



Wanstead High School

Education with Character

PE

Curriculum Content 2024 - 25

Key Stage 3 - Year 7, 8 & 9

Key Stage 4 - Year 10 & 11

Key Stage 5 - Year 12 & 13



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Physical Education Year 7

Pupils receive 2 lessons per week (2 hours), resulting in 4 lessons (4 hours) across the two-week timetable.

What is taught	When is it taught (Terms or Half Terms)	Reading list and Literacy focus	Where the curriculum is ambitious
<p>In Year 7 units of study build on the fundamental movement skills learned in primary school. Teachers will create a safe environment that facilitates personal development. Staff will educate pupils to understand how to lead healthy and active lifestyles through a range of activities and develop personal characteristics such as resilience.</p> <p>At Wanstead High School we offer aesthetic activities, racket games, invasion sports, striking and fielding, outdoor and adventurous and individual activities.</p> <p>All activities aim to develop physical literacy that can be transferred across all activities, for example, running, throwing, catching, balance, jumping and coordination.</p>	<p>Pupils will study one scheme of learning per half term, depending on available facilities, resources and time of year.</p> <p>Changes made to this reflect the department's desire to include 'depth' as well as 'breadth' within the curriculum.</p>	<p>The Physical Education department, across all key stages understands the importance of subject specific vocabulary and explicitly teaches the meaning and importance of these. This predominantly takes place in oracy tasks such as class discussions, paired discussions, think-pair-share, forced arguments, case studies, role play and peer feedback. At Key Stage 4 and Key Stage 5, greater emphasis is placed on the command words and subjects of each question and the demands of the specification including understanding what AO1, AO2 and AO3 mean, and precisely what each command word means. It talks about the importance of using connectives and comparatives for any AO2 command word and the use of evaluative vocabulary for AO3 command words such as 'evaluate'.</p>	<p>Wanstead High School continues to develop strong links with surrounding sports clubs and work together to provide pathways and opportunities for pupils and appropriate level of challenge in lessons.</p> <p>PE staff encourages pupils to participate in physical activity outside of school hours providing clubs and competitive fixtures after-school.</p> <p>Throughout the year pupils will compete in inter-form competitions organised by PE staff.</p> <p>Throughout the year pupils are exposed to GCSE skills and terminology to develop knowledge if taken as a GCSE PE option.</p>
<p>How are pupils informally and formally assessed?</p>	<p>Physical Education at Key Stage 3, predominantly relies on the assessment of skills and knowledge through practical lessons. Lessons are taught, predominantly in mixed gender and mixed ability, with an entirely gender-neutral curriculum. Pupils are taught key skills, tactical ideas, fitness development and how to develop strengths and weaknesses of competitive performance. Pupils are assessed using a 'Heads-Hearts-Hands' model, identifying key skills required for performance and comparing against a benchmark.</p>		
<p>Developing Independent and Home Learning Skills</p>	<p>Google Classroom is used to identify skills and links to content that will develop knowledge and understanding. Pupils are required to complete an online form at the end of each term that will assess theoretical content that has been covered in the lessons.</p>		
<p>Useful e-Learning Resources (e.g., web links)</p>	<p>https://www.bbc.co.uk/sport https://www.bbc.co.uk/bitesize/examspecs/zp49cwx (to develop GCSE content)</p>		
<p>Equipment for lessons</p>	<p>Wanstead High School PE Kit, trainers, football boots (if required)</p>		

Enrichment activities	PE enrichment clubs are on the school website and updates in the termly Heron Homelink. These change throughout the year and the Department has links with local clubs in the area for example Eton Manor Rugby Club and Wanstead Cricket Club.
Careers curriculum	Pupils have links to resources on the Google Classroom and staff make links to careers during PE lessons for example, coaching, officiating and performance analysis.
Head of Department and email contact	Mr J Sains j.sains@wansteadhigh.co.uk

Physical Education Year 8

Pupils receive 2 lessons per week (2 hours), resulting in 4 lessons (4 hours) across the two-week timetable.

