



**ST BERNARD'S
HIGH SCHOOL**

Curriculum Guide Physical Education 2025 - 26



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Curriculum Intent

Year 7-11 Core PE

Physical Education at St Bernard's aims to create an **'inclusive'** environment where all students feel a **sense of belonging** through being known, valued, respected and safe.

We aim to provide a core PE curriculum for all students in Year 7-11 that is **broad, engaging, progressive and challenging**, allowing for students to access the curriculum and make **progress** regardless of their starting point or sporting ability. For students that wish to study Physical Education in more depth we aim to offer high quality learning through GCSE and A-Level PE pathways.

The curriculum aims to develop students' knowledge and understanding of **physical, technical and tactical aspects** across a range of sports. We aim to promote the benefits of being **physically active** to students and develop a **passion for lifelong participation**, so they can make **better lifestyle decisions** far beyond the school gates and into their chosen career paths. The curriculum should also allow students to **enjoy** being physically active and many will **identify areas of strength** where they continue their development through our **extra-curricular programme or into club sport**.

We also aim to develop the **emotional well-being** of our students so they can develop skills such **confidence, perseverance and resilience**. Whilst our focus **social well-being** allows us to promote skills such as **teamwork, communication and leadership**.

GCSE PE

Students will aim to improve their **understanding of practical performance** through learning how to move, train, eat and mentally prepare for sport. Studying GCSE PE will **equip students** with the foundation to continue to study Physical Education at A-Level

A-Level PE

Aims to give students a **synoptic understanding** of the wide range of factors that underpin performance from a physical, technical, tactical and psychological perspective. We aim to encourage A-Level students to be **role models** to younger students and help support their participation in school sport. A-Level students may be inspired to continue to study and **sport related degree** or pursue one of the many **sports related career paths**.

Head of Physical Education Department

Mr D Phillips

Year 7

In Year 7 students cover a range of activities including Netball, Badminton, Gymnastics, Basketball, Health Related exercise, Athletics and Rounders. The emphasis is on students developing core skills and understanding how to perform these skills in order to be transferred across different activities. There is also a focus on developing organisational skills and enjoyment.

Number of lessons per fortnight: 2

Skills developed: 4 areas of performance: Developing skills, Performing skills, Understanding skills and Evaluating skills.

Classes: Students are taught in mixed ability classes

Essential equipment: PE kit

Extracurricular and enrichment opportunities: Badminton practices at lunchtimes, Football, Basketball and Netball after school in term 1 and 2. Athletics and Cricket in term 3.

Careers curriculum: Sports management

	Content studied	Literacy focus	What parents can do to help
Autumn Term	Netball Badminton Gymnastics	Chest, Bounce and Shoulder pass Centre pass Landing foot Pivot Footwork Obstruction Backhand Forehand Overhead clear Depth Baseline Service Line Body tension Balance Points of contact Synchronisation Cannon Matching/Mirroring	Encourage students to play with a bat, ball, racket to improve hand eye coordination
Spring Term	Basketball Health Related Exercise	Travelling Double Dribble BEEF Layup Triple Threat Half Court Cardiovascular Endurance Muscular endurance Flexibility Pacing Resilience Heart rate Warm up	Encourage movement eg running, walking, cycling and free play. WHO Guidance suggests adolescents should engage in a minimum of 3 x 20 minutes vigorous exercise per week or 60 minutes moderate exercise daily.
Summer Term	Athletics Rounders	Acceleration Take off Scissor kick and Fosbury flop Acceleration Arm drive Speed	Go to a park, encourage movement and ball games

		Power Lead leg Trail leg Bases Backstop Batting square Half Rounder Full Rounder Short Barrier	
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Helpful books/websites:

BBC Sport

England Netball

England Basketball

Badminton England

Opportunities for wider reading/research:

Produce an infographic for badminton showing the court markings and key teaching points of different shots

Produce a poster for rounders providing the correct pitch layout and measurements and all of the rules

Year 8

In Year 8 students cover a range of activities including Netball, Badminton, Cross Country, Football, Health Related exercise, Volleyball, Athletics and Cricket. The emphasis is on students applying core skills into performance and developing an understanding of the rules and tactics within game situations. There is also a focus on developing resilience and teamwork.

