

PE Department

Curriculum Overview:

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Please see the department MTP for a more in depth scheme of work.

Year	Term	Unit/s of Work	Core Knowledge & Concepts
7	1	Athletics & Basketball	Acquire and develop basic skills. Knowledge and understanding of rules and tactics.
		Athletics & Basketball	Acquire and develop basic skills. Knowledge and understanding of rules and tactics.
	2	Football & Softball	Acquire and develop basic skills. Knowledge and understanding of rules and tactics.
		Badminton & Table Tennis	Acquire and develop basic skills. Knowledge and understanding of rules and tactics.
	3	Volleyball & Cricket	Acquire and develop basic skills. Knowledge and understanding of rules and tactics.
8	1	Athletics & Basketball	Develop technique. Apply and select appropriate skills and tactics in competitive situations.
		Athletics & Basketball	Develop technique. Apply and select appropriate skills and tactics in competitive situations.
	2	Football & Softball	Develop technique. Apply and select appropriate skills and tactics in competitive situations.
		Badminton & Table Tennis	Develop technique. Apply and select appropriate skills and tactics in competitive situations.
	3	Volleyball & Cricket	Develop technique. Apply and select appropriate skills and tactics in competitive situations.
		Athletics & Basketball	Develop technique. Apply and select appropriate skills and tactics in competitive situations.
9	1	Athletics & Basketball	Analyse performances compared to previous ones and demonstrate improvement to maximise performance.
		Athletics & Basketball	Analyse performances compared to previous ones and demonstrate improvement to maximise performance.
	2	Football & Softball	Analyse performances compared to previous ones and demonstrate improvement to maximise performance.
		Badminton & Table Tennis	Analyse performances compared to previous ones and demonstrate improvement to maximise performance.
	3	Volleyball & Cricket	Analyse performances compared to previous ones and demonstrate improvement to maximise performance.
10 iGCSE	1	Unit 1	The skeletal and muscular system
		Unit 2 Unit 3	Respiratory system Circulatory system
	2	Unit 4 Unit 5	Energy supply and the effects of exercise on the body Simple biomechanics
		Unit 6	Health and wellbeing
	3	Unit 7 Unit 8 Weight Training	Training Skills and skill acquisition Practical assessment for Weight Training for Fitness
11	1	Unit 9	Psychology

At ASCOT, students develop according to their needs in a welcoming, family environment. The challenging curriculum enables our students to become adaptable lifelong learners. Our intercultural ethos strives to promote a strong sense of respect for all.

iGCSE		Basketball Table Tennis	Practical assessment for Basketball Practical assessment for Table Tennis
		Unit 10 Athletics	Social and cultural influences Practical assessment for Track and Field Athletics
	2	Unit 11 Badminton	Ethics and other issues Practical assessment for Badminton
		Revision Football Volleyball	End of unit test and past papers Practical assessment for Football Practical assessment for Volleyball
	3	Revision & Exams	End of unit test and past papers
12	1	Athletics & Basketball	Recreational PE.
		Athletics & Basketball	Recreational PE.
	2	Football & Softball	Recreational PE.
		Badminton & Table Tennis	Recreational PE.
	3	Volleyball & Cricket	Recreational PE.
13	1	Athletics & Basketball	Recreational PE.
		Athletics & Basketball	Recreational PE.
	2	Football & Softball	Recreational PE.
		Badminton & Table Tennis	Recreational PE.
	3	Volleyball & Cricket	Recreational PE.