



Orsett Heath Academy Physical Education Department Curriculum Journey

The purpose of the OHA PE curriculum:

- To enable pupils to become more competent, confident and expert in their techniques, to apply them across a range of activities.
- Pupils will develop an understanding of what makes a performance effective and be able to apply this to their own and others work.
- Deliver a holistic approach to understanding the health benefits of physical activity and promote lifelong involvement.
- We assess our pupils through a Head, Heart, Hand model;
- Head – Knowledge links
- Heart – Emotional links
- Hand – Physical links

Life long participation in physical activity or sport.

Later Life

Year 11

Health/ Fitness/Wellbeing

- Physical, Emotional, Social Health
- Sedentary Life
- Energy Usage

Socio-Cultural Issues

- Engagement
- Commercialisation
- Ethical Socio-cultural Issues

Core PE

Year 10

Applied Anatomy & Physiology

- Structure & Function of the Muscular Skeletal System
- Structure & Function of the Cardio-respiratory System
- Aerobic/Anaerobic Exercise
- Long/Short Term Effects of Exercise

Movement Analysis

- Lever Systems
- Planes/Axis of Movement

Physical Training

- Relationship between health & Fitness
- Components of Fitness
- Principles of Training
- Long Term Effects of Exercise
- Optimising Training
- Warm up/Cool down

Health/ Fitness/Wellbeing

- Physical, Emotional, Social Health
- Sedentary Life
- Energy Usage

Socio-Cultural Issues

- Engagement
- Commercialisation
- Ethical Socio-cultural Issues

Psychology

- Skill Classification
- Goal Setting
- Guidance & Feedback

Year 9

Games

Pupils will apply advanced techniques across a range of games, linking common ideas.

Athletics

Pupils will move towards applying advanced techniques in a range of events.

Fitness

Pupils will reflect on their previous fitness programmes and develop future sessions to develop different outcomes.

Individual

Pupils will have regular and developed involvement in exercise, sports and activities (both in school and outside).

Year 8

Games

Pupils will develop knowledge of tactics and strategies to outwit opponents in both isolation and competitive environments.

Athletics

Pupils will demonstrate confidence in developing their skills and techniques used across a range of events.

Individual

Pupils will take part in a variety of activities that will focus on a range of skills; trust, teamwork, communication, respect. And will embed an appreciation for sport.

Fitness

Pupils will develop a fundamental understanding of the long term health benefits of engaging in physical activity.

Athletics

Pupils will develop confidence in underpinning key skills to the application of technique.

Games

Pupils will build on prior knowledge to be able to apply simple tactics to beat an opponent in a competitive situation.

Year 7

Pupils have played basic games and applied basic principles for attacking and defending.

Pupils are physically active for sustained periods of time.

Pupils have basic skills and are able to link to simple movements.

Pupils engage in cooperative physical activity.

KS2

- Our Curriculum is delivered via the following sports**
- Fitness Suite (Fitness)
 - Outdoor Adventurous Activities (Individual)
 - Athletics
 - Football (Games)
 - Rugby (Games)
 - Netball (Games)
 - Handball (Games)
 - Hockey (Games)
 - Badminton (Individual)
 - Table Tennis (Individual)
 - Cricket (Games)
 - Rounders (Games)
 - Trampoline (Individual)
 - Dance (Individual)
 - Healthy Active Lifestyle (Fitness)

PE Teacher
Coach
Personal Trainer
Nutritionist
Physiotherapist
Sports Agent
Strength & Conditioning
Coach
Sports Psychologist

Careers

PE & SPORT
Sports Science
Sport & Business

A Level/
BTEC

KS5

Revision & Exam Prep

- Paper 1
- Paper 2
- Practical Moderation

BTEC Level 1

Unit 2 – Practical Performance in sport
Unit 3- Applying the principles of training

Exam Courses

BTEC Level 1

Unit 1 - Fitness for sport and exercise
Unit 5 – The Sports Performer in action

HT6
Skeletal System

HT4
Health, Wellbeing & Fitness

HT2
Components of Fitness and Training

HT5
Cardiovascular System

HT3
Respiratory System

HT1
Muscles

HT5
Cardiovascular System

HT3
Respiratory System

HT1
Muscles

HT2
Components of Fitness and Training

HT4
Health, Wellbeing & Fitness

HT4
Health, Wellbeing & Fitness

HT6
Skeletal System

HT5
Cardiovascular System

HT1
Muscles

HT3
Respiratory System

HT2
Components of Fitness and Training