

WHSB PE LOWER SCHOOL CURRICULUM MAP

YEAR 7

1

CONTENT
Basketball
Fitness

SKILLS
Passing, receiving and outwitting an opponent
Dribbling & Pivoting
Shooting
Baseline Training
Continuous Training
Interval Training
Circuit Training
Fartlek Training



The assessment is ongoing over the duration of the work. Skills and match play are assessed at different stages, a combined skills and competitive situation assessment create the final grade

2

CONTENT
Rugby
Gymnastics

SKILLS
Passing & receiving
Tackling technique
Attacking/outwitting an opponent
Kicking
Locomotion
Balances
Vaulting



The assessment is ongoing over the duration of the work. Skills and match play are assessed at different stages, a combined skills and competitive situation assessment create the final grade

3

CONTENT
Athletics
Cricket

SKILLS
Running Technique
Throwing Technique
Jumping Technique
Batting
Bowling
Fielding



The assessment is ongoing over the duration of the work. Skills and match play are assessed at different stages, a combined skills and competitive situation assessment create the final grade

YEAR 8

1

CONTENT
Basketball
Fitness

SKILLS
Passing, receiving and outwitting an opponent
Dribbling & Pivoting
Shooting
Baseline Training
Continuous Training
Interval Training
Circuit Training
Fartlek Training



The assessment is ongoing over the duration of the work. Skills and match play are assessed at different stages, a combined skills and competitive situation assessment create the final grade

2

CONTENT
Rugby
Gymnastics

SKILLS
Passing & receiving
Tackling technique
Attacking/outwitting an opponent
Kicking
Locomotion
Balances
Vaulting



The assessment is ongoing over the duration of the work. Skills and match play are assessed at different stages, a combined skills and competitive situation assessment create the final grade

3

CONTENT
Athletics
Cricket

SKILLS
Running Technique
Throwing Technique
Jumping Technique
Batting
Bowling
Fielding



The assessment is ongoing over the duration of the work. Skills and match play are assessed at different stages, a combined skills and competitive situation assessment create the final grade

YEAR 9

1

CONTENT
Basketball
Fitness

SKILLS
Passing, receiving and outwitting an opponent
Dribbling & Pivoting
Shooting
Baseline Training
Continuous Training
Interval Training
Circuit Training
Fartlek Training



The assessment is ongoing over the duration of the work. Skills and match play are assessed at different stages, a combined skills and competitive situation assessment create the final grade

2

CONTENT
Rugby
Table Tennis

SKILLS
Passing & receiving
Tackling technique
Attacking/outwitting an opponent
Kicking
Service
Forehand technique
Backhand Technique
Maneuvering an opponent



The assessment is ongoing over the duration of the work. Skills and match play are assessed at different stages, a combined skills and competitive situation assessment create the final grade

3

CONTENT
Athletics
Cricket

SKILLS
Running Technique
Throwing Technique
Jumping Technique
Batting
Bowling
Fielding



The assessment is ongoing over the duration of the work. Skills and match play are assessed at different stages, a combined skills and competitive situation assessment create the final grade

WHSB PE MIDDLE SCHOOL CURRICULUM MAP

KEY STAGE TWO PRIOR LEARNING INFORMS

YEAR 10

1

CONTENT
Cross country
Football
Badminton

SKILLS
Application of skills to competitive situations
Tactical Understanding
Officiating
Performance Analysis



Cross country assessment
Competitive matches
Leadership quality assessed through changing of tactics and creation of practice sessions prior to their competitive situation

2

CONTENT
Rugby
Table Tennis
Physical Training

SKILLS
Application of skills to competitive situations
Tactical Understanding
Officiating
Performance analysis
Creation of progressive training programme



Cross country assessment
Competitive matches
Leadership quality assessed through changing of tactics and creation of practice sessions prior to their competitive situation

3

CONTENT
Cricket
Athletics

SKILLS
Application of skills to competitive situations
Tactical Understanding
Officiating
Performance Analysis
Data Analysis



Cross country assessment
Competitive matches
Leadership quality assessed through changing of tactics and creation of practice sessions prior to their competitive situation

1

CONTENT
Cross country
Football
Badminton

SKILLS
Application of skills to competitive situations
Tactical Understanding
Officiating
Performance Analysis
Leadership
Communication



Cross country assessment
Competitive matches
Leadership quality assessed through changing of tactics and creation of practice sessions prior to their competitive situation

2

CONTENT
Rugby
Table Tennis
Physical Training

SKILLS
Application of skills to competitive situations
Tactical Understanding
Officiating
Performance analysis
Creation of progressive training program
Training Safety
Leadership
Communication



Cross country assessment
Competitive matches
Leadership quality assessed through changing of tactics and creation of practice sessions prior to their competitive situation

3

CONTENT
Cricket
Athletics

SKILLS
Application of skills to competitive situations
Tactical Understanding
Officiating
Performance Analysis
Data Analysis
Safety



Cross country assessment
Competitive matches
Leadership quality assessed through changing of tactics and creation of practice sessions prior to their competitive situation