What is taught	When is it taught (Terms or Half Terms)	Reading list and Literacy focus	Where the curriculum is ambitious
<p>The PE department at Wanstead offers a broad and balanced curriculum that allows pupils of all abilities to develop physically, cognitively, and socially.</p> <p>In Year 8 units of study build on skills and movement patterns developed in Year 7. Staff will educate pupils to understand how to lead healthy and active lifestyles through a range of activities and develop personal characteristics such as resilience and provide further opportunities for application.</p> <p>At Wanstead High School we offer aesthetic activities, racquet games, invasion sports, striking and fielding, outdoor and adventurous as well as individual activities.</p> <p>All activities aim to develop physical literacy that can be transferred across all activities for example, running, throwing, catching, balance, jumping and coordination.</p>	<p>Pupils will study one scheme of learning per half term, depending on available facilities, resources and time of year.</p> <p>Changes made to this reflect the department's desire to include 'depth' as well as 'breadth' within the curriculum.</p>	<p>The Physical Education department, across all key stages understands the importance of subject specific vocabulary and explicitly teaches the meaning and importance of these. This predominantly takes place in oracy tasks such as class discussions, paired discussions, think-pair-share, forced arguments, case studies, role play and peer feedback. At Key Stage 4 and Key Stage 5, greater emphasis is placed on the command words and subjects of each question and the demands of the specification including understanding what AO1, AO2 and AO3 mean, and precisely what each command word means. It talks about the importance of using connectives and comparatives for any AO2 command word and the use of evaluative vocabulary for AO3 command words such as 'evaluate'.</p>	<p>Wanstead High School continues to develop strong links with surrounding sports clubs and work together to provide pathways and opportunities for pupils and appropriate level of challenge in lessons.</p> <p>PE staff encourages pupils to participate in physical activity outside of school hours providing clubs and competitive fixtures after-school.</p> <p>Throughout the year pupils will compete in inter-form competitions organised by PE staff.</p> <p>Throughout the year pupils are exposed to GCSE skills and terminology to develop knowledge if taken as a GCSE PE option.</p>
<p>How are pupils informally and formally assessed?</p>	<p>Physical Education at Key Stage 3, predominantly relies on the assessment of skills and knowledge through practical lessons. Lessons are taught, predominantly in mixed gender and mixed ability, with an entirely gender-neutral curriculum. Pupils are taught key skills, tactical ideas, fitness development and how to develop strengths and weaknesses of competitive performance. Pupils are assessed using a 'Heads-Hearts-Hands' model, identifying key skills required for performance and comparing against a benchmark.</p>		
<p>Developing Independent and Home Learning Skills</p>	<p>Google Classroom is used to identify skills and links to content that will develop knowledge and understanding. Pupils are required to complete an online form at the end of each term that will assess theoretical content that has been covered in the lessons.</p>		
<p>Useful e-Learning Resources (e.g., web links)</p>	<p>https://www.bbc.co.uk/sport https://www.bbc.co.uk/bitesize/examspecs/zp49cwx (to develop GCSE content)</p>		
<p>Equipment for lessons</p>	<p>Wanstead High School PE Kit, trainers, football boots (if required).</p>		

Enrichment activities	PE enrichment clubs are on the school website and updates in the termly Heron Homelink. These change throughout the year and the Department has links with local clubs in the area for example Eton Manor Rugby Club and Wanstead Cricket Club.
Careers curriculum	Pupils have links to resources on the Google Classroom and staff make links to careers during PE lessons for example, coaching, officiating and performance analysis.
Head of Department and email contact	Mr J Sains j.sains@wansteadhigh.co.uk

Physical Education Year 9

■ Pupils receive 2 lessons per week (2 hours), resulting in 4 lessons (4 hours) across the two-week timetable.

What is taught	When is it taught (Terms or Half Terms)	Reading list and Literacy focus	Where the curriculum is ambitious
<p>The PE department will continue to offer a broad and balanced curriculum that allows pupils of all abilities to develop physically, cognitively, and socially.</p> <p>Units of work will focus on the development and refining of skills learned in Years 7 and 8 introducing GCSE PE-specific skills where applicable allowing application in a range of non-competitive and competitive situations transferring learned knowledge from previous years.</p> <p>Pupils will also have the opportunity to develop leadership skills and opportunities during lessons. Pupils will be encouraged to evaluate their own performance and peers identify strengths, weaknesses, and strategies to improve performance.</p> <p>All activities aim to develop physical literacy that can be transferred across all activities, for example, running, throwing, catching, balance, jumping and coordination.</p>	<p>Pupils will study one scheme of learning per half term, depending on available facilities, resources and time of year.</p> <p>Changes made to this reflect the department's desire to include 'depth' as well as 'breadth' within the curriculum.</p>	<p>The Physical Education department, across all key stages understands the importance of subject specific vocabulary and explicitly teaches the meaning and importance of these. This predominantly takes place in oracy tasks such as class discussions, paired discussions, think-pair-share, forced arguments, case studies, role play and peer feedback. At Key Stage 4 and Key Stage 5, greater emphasis is placed on the command words and subjects of each question and the demands of the specification including understanding what AO1, AO2 and AO3 mean, and precisely what each command word means. It talks about the importance of using connectives and comparatives for any AO2 command word and the use of evaluative vocabulary for AO3 command words such as 'evaluate'.</p>	<p>Wanstead High School continues to develop strong links with surrounding sports clubs and work together to provide pathways and opportunities for pupils and appropriate level of challenge in lessons.</p> <p>PE staff encourages pupils to participate in physical activity outside of school hours providing clubs and competitive fixtures after-school.</p> <p>Throughout the year pupils will compete in inter-form competitions organised by PE staff.</p> <p>Throughout the year pupils are exposed to GCSE skills and terminology to develop knowledge if taken as a GCSE PE option.</p>
<p>How are pupils informally and formally assessed?</p>	<p>Physical Education at Key Stage 3, predominantly relies on the assessment of skills and knowledge through practical lessons. Lessons are taught, predominantly in mixed gender and mixed ability, with an entirely gender-neutral curriculum. Pupils are taught key skills, tactical ideas, fitness development and how to develop strengths and weaknesses of competitive performance. Pupils are assessed using a 'Heads-Hearts-Hands' model, identifying key skills required for performance and comparing against a benchmark.</p>		
<p>Developing Independent and Home Learning Skills</p>	<p>Google Classroom is used to identify skills and links to content that will develop knowledge and understanding. Pupils are required to complete an online form at</p>		

