participate regularly whilst at school and that their experiences in a range of physical activities will lead to life-long participation. The programme offered in P.E. and Games is firmly based on participation, progression and performance and aims to incorporate the notion of fair play throughout. The school organises an extensive range of Inter-House Competitions where this is encouraged. Many activities operate at a club level and provision is made for all those who train to have the opportunity to represent the school. There is an open

invitation to all students to make best use of the facilities and the opportunities before them either at a recreational level or as part of a more structured programme.

In the Games programme, new activities are available to students as they progress through the school. In addition, we carefully plan and coordinate the timing of training sessions and fixtures for activities so that students can participate in more than one activity. We seek to allow dual access to activities through games and extra-curricular sessions so that certain players are able to take part in another activity to supplement fitness training.

Throughout the whole school we offer a physical education curriculum appropriate to each individual child. Our curriculum is delivered in a fully inclusive manner. students are provided with a balance of individual, group and team activities some of which are competitive. We promote the impact that Physical activity can have on a student's mental health and well-being. students have access to a highly differentiated revised curriculum linked to games, athletic activities, outdoor activities and health related fitness. This range of experiences is intended to provide for students' increasing self confidence in their ability to manage themselves and their bodies within a variety of movement situations and to increase understanding of the importance of a healthy lifestyle. This allows for them to develop as part of a team, learning how to communicate with others and work together. It allows them to cope with disappointments, being able to communicate in an appropriate manner and adhere to the rules and regulations will help our students reintegrate into mainstream society and post school life. The emphasis is upon providing a supportive learning environment that encourages maximum participation and rewards endeavour while remaining sympathetic to student's physical needs and degree of learning difficulty.

## KS3 Physical Education Curriculum

|                      | Year 7                                                             | Year 8                                                      | Year 9                                                      |
|----------------------|--------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|
| <b>Autumn Term 1</b> | Health-related Fitness, Strength & Conditioning, Rugby, Basketball | Health-related Fitness, Strength & Conditioning, Badminton, | Health-related Fitness, Strength & Conditioning, Badminton, |
| <b>Autumn Term 2</b> | Strength & Conditioning, Rugby, Basketball                         | Strength & Conditioning, Badminton,                         | Strength & Conditioning, Badminton,                         |
| <b>Spring Term 1</b> | Strength & Conditioning, Rugby, Basketball                         | Football, Basketball                                        | Football, Basketball                                        |
| <b>Spring Term 2</b> | Football, Basketball, Athletics                                    | Football, Basketball, Athletics                             | Football, Basketball, Athletics                             |
| <b>Summer Term 1</b> | Football, Basketball, Athletics                                    | Athletics, Cricket                                          | Athletics, Cricket                                          |
| <b>Summer Term 2</b> | Volleyball, Cricket, Athletics                                     | Cricket, Volleyball                                         | Cricket, Volleyball                                         |

## KS4 Physical Education Curriculum

|                      | Year 10                                                     | Year 11                  |
|----------------------|-------------------------------------------------------------|--------------------------|
| <b>Autumn Term 1</b> | Health-related Fitness, Strength & Conditioning, Badminton, | Chosen Sporting Activity |
| <b>Autumn Term 2</b> | Strength & Conditioning, Badminton,                         | Chosen Sporting Activity |
| <b>Spring Term 1</b> | Football, Basketball                                        | Chosen Sporting Activity |
| <b>Spring Term 2</b> | Football, Basketball, Athletics                             | Chosen Sporting Activity |
| <b>Summer Term 1</b> | Athletics, Cricket                                          | Chosen Sporting Activity |
| <b>Summer Term 2</b> | Cricket, Volleyball                                         | Chosen Sporting Activity |

## KS4 Academic Physical Education Curriculum

|                      | Year 10                                                  |                                     | Year 11                                                                  |                                                                          |
|----------------------|----------------------------------------------------------|-------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------|
| <b>Autumn Term 1</b> | Topic 1 - Applied Anatomy & Physiology                   | Topic 5 - Sports Psychology         | Revision & Practice Papers                                               | Revision & Practice Papers                                               |
| <b>Autumn Term 2</b> | Topic 1 - Applied Anatomy & Physiology                   | Topic 5 - Sports Psychology         | Component 4 - Coursework                                                 | Component 4 - Coursework                                                 |
| <b>Spring Term 1</b> | Topic 2 - Movement Analysis, Topic 3 - Physical Training | Topic 6 - Socio-cultural Influences | Component 4 - Coursework<br><b>All Topics</b> Revision & Practice Papers | Component 4 - Coursework<br><b>All Topics</b> Revision & Practice Papers |
| <b>Spring Term 2</b> | Topic 2 - Movement Analysis, Topic 3 - Physical Training | Topic 6 - Socio-cultural Influences | <b>All Topics</b> Revision & Practice Papers and Exam Leave              |                                                                          |
| <b>Summer Term 1</b> | Topic 4 - Physical Training                              | Topic 6 - Socio-cultural Influences |                                                                          |                                                                          |
| <b>Summer Term 2</b> | Topic 4 - Physical Training                              | Topic 7 - Use of Data               |                                                                          |                                                                          |

## KS5 Physical Education Curriculum

|                      | Year 12                                                                                                                                                                                              | Year 13                                                                                                                                                      |
|----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Autumn Term 1</b> | Paper 1 - Factors Affecting Participation in Physical Activity and Sport                                                                                                                             | Coursework                                                                                                                                                   |
| <b>Autumn Term 2</b> | Paper 1 - Factors Affecting Participation in Physical Activity and Sport                                                                                                                             | Paper 2 - Factors Affecting Optimal Performance in Physical Activity and Sport                                                                               |
| <b>Spring Term 1</b> | Paper 2 - Factors Affecting Optimal Performance in Physical Activity and Sport ,<br>Paper 1 - Factors Affecting Participation in Physical Activity and Sport                                         | Paper 2 - Factors Affecting Optimal Performance in Physical Activity and Sport                                                                               |
| <b>Spring Term 2</b> | Paper 2 - Factors Affecting Optimal Performance in Physical Activity and Sport ,                                                                                                                     | Paper 1 - Factors Affecting Participation in Physical Activity and Sport ,<br>Paper 2 - Factors Affecting Optimal Performance in Physical Activity and Sport |
| <b>Summer Term 1</b> | Paper 2 - Factors Affecting Optimal Performance in Physical Activity and Sport                                                                                                                       | Paper 1 - Factors Affecting Participation in Physical Activity and Sport ,<br>Paper 2 - Factors Affecting Optimal Performance in Physical Activity and Sport |
| <b>Summer Term 2</b> | Exam feedback and review.<br>Consolidation of identified knowledge gaps.<br>Teacher directed and supported project work and/or progressing to learn new material.<br>6th Form Progression Programme. |                                                                                                                                                              |