Number of lessons per fortnight: 2

Skills developed: 4 areas of performance: Developing skills, Performing skills, Understanding skills and Evaluating skills. With a greater emphasis on developing and understanding skills.

Classes: Students are taught in mixed ability classes

Essential equipment: PE Kit

Extracurricular and enrichment opportunities: Badminton practices at lunchtimes, Football, Basketball and Netball after school in term 1 and 2. Athletics and Cricket in term 3.

Careers curriculum: Exercise Physiology

	Content studied	Literacy focus	What parents can do to help
Autumn Term	Netball Badminton Cross Country	Lift Drop shot Chasse Depth Angle Deception Getting free Feint dodge Contact Interception Timing Umpire Contact Free pass Penalty pass Pacing Resilience Cadance	Encourage students to play with a bat, ball or racket to improve hand eye coordination. Go for a brisk walk or run. WHO Guidance suggests adolescents should engage in a minimum of 3 x 20 minutes vigorous exercise per week or 60 minutes moderate exercise daily.
Spring Term	Football Health Related Exercise Gymnastics	Side foot Driven Pass Dribbling Control Support Width Possession Pressure Cardiovascular Endurance Muscular Strength Coordination Continuous Training Faartlek Circuit Interval Long term Effects Flight Body Tension Balance	Encourage free play with a football. Encourage students to exercise independently at home. They will have learnt various exercise and methods of training that can be carried out in a park or a home.

		Through Vault Straddle Vault	
Summer Term	Athletics Cricket	Grip Angle of release Height of release Acceleration Arm Drive Stride pattern Stance Backlift Short Barrier Bowling Pitch Front foot Back foot	Encourage any ball striking activities to improve hand eye coordination.

Helpful books/websites:

BBC Sport

England Netball

England Football

Badminton England

England and Wales Cricket Board

Sport England

Opportunities for wider reading/research:

Produce a training programme using the knowledge you have developed on methods of training.

Produce a poster for cricket providing the correct pitch layout and measurements and all of the rules.

Year 9

In Year 9 students cover a range of activities including Netball, Badminton, Touch Rugby, Basketball, Health Related exercise, Volleyball, Athletics, Rounders and Cricket. The emphasis is on students applying performing a range of core and advanced skills and evaluating their own performance and the performance of others. There is also a focus on developing leadership through officiating.

Number of lessons per fortnight: 2

Skills developed: Performance skills and Evaluating performance.

Classes: Students are taught in mixed ability classes.

Essential equipment: PE Kit

Extracurricular and enrichment opportunities: Badminton practices at lunchtimes, Football and Netball after school in term 1 and 2. Athletics and Cricket in term 3.

Careers curriculum: Sports Coaching

	Content studied	Literacy focus	What parents can do to help
Autumn Term	Netball Badminton Health related Fitness	Centre pass set play: Attacking backline set play: Defensive backline set play: Holding space Short Serve Long Serve Smash Drive Positioning SPORT FITT Cardiovascular Adaptations Strength Adaptations Heart rate Lactic Acid	Encourage students to play with a bat, ball or racket to improve hand eye coordination. Go for a brisk walk or run. WHO Guidance suggests adolescents should engage in a minimum of 3 x 20 minutes vigorous exercise per week or 60 minutes moderate exercise daily.
Spring Term	Touch Rugby Basketball	Grip Passing Pop pass Support Depth Acceleration Jab Step Half Court Basket side Zonal Man to Man Layup BEEF Set Shot Contact	Encourage them to watch a game of basketball. Practice catching, dribbling and running with a ball.
Summer Term	Athletics Rounders Volleyball	Triple Jump Sprint start Drive Phase Follow Through Bases	Encourage movement and outdoor play.

		Reverse hit Short Barrier Stance Set Dig Smash	
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Helpful books/websites:

BBC Sport

England Netball

England Basketball

Badminton England

England RFU

Sport England

Opportunities for wider reading/research:

Produce a training programme using the knowledge you have developed on methods of training.

Produce a poster for touch rugby providing the guidance on passing and knowledge of the rules.

Year 10

This subject can be chosen as an option for GCSE.