	the end of each term that will assess theoretical content that has been covered in the lessons.
Useful e-Learning Resources (e.g., web links)	https://www.bbc.co.uk/sport https://www.bbc.co.uk/bitesize/examspecs/zp49cwx (to develop GCSE content)
Equipment for lessons	Wanstead High School PE Kit, trainers, football boots (if required)
Enrichment activities	PE enrichment clubs are on the school website and updates in the termly Heron Homelink. These change throughout the year and the Department has links with local clubs in the area for example Eton Manor Rugby Club and Wanstead Cricket Club.
Careers curriculum	Pupils have links to resources onto the Google Classroom and staff make links to careers during PE lessons for example, coaching, officiating and performance analysis.
Head of Department and email contact	Mr J Sains j.sains@wansteadhigh.co.uk

GCSE Physical Education Year 10

Pupils receive 6 lessons per timetable cycle which will allow for full coverage of theory and non-exam assessment (NEA) content of the specification.

Pupil's study AQA GCSE Physical Education.

<https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/specification-at-a-glance>

The importance of PE in the curriculum is to develop pupils' physical movements, cognitive decision-making, and social skills. The aim of the curriculum is to provide exposure to a range of activities that promote and develop a healthy active lifestyle with the added layer of understanding of theoretical concepts that underpin performance.

PE inspires pupils to develop Education with Character by providing opportunities for successful performance but also identifying areas of weakness and developing these to improve future performance. To build resilience and confidence, to approach challenging tasks and situations with skills and knowledge and to be as successful as possible. Pupils will show an understanding of the rules and apply tactics during performance (NEA).

What is taught	When is it taught (Terms or Half Terms)	Reading list and Literacy focus	Where the curriculum is ambitious
Paper 1: The human body and movement in physical activity and sport: <ul style="list-style-type: none"> • Applied anatomy and physiology • Movement analysis • Physical training Use of data	<p>Term 1 Sept - Oct: 3.1.3 Physical training and practical activities (NEA)</p> <p>Term 2 Nov-Dec: 3.1.1.1 The structure and functions of the musculoskeletal system and practical activities (NEA)</p> <p>Term 3 Jan-Feb: 3.1.1.2 The structure and functions of the cardio-respiratory system and practical activities (NEA)</p> <p>Term 4 Feb-Mar: 3.1.1.3 Anaerobic and aerobic exercise and 3.1.1.4 The short and long-term effects of exercise and practical activities (NEA)</p> <p>Term 5: Apr-May 3.1.2 Movement analysis and practical activities (NEA)</p> <p>Term 6: June - July: NEA Analysis and Evaluation Coursework and practical activities (NEA)</p>	<p>Pupils will be given topic specific keywords for each topic alongside exam command words.</p> <p>Pupils will develop the use of connectives within written responses to develop evaluation and analysis for 6 and 9-mark questions.</p> <p>https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/specification-at-a-glance</p>	<p>Pupils should continue to engage and participate in sport both inside and outside of school (if possible) to develop and improve skills in a competitive context.</p> <p>Pupils should look to develop knowledge of a range of sports to develop theoretical understanding and application through the watching of sporting events.</p> <p>Pupils should also be aware of current topics or issues within the sporting world.</p> <p>Pupils have opportunities to apply knowledge to exam questions focusing on extended writing through evaluation and analysis. Theory content is also linked to A Level content to allow pupils to see the links for example arousal in GCSE and the same topic content in more depth at A Level.</p>

How are pupils informally and formally assessed?

