

Holmer Green Senior School

Physical Education

2025-26



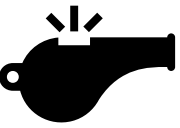
Curriculum Intent

Work Hard, Be Kind, Have Passion

- To develop and maintain a healthy active lifestyle.
 - To create a sporting mindset to develop physical skills, teamwork, sportsmanship, social skills, etiquette, confidence and competitiveness.
 - To offer a breadth of activities at KS3 that is sequential in leading to GCSE PE at KS4, then BTEC Sport at KS5.
 - To allow all students the opportunity to fulfil their sporting potential and develop a lifelong healthy lifestyle.
 - To encompass the whole school core values through the PE curriculum.
 - To embed a range of wider opportunities and experiences.
 - To ensure students are challenged by developing leadership, organisation, resilience, initiative and communication skills.
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HGSS Curriculum Map

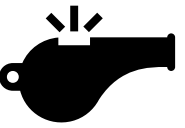
Year 7 Core PE



Exam Board: N/A		Careers: Physiotherapist, PE Teacher, Nutritionalist, Sports Psychologist, Personal Trainer.			Co-Curricular: Clubs, intra/inter school competitions.		Sequencing: Development of core skills to conditioned games in year 8.	
	Autumn 1	Autumn 2	Spring 1	AP1	Spring 2	Summer 1	Summer 2	AP2
Content	Games and Fitness: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance and Badminton	Games and Fitness: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance and Badminton	Games and Fitness: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance and Badminton	Ongoing practical assessment in all lessons	Games and Fitness: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance and Badminton	Summer Sports: Athletics, Tennis, Cricket and Rounders	Summer Sports: Athletics, Tennis, Cricket and Rounders	Ongoing practical assessment in all lessons
Skills:	Core skills required for invasion games, both attacking and defending. Including passing, receiving, dribbling, shooting and tackling.	Core skills required for invasion games, both attacking and defending. Including passing, receiving, dribbling, shooting and tackling.	Core skills required for invasion games, both attacking and defending. Including passing, receiving, dribbling, shooting and tackling.		Core skills required for invasion games, both attacking and defending. Including passing, receiving, dribbling, shooting and tackling.	Core skills required for Bat/Racket sports. Including batting, bowling, catching, throwing. Running, jumping and throwing skills for Athletics	Core skills required for Bat/Racket sports. Including batting, bowling, catching, throwing. Running, jumping and throwing skills for Athletics	

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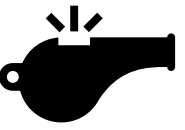
Year 8 Core PE



Exam Board: N/A		Careers: Physiotherapist, PE Teacher, Nutritionalist, Sports Psychologist, Personal Trainer.			Co-Curricular: Clubs, intra/inter school competitions.		Sequencing: Developing skills and tactics for full gameplay.	
	Autumn 1	Autumn 2	Spring 1	AP1	Spring 2	Summer 1	Summer 2	AP2
Content	Games and Fitness: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance and Badminton	Games and Fitness: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance and Badminton	Games and Fitness: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance and Badminton	Ongoing practical assessment in all lessons	Games and Fitness: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance and Badminton	Summer Sports: Athletics, Tennis, Cricket and Rounders	Summer Sports: Athletics, Tennis, Cricket and Rounders	Ongoing practical assessment in all lessons
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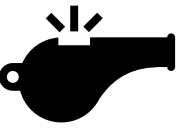
Year 9 Core PE



Exam Board: N/A		Careers: Physiotherapist, PE Teacher, Nutritionalist, Sports Psychologist, Personal Trainer.			Co-Curricular: Clubs, intra/inter school competitions.		Sequencing: Developing skills and tactics for full gameplay.	
	Autumn 1	Autumn 2	Spring 1	AP1	Spring 2	Summer 1	Summer 2	AP2
Content	Games and Fitness: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance and Badminton	Games and Fitness: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance and Badminton	Games and Fitness: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance and Badminton	Ongoing practical assessment in all lessons	Games and Fitness: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance and Badminton	Summer Sports: Athletics, Tennis, Cricket and Rounders	Summer Sports: Athletics, Tennis, Cricket and Rounders	Ongoing practical assessment in all lessons
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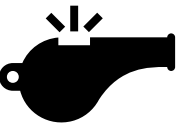
Year 9 PE Specialism