GCSE Physical Education

Number of lessons per fortnight: 3

Skills developed: The ability to draw on the knowledge of a range of factors that underpin performance such as anatomy and physiology, sports psychology, skill acquisition and socio-cultural factors.

Classes: Students are taught in mixed ability classes.

Essential equipment: GCSE PE exercise book, PE kit for practical lessons

Extracurricular and enrichment opportunities: students should be attending the sports clubs for the sports they have chosen.

Careers curriculum: Professional athlete, Coach, Manager, Physiotherapist, Psychologist, Performance analyst

	Content studied	Literacy focus	What parents can do to help
Autumn Term	Health & Fitness Components of fitness Fitness Testing Methods of Training Principles of Training Warm ups and cool downs Factors to prevent injury prevention Practical Focus: Netball	Health, fitness and Exercise definitions Definitions of the 10 components of fitness Define and apply continuous, interval, faartlek, circuit, plyometrics, weight and altitude training. Definitions of SPORT and FITT Describe factors that prevent injury	Reinforce the need to relearn the notes. Use sites such as Quizlet to test themselves.
Spring Term	Consequences of a sedentary lifestyle. Nutrition and Hydrations Somatotypes Skill Classification Goal Setting Information Processing Arousal and Stress management Aggression Personality Motivation Begin NEA Coursework Practical Focus: Badminton	Obesity Hypertension Carbohydrates, Fats, Proteins Endomorph, Ectomorph, Mesomorph Open-Closed, Simple-Complex, Self Paced-Externally Paced, Gross-Fine Mental Rehearsal, Self Talk, Breathing Indirect and Direct Aggression Introvert and Extrovert Intrinsic and Extrinsic Motivation	Encourage the use of flash cards and mind maps to practice retrieval.
Summer Term	Structure and function of the skeleton Structure and types of synovial joints Movements at a joint Muscular system Practical focus: Athletics and Rock Climbing	Names of the bones Names of the muscles Ball and socket Joint Hinge Joint Ligaments, Tendons and Cartilage Antagonistic Pairs Concentric, Eccentric and Isometric Muscle Contractions Flexion and Extension, Abduction and Adduction, Dorsi and Plantar flexion	Use revision techniques such as Blurt it, the Leitner method and past papers to prepare for the year 10 mock exam.

Helpful books/websites:

BBC bitesize

Brianmac

Quizlet

AQA GCSE PE Past Papers

Opportunities for wider reading/research:

Ronaldo: testing to the limit

Year 11

This subject can be chosen as an option for GCSE.

GCSE Physical Education

Number of lessons per fortnight: 3

Skills developed: The ability to draw on the knowledge of a range of factors that underpin performance such as anatomy and physiology, sports psychology, skill acquisition and socio-cultural factors.

Classes: Students are taught in mixed ability classes.

Essential equipment: GCSE PE exercise book, PE kit for practical lessons

Extracurricular and enrichment opportunities: students should be attending the sports clubs for the sports they have chosen.

Careers curriculum: Professional athlete, Coach, Manager, Physiotherapist, Psychologist, Performance analyst

	Content studied	Literacy focus	What parents can do to help
Autumn Term	Cardiorespiratory systems Pathway of air Gaseous Exchange Blood vessels Structure of the heart Pathway of blood Inspiration and Expiration Aerobic and Anaerobic Energy EPOC Recovery Short and Long Term effects of Exercise Planes and Axis Levers	Alveoli, Diaphragm, Intercostal muscles Arteries, Veins and capillaries Atrium and ventricle Aorta, Vena Cava, Pulmonary Cardiac Output Stroke Volume Tidal Volume Minute Ventilation Residual Volume Vasodilation and Vasoconstriction Sagittal, Frontal and Transverse Planes Longitudinal, Sagittal and transverse axis 1 st , 2 nd and 3 rd class levers Mechanical advantage	Ensure students are engaging in independent study
Spring Term	Socio-Cultural Influences: Engagement patterns/Factors affecting participation Media Sponsorship Commercialisation Technology Spectators and hooliganism. PED's Player Behaviour	Socio Economic factors Gender Disability Discrimination Golden Triangle Stimulants Beta Blockers Diuretics Anabolic agents Narcotic Analgesics Blood Doping Peptide Hormones Sportsmanship Gamesmanship Etiquette	Use revision techniques such as Blur it, the Leitner method and past papers to prepare for the year 11 mock exam.
Summer Term	Revision and Past paper practice		Ensure students have a study timetable set up and they are following this.