Pupils are formally assessed at the end of each unit for both theory and practical topics. Formal mock exams are in line with Challenge Weeks and the assessment calendar.

AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

	<p>AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.</p> <p>AO4: Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.</p>
Developing Independent and Home Learning Skills	<p>The EverLearner will be used for independent revision with narrated revision videos explored as part of the cyclical curriculum.</p> <p>Google Classroom is used to provide lesson content to allow pupils to review previous content. Homework is set homework via the Google Classroom each week.</p>
Useful e-Learning Resources (e.g., web links)	<p>Google Classroom is used to provide lesson content to allow pupils to review previous content. Homework will be set homework via the Google Classroom each week.</p> <p>www.bbc.co.uk/sport</p> <p>https://www.bbc.co.uk/bitesize/examspecs/zp49cwx</p>
Equipment for lessons	<p>Wanstead High School PE Kit, trainers, football boots (if required), exam folders, revision guide, black or blue pen, green pen, pencil, eraser, ruler, highlighter, calculator and a glue stick.</p>
Enrichment activities	<p>PE enrichment clubs are on the school website and updates in the termly Heron Homelink. These change throughout the year and the Department has links with local clubs in the area for example Eton Manor Rugby Club and Wanstead Cricket Club.</p>
Careers curriculum	<p>Pupils have links to resources on the Google Classroom and staff make links to carers during PE lessons for example, coaching, officiating and performance analysis.</p>
Head of Department and email contact	<p>Mr J Sains j.sains@wansteadhigh.co.uk</p>

GCSE Physical Education Year 11

Pupils receive 6 lessons per timetable cycle which will allow for full coverage of theory and non-exam assessment (NEA) content of the specification.

Pupils study AQA GCSE Physical Education.

<https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/specification-at-a-glance>

The importance of PE in the curriculum is to develop pupils' physical movements, cognitive decision-making, and social skills. The aim of the curriculum is to provide exposure to a range of activities that aim to promote and develop a healthy active lifestyle with the added layer of understanding of theoretical concepts that underpin performance.

PE inspires pupils to develop Education with Character by providing opportunities for successful performance but also identifying areas of weakness and developing these to improve future performance. To build resilience and confidence, to approach challenging tasks and situations with skills and knowledge and to be as successful as possible. Pupils will show an understanding of the rules and apply tactics during performance (NEA).

What is taught	When is it taught (Terms or Half Terms)	Reading list and Literacy focus	Where the curriculum is ambitious
<p>Paper 2: Socio-cultural influences and well-being in physical activity and sport</p> <ul style="list-style-type: none"> Sports psychology Socio-cultural influences Health, fitness and well-being <p>Use of data</p>	<p>Term 1 Sept - Oct: 3.2.1 Sports psychology and practical activities (NEA)</p> <p>Term 2 Nov-Dec: 3.2.1 Sports psychology and practical activities (NEA)</p> <p>Term 3 Jan-Feb: 3.2.2 Socio-cultural influences and practical activities (NEA)</p> <p>Term 4 Feb-Mar: 3.2.3 Health, fitness and wellbeing and practical activities (NEA)</p> <p>Term 5: Apr-May Exam preparation and practical activities (NEA)</p>	<p>Pupils will be given topic specific keywords for each topic alongside exam command words.</p> <p>Pupils will develop the use of connectives within written responses to develop evaluation and analysis for 6 and 9-mark questions.</p>	<p>Pupils should continue to engage and participate in sport both inside and outside of school (if possible) to develop and improve skills in a competitive context.</p> <p>Pupils should look to develop knowledge of a range of sports to develop theoretical understanding and application through the watching of sporting events.</p> <p>Pupils should also be aware of current topics or issues within the sporting world.</p> <p>Pupils have opportunities to apply knowledge to exam questions focusing on extended writing through evaluation and analysis. Theory content is also linked to A Level content to allow pupils to see the links for example arousal in GCSE and the same topic content in more depth at A Level.</p>

How are pupils informally and formally assessed?

Pupils are formally assessed at the end of each unit for both theory and practical topics. Formal mock exams that are in line with the school calendar. NEA external moderation will take place between February and May (date to be confirmed once contact has been made by AQA).

AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.

AO4: Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.