Exam Board: N/A		Careers: Physiotherapist, PE Teacher, Nutritionalist, Sports Psychologist, Personal Trainer.			Co-Curricular: Clubs, intra/inter school competitions		Sequencing: PE theory content linked to AQA GCSE PE	
	Autumn 1	Autumn 2	Spring 1	AP1	Spring 2	Summer 1	Summer 2	AP2
Content	Exercise and Fitness	Training Programmes	Muscles, bones and well being	Written test: Exercise, Fitness, Training Programmes and Anatomy	Health and Diet	Sports Psychology	Athletics (practical)	Written test: Health, Diet, Well-Being and Sports Psychology.
Skills:	Effects of exercise, components of fitness and fitness testing	Training types, principles of training and creating a circuit-based training programme.	Structure and function of the muscular and skeletal systems. Physical, social and mental health.		Health risks of a sedentary lifestyle, somatotypes and a balanced diet.	Motivation, aggression, arousal, feedback and guidance.	Technical skill development of sprinting, middle distance, jumping and throwing activities.	

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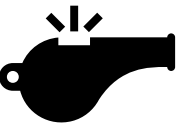
Year 10 Core PE



Exam Board: N/A		Careers: Physiotherapist, PE Teacher, Nutritionalist, Sports Psychologist, Personal Trainer.			Co-Curricular: Clubs, intra/inter school competitions.		Sequencing: Developing skills and tactics for full gameplay.	
	Autumn 1	Autumn 2	Spring 1	AP1	Spring 2	Summer 1	Summer 2	AP2
Content	Games and Fitness: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance and Badminton	Games and Fitness: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance and Badminton	Games and Fitness: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance and Badminton	Ongoing practical assessment in all lessons	Games and Fitness: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance and Badminton	Summer Sports: Athletics, Tennis, Cricket and Rounders	Summer Sports: Athletics, Tennis, Cricket and Rounders	Ongoing practical assessment in all lessons
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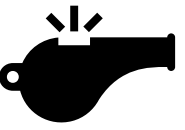
Year 10 GCSE PE



Exam Board: AQA		Careers: Physiotherapist, PE Teacher, Nutritionalist, Sports Psychologist, Personal Trainer.			Co-Curricular: Practical trips and matches for coursework improvement		Sequencing: Theory units for both exam and coursework completion	
	Autumn 1	Autumn 2	Spring 1	AP1	Spring 2	Summer 1	Summer 2	AP2
Content	Unit 5-Socio-Cultural Influences Unit 6-Health, Fitness and Well-Being	Unit 4-Sports Psychology	Unit 1-Anatomy and Physiology	Units 4, 5 and 6 questions	Unit 2-Movement Analysis	Unit 3-Physical Training	Unit 3-Physical Training	Full AQA paper 2 exam
Skills:	Factors affecting participation, commercialisation, technology in sport and sporting behaviour. Effects of sedentary lifestyles, somatotypes and diet.	Skill and ability, information processing, performance feedback, arousal, aggression and personality types.	Skeletal, muscular and cardio-respiratory systems. Aerobic and anaerobic exercise.		Levers, basic movements, planes of movement and axes of rotation.	Components of fitness, fitness testing, principles of training, types of training, preventing injury and the training seasons.	Components of fitness, fitness testing, principles of training, types of training, preventing injury and the training seasons.	