Helpful books/websites:

BBC bitesize

Brianmac

Quizlet

AQA GCSE PE Past Papers

Opportunities for wider reading/research:

Icarus documentary

National newspapers. The sports pages report global events and the biggest issues

All sports magazines will offer a view on performing, coaching, science, current issues or history of sport(s). They are therefore valuable wider reading material

Year 12

A Level Physical Education

Number of lessons per fortnight: 5

Skills developed: Knowledge, understanding, analysis and evaluation

Essential equipment: exercise books, PE kit

Extracurricular and enrichment opportunities: See the practice timetable

Careers curriculum: Professional athlete, Coach, Manager, Physiotherapist, Psychologist, Performance analyst, Nutritionist, Sports Medicine, Sports Journalist, Exercise Physiologist

	Content studied	Literacy focus	What parents can do to help
Autumn Term	<u>Component 1: Anatomy and Physiology</u> Joints, Movements and muscles Muscle Types Muscular contraction Cardiovascular System at rest Cardiovascular System during exercise and recovery. Respiratory System at rest Respiratory System during exercise and recovery. Energy Continuum Energy Systems EPOC and the recovery process Exercise at Altitude and in heat <u>Component 2: Skill Acquisition</u> Skill Classification Methods of Practice Transfer of skills Learning theories Stages of Learning Guidance Feedback Memory models	Names of the bones and muscles in the body. slow oxidative fast oxidative glycolytic fast glycolytic Stroke volume Cardiac output Neural control ATP ATP-PC Glycolytic System Aerobic System Alactacid and Lactacid recovery Cardiovascular Drift Continuums Proactive and retroactive transfer Operant conditioning Cognitive Learning Observational learning Cognitive, Associative and Autonomous learners Visual, verbal, manual and mechanical guidance.	Reinforce good study habits and rehearsal of notes.
Spring Term	<u>Component 1: Exercise Physiology</u> Diet and Nutrition Ergogenic Aids Aerobic Training Strength Training Flexibility Training Periodisation Lifestyle diseases Injuries Injury prevention and treatment Injury Rehabilitation	Components of a balanced diet Pharmacological, Physiological and nutritional aids. VO2MAX HIIT PNF Isometric Macro, Meso and Microcycles CHD, Atherosclerosis, asthma and COPD Acute and Chronic injuries SALTAPS PRICE	

	<u>Component 2: Sports Psychology</u> Personality Attitude Motivation Arousal Anxiety Stress management Aggression Social Facilitation Goal Setting	6 R's for concussion treatment Trait, Social Learning Theory Triadic Model. Cognitive Dissonance Inverted U Theory Cognitive and Somatic Anxiety Visualisation, Imagery. Frustration Aggression Hypothesis Social Inhibition and home field advantage.	
Summer Term	<u>Component 1: Biomechanics</u> Newtons Law of Inertia Newtons Law of Acceleration Newtons Law of Reaction Linear Motion Angular Motion Levers Analysis of Movement Through Technology <u>Component 2: Sports Psychology</u> Groups Dynamics Group formation Group Cohesion Leadership Styles Leadership Theories Attribution Theory Self Confidence Self-Efficacy	Balanced and unbalanced forces Speed, velocity and displacement Acceleration Deceleration Angular momentum, velocity and moment of inertia Mechanical advantage Limb Kinetics Tuckman's model Steiners model Autocrat, Democrat and Laissez- Faire. Weiners Model of attribution Vealey's model Bandura's Self efficacy model.	

Helpful books/websites:

OCR A Level PE (Year 1 and Year 2)

www.mypeexam.com

www.sportengland.org

www.brianmac.co.uk

NGB websites o e.g. The FA www.thefa.com, The RFU www.rfu.com etc.

Opportunities for wider reading/research:

Journal of Sports Sciences

Journal of Sport & Social Issues

All sports magazines will offer a view on performing, coaching, science, current issues or history of sport(s). They are therefore valuable wider reading material

National newspapers. The sports pages report global events and the biggest issues