

Subject:

Physical Education



HECKMONDWIKE
GRAMMAR SCHOOL

KS5 - Year 12 Curriculum Overview

	Topics being taught	What you will be assessed on	How you can support at home
Autumn Term	<p>Anatomy – Skeletal, muscular systems. Types of muscle contraction</p> <p>Biomechanics – Newtons laws of motion. Flight paths</p> <p>Skill acquisition – Classification of skills.</p> <p>Socio Cultural Studies – Sport in Pre- Industrial Britain, Sport in Post Industrial Britain Sport in Public Schools</p>	<p>Term 1</p> <p>Application of anatomy to movement analysis. Classification of sports skills. Pre-Industrial Sport and Post-Industrial Sport</p>	<p>PE focus reading tasks Maintain performance in selected sport</p> <p>Modules workbooks. Attend / watch live sporting events.</p>
		<p>Term 2</p> <p>Application of Newtons laws to sports performance. Learning skills in different sports. Sport in Public Schools</p>	<p>Complete revision and extended learning tasks in preparation for assessments</p> <p>Keep up to date with current issues and sporting events via social media</p>

CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS

	Topics being taught	What you will be assessed on	How you can support at home
Spring Term	<p>Anatomy – Cardiovascular respiratory systems.</p> <p>Biomechanics – Application of forces.</p> <p>Skill acquisition – Theories of learning.</p> <p>Socio Cultural Studies – 20th Century Sport, 21st Century Sport and the globalisation of Sport</p>	<p>Term 3</p> <p>Effects of exercise on body systems. How theories are applied to learning and teaching a range of different skills.</p>	<p>PE Focus reading tasks</p> <p>Module workbooks</p>
		<p>Term 4</p> <p>The effects of forces on sports performance. Types of feedback and guidance. Characteristics of sport in the 20th century/21st Century, globalisation of sport</p>	<p>Complete revision and extended learning tasks on preparation for assessment</p> <p>Keep up to date with current sporting issues and events via social media</p>

EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS

	Topics being taught	What you will be assessed on	How you can support at home
Summer Term	<p>Anatomy – Respiratory system Diet and nutrition</p> <p>Biomechanics – Application of force</p> <p>Skill acquisition – Information processing</p> <p>Socio- Cultural Studies – Modern Olympics and political exploitation in Sport. Hosting a global sporting event</p>	<p>Term 5</p> <p>Treatment and rehabilitation of injuries. Attitudes and aggression – effects on sports performance. History of the Modern Olympics, Political Exploitation and the Olympics, hosting a global sporting event</p>	<p>PE focus reading tasks</p> <p>Module work books</p>
		<p>Term 6</p> <p>Finals – Examination assessment of content form all three theory modules. Assessment of oral evaluation of performance.</p>	<p>Complete revision tasks in preparation for finals</p> <p>Complete active revision and extended learning tasks. Review of performance in finals. Target setting.</p>