



UST

University Schools Trust



Royal Greenwich

Trust School

the constellation

**Physical Education
Curriculum Booklet
2020-2021**

Physical Education Curriculum Booklet

Our aim is for all Royal Greenwich Trust School students to develop competence in physical activities and be confident experts in their skills and techniques in a broad range of sports and physical activities. Students should understand what makes a performance effective and how to apply these principles to their own and others' performance.

Students will also develop confidence and interest to get involved in exercise, sports and activities outside of school later in life and understand and apply the long-term health benefits of physical activity. As a department, we will provide opportunities for students to engage in competitive sports and activities both within and outside of lessons.

Our specifications for Key Stage 4 are:

For Year 10:

- Pearson BTEC Sport Level 1/2: https://qualifications.pearson.com/content/dam/pdf/BTEC-Firsts/Sport/2012/Specification-and-sample-assessments/9781446936368_BTECFIRST_AWD_SPORT_SPEC_ISS4.pdf

Our curriculum is sequenced to cover a series of topics across the academic year to give students a full experience of Physical Education.

What do students learn in PE?

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Baseline Assessment Athletics	Athletics Healthy Active lifestyles Gymnastics Invasion Games (3 block rotation)	Healthy Active lifestyles Gymnastics Invasion Games (3 block rotation)	Healthy Active lifestyles Gymnastics Invasion Games (3 block rotation)	Striking and Fielding Athletics (competition) Badminton	Striking and Fielding Athletics (competition) Badminton
Year 8	Baseline Assessment Athletics	Athletics Invasion Games (Basketball) Dance Training for Fitness (3 block rotation)	Invasion Games (Basketball) Dance Training for Fitness (3 block rotation)	Invasion Games (Basketball) Dance Training for Fitness (3 block rotation)	OAA Striking and Fielding Athletics (competition)	OAA Striking and Fielding Athletics (competition)
Year 9	Baseline Assessment Athletics	Athletics Invasion Games (Basketball)	Invasion Games (Basketball)	Invasion Games (Basketball)	Striking and Fielding	Striking and Fielding

		Sports Leadership Fitness and Personal Training (3 block rotation)	Sports Leadership Fitness and Personal Training (3 block rotation)	Sports Leadership Fitness and Personal Training (3 block rotation)	Athletics (competition) Badminton	Athletics (competition) Badminton
Year 10 (Core)	Baseline Assessment Badminton Football	Badminton Football	Athletics Basketball Fitness (3 block rotation)	Athletics Basketball Fitness (3 block rotation)	Athletics Basketball Fitness (3 block rotation)	Striking and Fielding
Year 10 (BTEC Sport)	Badminton	Unit 2: Practical Sport Unit 1 - Fitness for Sport and Exercise (EXAM)	Unit 2: Practical Sport Unit 1 - Fitness for Sport and Exercise (EXAM)	Unit 2: Practical Sport Unit 1 - Fitness for Sport and Exercise (EXAM)	Unit 1 - Fitness for Sport and Exercise (EXAM) Unit 3 - Applying the Principles of Personal Training	Unit 1 - Fitness for Sport and Exercise (EXAM) Unit 3 - Applying the Principles of Personal Training

How you can support your child's learning in PE:

- Encourage students to watch as much live sport as possible.
- Encourage your child to exercise at least 30 minutes per day. This could be something as simple as a long walk.
- Exercise as a family – there are lots of family based activities in the Greenwich area that you and your family can take part in.
- Visit local sporting venues: the Olympic Stadium, Charlton Athletic FC, London Aquatics Centre, the Velodrome: <http://www.londontown.com/London/Londons-Sport-Venues>

Websites that you can visit:

www.bbc.co.uk/sport

www.skysports.com

<https://www.bbc.co.uk/bitesize/subjects/zdhs34j>

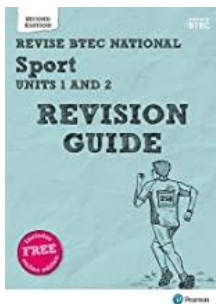
https://qualifications.pearson.com/en/subjects/physical-education-and-sport/btec-sport.html?gclid=EAIaIQobChMIo-K7rK6R7AIVRubtCh3cwA_HEAAYASAAEgK6XfD_BwE

<https://www.youtube.com/watch?v=pvvQnib23Xc>

Books that you may wish to purchase:



- BTEC Level 2 Firsts in Sport Student Book Paperback
<https://www.amazon.co.uk/BTEC-Level-First-Sport-Student/dp/1846906229>



- Revise BTEC National Sport Units 1 and 2 Revision Guide
<https://www.amazon.co.uk/Revise-National-Sport-Units>

[Revision/dp/1292230533/ref=sr_1_1?dchild=1&keywords=%E2%97%8F+Revise+BTEC+Natio
nal+Sport+Units+1+and+2+Revision+Guide&qid=1601536594&s=books&sr=1-1](https://www.amazon.co.uk/Revise-National-Sport-Units/dp/1292230533/ref=sr_1_1?dchild=1&keywords=%E2%97%8F+Revise+BTEC+Natio+nal+Sport+Units+1+and+2+Revision+Guide&qid=1601536594&s=books&sr=1-1)