

The Bishop of Winchester Academy Curriculum Plan – Physical Education



The **Physical Education** curriculum at The Bishop of Winchester Academy has been designed with the key aim of enabling students to live life to the full. Through the acquisition of knowledge and the practised application of skill, students can have the courage to be wise and make intelligent, informed decisions.

Our knowledge-based curriculum is ambitious in its breadth and depth, offering challenge to learners irrespective of their background. Through setting high expectations and accepting no excuses for all, we counter social disadvantage and bolster aspirations. Students are nurtured and supported throughout their journey at The Bishop, and explore ways to develop their awareness, collaboration, creativity, empathy, independence and resilience, collectively referred to as our LApps (Learning Applications).

Year 10	Michaelmas (M1)	Michaelmas (M2)	Lent (L1)	Lent (L2)	Pentecost (P1)	Pentecost (P2)
Disciplinary Knowledge	Structure and functions of the musculoskeletal system Structure and functions of the cardiorespiratory system Axes, planes and levers Aerobic and anaerobic energy system Effects of exercise	Components of fitness Fitness testing Principles of training Methods of training Warming up and cooling down	Injuries in Sport Prevention of injury	Characteristics and classification of a skilled performer Types of guidance and feedback Goal setting	Mental preparation techniques	Analysis of performance Developing a training programme
Disciplinary Skills	Application of practical examples. Demonstration of key skills in team and individual sports.	Application of knowledge Risk assessment Setting up and conducting fitness tests Demonstration of key skills in team and individual sports	Application of practical examples Demonstration of key skills in team and individual sports	Application of practical examples Creating SMART goals Demonstration of key skills in team and individual sports	Conducting fitness tests Demonstration of key skills in team and individual sports	Creating a training programme Applying the Principles of training Demonstration of key skills in team and individual sports
Personal Developm	LApp: Awareness LApp: Independence TBOWA 200: Sir Isaac Newton	LApp: Awareness LApp: Collaboration TBOWA 200: Roger Bannister	LApp: Awareness LApp: Resilience	LApp: Awareness LApp: Independence BV: Respect and Tolerance TBOWA 200: Ellie Simmonds OBE	LApp: Creativity LApp: Independence BV: Individual liberty TBOWA 200: John Reith	LApp: Creativity LApp: Independence LApp: Resilience
Future Pathways	Exercise physiologist	Personal Trainer	Coach	Sports Psychologist	Sports Scientist	Performance analyst



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Year 11	Michaelmas (M1)	Michaelmas (M2)	Lent (L1)	Lent (L2)	Pentecost (P1)	Pentecost (P2)
Disciplinary Knowledge	Participation levels Commercialisation in sport Ethical and social issues Well and well-being Diet and nutrition	Violence in sport	Key skills and tactics in individual and team sports	Revising content and addressing misconceptions Anatomy and Physiology Physical Training Socio-cultural influences Sports Psychology Health, fitness and well-being	Revising content and addressing misconceptions Anatomy and Physiology Physical Training Socio-cultural influences Sports Psychology Health, fitness and well-being	
Disciplinary Skills	Application of information Application of practical examples Demonstration of key skills in team and individual sports	Application of information Application of practical examples Demonstration of key skills in team and individual sports	Demonstration of key skills in team and individual sports	Application of information Application of practical examples Demonstration of key skills in team and individual sports	Application of information Application of practical examples Demonstration of key skills in team and individual sports	
Personal Development	LApp: Awareness LApp: Collaboration BV: Respect and Tolerance BV: Democracy TBOWA 200: Joan of Arc TBOWA 200: Serena Williams	LApp: Awareness LApp: Empathy BV: The rule of law BV: Respect and Tolerance BV: Democracy	LApp: Awareness LApp: Empathy BV: The rule of law BV: Respect and Tolerance BV: Democracy	BV: The rule of law BV: Respect and Tolerance	BV: The rule of law BV: Respect and Tolerance	
Future Pathways	Sports Journalist	PE Teacher	Athlete	Performance analyst	Sports Scientist	