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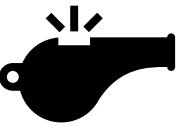
Year 11 Core PE



Exam Board: N/A		Careers: Physiotherapist, PE Teacher, Nutritionalist, Sports Psychologist, Personal Trainer.			Co-Curricular: Clubs, intra/inter school competitions.		Sequencing: Developing skills and tactics for full gameplay.	
	Autumn 1	Autumn 2	Spring 1	AP1	Spring 2	Summer 1	Summer 2	AP2
Content	Games and Fitness: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance and Badminton	Games and Fitness: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance and Badminton	Games and Fitness: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance and Badminton	Ongoing practical assessment in all lessons	Games and Fitness: Football, Rugby, Netball, Basketball, Fitness, Gymnastics, Hockey, Handball, Dance and Badminton	Summer Sports: Athletics, Tennis, Cricket and Rounders	Summer Sports: Athletics, Tennis, Cricket and Rounders	Ongoing practical assessment in all lessons
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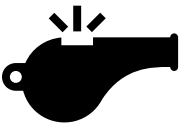
Year 11 GCSE PE



Exam Board: AQA		Careers: Physiotherapist, PE Teacher, Nutritionalist, Sports Psychologist, Personal Trainer.			Co-Curricular: Practical trips and matches for coursework element of course		Sequencing: Theory and coursework content linked directly to BTEC Sport	
	Autumn 1	Autumn 2	Spring 1	AP1	Spring 2	Summer 1	Summer 2	AP2
Content	Written Coursework - Practical Analysis	Written Coursework - Practical Analysis	Revision	Full AQA Paper 1 exam	Revision	Exam Practice		
Skills:	Analysis of own performance, highlighting strengths and weaknesses, and creating an action plan for improvements.	Analysis of own performance, highlighting strengths and weaknesses, and creating an action plan for improvements.	Revision resources creation and techniques, including the extensive use of analysis of past paper questions.		Revision resources creation and techniques, including the extensive use of analysis of past paper questions.	Breakdown of exam questions and their required answers for greater understanding of AQA expectations.		

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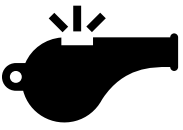
Year 12 BTEC Sport



Exam Board: Edexcel		Careers: Physiotherapist, PE Teacher, Nutritionalist, Sports Psychologist, Personal Trainer.		Co-Curricular: Practical fitness testing workshops		Sequencing: Unit 1 and 2 theory content to support the completion of unit 3 and 5	
Autumn 1	Autumn 2	Spring 1	AP1	Spring 2	Summer 1	Summer 2	AP2
Unit 1 - Anatomy and Physiology	Unit 1 - Anatomy and Physiology	Unit 2 - Fitness Training for Health and Well Being	Unit 1 - Anatomy and Physiology full mock exam	Unit 2 - Fitness Training for Health and Well Being	Revision of units 1 and 2	Unit 5 - Application of Fitness Testing	Unit 1 and 2 exams
Knowledge of the Skeletal, Muscular, Respiratory, Cardiovascular and Energy Systems. How these systems effect sporting performance.	Knowledge of the Skeletal, Muscular, Respiratory, Cardiovascular and Energy Systems. How these systems effect sporting performance.	Lifestyle choices on health and well-being, nutritional needs, training methods and the principles of a fitness training programme.		Lifestyle choices on health and well-being, nutritional needs, training methods and the principles of a fitness training programme.	Revision programme of units 1 and 2. Completion and analysis of past exam papers.	Coursework planning and safely conducting fitness tests, creating a fitness profile and training programme for a selected performer.	

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Year 13 BTEC Sport



Exam Board: Edexcel			Careers: Physiotherapist, PE Teacher, Nutritionalist, Sports Psychologist, Personal Trainer.		Co-Curricular: Workplace interview techniques		Sequencing:	
	Autumn 1	Autumn 2	Spring 1	AP1	Spring 2	Summer 1	Summer 2	AP2
Content	Unit 5 - Application of Fitness Testing	Unit 5 - Application of Fitness Testing	Unit 3 - Professional Development in the Sports Industry	Unit 3 and 5 coursework	Unit 3 - Professional Development in the Sports Industry	Unit 3 and 5 - Final completion of coursework	N/A	Final BTEC Sport grade
Skills:	Coursework planning and safely conducting fitness tests, creating a fitness profile and training programme for a selected performer.	Coursework planning and safely conducting fitness tests, creating a fitness profile and training programme for a selected performer.	Coursework examining sporting careers and preparing for the process of applying for jobs.		Coursework examining sporting careers and preparing for the process of applying for jobs.	Analysis of all coursework	N/A	