	Pupils are assessed formatively in the form of 'checking for understanding' cards, low stakes quizzes, engaging 'Do Now's and oracy tasks, and summatively with end of unit assessments, with a range of peer and self-marking.
Developing Independent and Home Learning Skills	Google Classroom is used to provide lesson content to allow pupils to review previous content. Homework is set via Google Classroom each week.
Useful e-Learning Resources (e.g., web links)	https://www.bbc.co.uk/sport https://www.bbc.co.uk/bitesize/examspecs/zp49cw
Equipment for lessons	Wanstead High School PE Kit, trainers, football boots (if required), exam folders, revision guide, black or blue pen, green pen, pencil, eraser, ruler, highlighter, calculator and a glue stick.
Enrichment activities	PE enrichment clubs are on the school website and updates in the termly Heron Homelink. These change throughout the year and the Department has links with local clubs in the area for example Eton Manor Rugby Club and Wanstead Cricket Club.
Careers curriculum	Pupils have links to resources on Google Classroom and staff make links to carers during PE lessons for example, coaching, officiating and performance analysis.
Head of Department and email contact	Mr J Sains j.sains@wansteadhigh.co.uk

A Level Physical Education - Year 12 and 13

Pupils receive 9 or 10 lessons per timetable cycle which will allow for full coverage of theory and Non-Examined Assessment (NEA) content of the specification.

Pupil's study AQA A Level Physical Education.

<https://www.aqa.org.uk/subjects/physical-education/A-Level/physical-education-7582/specification-at-a-glance>

The importance of PE in the curriculum is to develop pupils' physical movements, cognitive decision-making, and social skills. The aim of the curriculum is to provide exposure to a range of activities that aim to promote and develop a healthy active lifestyle with the added layer of understanding of theoretical concepts that underpin performance.

PE inspires pupils to develop Education with Character by providing opportunities for successful performance but also identifying areas of weakness and developing these to improve future performance. To build resilience and confidence to approach challenging tasks and situations with skills and knowledge to be as successful as possible. Pupils will show an understanding of the rules and apply tactics during performance (NEA).

What is taught	When is it taught (Terms or Half Terms)	Reading list and Literacy focus	Where the curriculum is ambitious
<p>Paper 1: Factors affecting participation in physical activity and sport.</p> <p>Section A: Applied anatomy and physiology</p> <p>Section B: Skill acquisition</p> <p>Section C: Sport and society</p>	<p>Content is taught in terms with a focus on each section of the specification:</p> <p>Term 1 - Section A: Applied anatomy and physiology and Section B: Skill acquisition</p> <p>Term 2 - Section A: Applied anatomy and physiology and Section B: Skill acquisition</p> <p>Term 3 - Section C: Sport and society</p>	<p>Pupils will be given topic specific keywords for each topic alongside exam command words.</p> <p>Pupils will develop the use of connectives within written responses to develop evaluation and analysis for 8 and 15-mark questions.</p>	<p>Pupils should continue to engage and participate in sport both inside and outside of school (if possible) to develop and improve skills in a competitive context.</p> <p>Pupils should look to develop knowledge of a range of sports to develop theoretical understanding and application through the watching of sporting events.</p> <p>Pupils should also be aware of current topics or issues within the sporting world.</p> <p>Pupils have the opportunity to read academic studies and research projects to identify the links between theoretical content and impact on performance.</p>

How are pupils informally and formally assessed?

Pupils are formally assessed at the end of each unit for both theory and practical topics. Formal mock exams and Challenge Weeks are in line with the school calendar. Non-Examined Assessment (NEA) external moderation will take place between February and May in Year 13 (date to be confirmed once contact has been made by AQA).

AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.

AO4: Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.

Year 12 and 13 Curriculum Content Booklet 2024-25

Developing Independent and Home Learning Skills	Google Classroom will be used to provide lesson content to allow pupils to review previous content. Homework will be set homework via Google Classroom each week.
Useful e-Learning Resources (e.g., web links)	https://www.bbc.co.uk/sport https://www.youtube.com/playlist?list=PL2VOuuWnbIB2hntHPBSIazumVEeQHymZA
Equipment for lessons	Black or blue pen, green pen, pencil, rubber, ruler, highlighter, glue stick, text book, exercise book, workbook and sports clothing for a practical lesson.
Enrichment activities	PE enrichment clubs are on the school website and updates in the termly Heron Homelink. These change throughout the year and the Department has links with local clubs in the area for example Eton Manor Rugby Club and Wanstead Cricket Club.
Careers curriculum	Pupils have links to resources on Google Classroom and staff make links to carers during PE lessons for example, coaching, officiating and performance analysis.
Head of Department and email contact	Mr J Sains j.sains@wansteadhigh.co.uk