YEAR 11

WHSB PE MIDDLE SCHOOL CURRICULUM MAP

LOWER SCHOOL PRIOR LEARNING INFORMS

YEAR 10

1

CONTENT
Health, fitness and well-being
Component of Fitness
Fitness Testing
Methods and Principles of Training
Skeletal system

SKILLS
Knowledge and understanding: recall
Application to sporting situations
Data Analysis



Health, Fitness, wellbeing test
Components of fitness
application Task

2

CONTENT
Muscular system
Movements analysis
Cardio-respiratory and vascular systems
Energy systems and Training Zones
Short-term responses to exercise
Long-term adaptations to exercise

SKILLS
Knowledge and understanding: recall
Application to sporting situations
Data Analysis



Movement analysis
Assessment Task
Cardio-respiratory Test
Energy systems Test

3

CONTENT
Socio-cultural issues in sport: Provision
Commercialisation in sport
Media coverage in sport
Deviance and ethics in sport
Performance Analysis and Evaluation (NEA)

SKILLS
Knowledge and understanding: recall
Application to sporting situations
Analysis and evaluation
Data Analysis



Socio-cultural extended
responses test.
End of Year Examination
NEA completed

YEAR 11

1

CONTENT
Phases of learning
Classification of skills
Practice, guidance and feedback
Motivation and goal setting
Mental preparation for sport
Information processing models

SKILLS
Knowledge and understanding: recall
Application to sporting situations
Analysis and evaluation
Data Analysis



Skill Acquisition Test
Phases of learning Assessment
Task
Trial Examinations

2

CONTENT
Globalisation of sport
Diet and nutrition
Consequences of a sedentary lifestyle
Technology in sport

SKILLS
Knowledge and understanding: recall
Application to sporting situations
Analysis and evaluation
Data Analysis



Diet & nutrition Test
Technology in sport assessment
Globalisation Assessment Task

3

CONTENT
Revision

SKILLS
Examination techniques



Examination questions (for
revision purposes)

GCSE EXAMINATION BOARD:
EDUQAS

LINKS TO A LEVEL STUDY:

- Exercise physiology, training and performance
 - Movement analysis, technology and biomechanics
 - Sport psychology
 - Skill acquisition
 - Sport and society

ENRICHMENT OPPORTUNITIES:

- Huge variety of sports clubs
 - Huge variety of different competitive situations (local, county, national)
 - Cultural enrichment through tours
 - Leadership opportunities
 - Coaching opportunities
- Aspirational trips to sporting events

WHSB PE SIXTH FORM CURRICULUM MAP

MIDDLE SCHOOL PRIOR LEARNING INFORMS

LOWER SIXTH

1

CONTENT
 Energy systems & Training
 Movement analysis
 Exercise physiology
 Performance Analysis & Biomechanics
 Personality
 Attitudes
 Fatigue & Recovery

SKILLS
 Knowledge recall and application



Energy systems Test
 Movement Analysis Test
 Performance Analysis task

2

CONTENT
 Skill acquisition
 Goal setting & motivation
 Theories of learning
 Stress, arousal and anxiety
 Transfer, practice, guidance & feedback
 Social facilitation & aggression

SKILLS
 Knowledge recall, application & analysis



Sports psychology Test
 Skill acquisition Tests (I) and (II)
 Deviance and doping test

3

CONTENT
 Ethics & Deviance
 Politics in sport
 Information processing
 Social differentiation
 Data analysis in sport
 Group dynamics

SKILLS
 Knowledge recall, application & analysis and evaluation
 Research skills



Politics in Sport Essay
 Social differentiation Essay
 End of Year Examination

UPPER SIXTH

1

CONTENT
 Technology in sport
 Leadership in sport
 Health, fitness and well-being
 Attribution theory
 Diet and nutrition
 Biomechanics (II)
 Sport, culture and society

SKILLS
 Knowledge recall, application & analysis and evaluation
 Research skills



Group dynamics and leadership test
 Technology in sport and data task
 Diet and nutrition task

2

CONTENT
 Emergence of modern sport
 Sport and the mass media
 Talent identification
 Globalisation of sport
 Mass participation v excellence
 Recreational pathways
 Injury prevention and rehabilitation

SKILLS
 Knowledge recall, application & analysis and evaluation



Upper Sixth Trial Examination.
 Information processing test
 Public school and mass participation v excellence essays

3

CONTENT
 Revision of all content covered

SKILLS
 Past paper practice (including timed conditions) and examination technique



Examination questions (for revision purposes)

A LEVEL EXAMINATION BOARD:
EDUQAS

PREPARATION FOR UNIVERSITY AND DESTINATIONS:

Quantitative and qualitative data analysis
 Writing a literature review and referencing
 Biomechanical analysis of performance
 Laboratory and field-based testing
 Coaching and pedagogy: types of practice, feedback & guidance
 Use of authentic journal articles and studies

Loughborough University
 Exeter University
 Bath University
 Nottingham University

ENRICHMENT OPPORTUNITIES:

Trips & Visits
 (including Sport Science Laboratory Testing)

Representative Sport at WHSB
 Wider reading – access to Sport Science Library
 Coaching of younger year groups
 House Sport at WHSB