



“Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand.” *Nelson Mandela*

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A high-quality PE curriculum challenges all students at differing levels to develop skills and enjoy a variety of physical activities. Through lessons, we aim to provide opportunities for students to acquire and develop their physical, cognitive and social skills in a supportive and challenging atmosphere with the school values of fellowship, integrity and endeavour at the centre of what we do.

In almost all lessons, students are taught in ability groups of single gender. We feel strongly that this enables to deliver the above in the most effective way. Classes follow a similar curriculum pathway but may be taught in a slightly different style depending upon ability/confidence levels.

At KS3 students have 4 lessons of PE a fortnight reducing to 3 per fortnight at KS4. We also offer an enrichment block at KS5 and a wide range of extra-curricular opportunities for all students throughout the year.

We run house competitions in a range of activities throughout the year that are open to all students.



Farmor's School Physical Education Department



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Rugby Basketball Netball Gymnastics	Rugby Gymnastics Netball Fitness	Football Dance Hockey Dance	Football Fitness Football Badminton	Cricket Athletics Tennis Athletics	Tennis Athletics Rounders Athletics
Year 8	Rugby Basketball Netball Gymnastics	Rugby Football Netball Badminton	Badminton Fitness Hockey Dance	Handball Gymnastics Football Fitness	Cricket Athletics Tennis Athletics	Tennis Athletics Rounders Athletics
Year 9	Rugby Basketball Netball Gymnastics	Rugby Football Netball Badminton	Football Fitness Hockey Basketball	Badminton Gymnastics Football Fitness	Cricket Athletics Tennis Athletics	Tennis Athletics Rounders Athletics



Farmor's School Physical Education Department



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10	Boys: Fitness; Rugby; Football; Basketball; Badminton; Table Tennis; Girls: Fitness; Netball; Hockey; Basketball; Badminton; Table Tennis				Athletics/Softball/Rounders/ Tennis	
Year 11	Boys: Fitness; Rugby; Football; Basketball; Badminton; Table Tennis; Girls: Fitness; Netball; Hockey; Basketball; Badminton; Table Tennis				Athletics Softball Rounders Tennis	Exam Leave

Core PE



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 12 & 13 enrichment	1st VII Netball 1st XV Rugby Table Tennis Recreational Netball Fitness in Sports Centre Suite	1st VII Netball 1st XI Football Recreational Football Recreational Mixed Hockey Fitness in Sports Centre Suite	1st VII Netball 1st XI Football Recreational Football Recreational Mixed Hockey Fitness in Sports Centre Suite	1st VII Netball 1st XI Football Recreational Football Recreational Mixed Hockey Fitness in Sports Centre Suite	1st VII Netball 1st XI Football Recreational Football Recreational Mixed Hockey Fitness in Sports Centre Suite	Tennis Softball Rounders Basketball (gym)



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10	Health & Fitness Module		Anatomy & Physiology Module		Sports Psychology Module Coursework Preparation Summer Sports Practical Exams Tennis/Athletics/Cricket	
Year 11	Physical Training Module Practical Exams: Netball/Rugby /Basketball/Badminton		Y11 Mock Movement Analysis Module Socio-Cultural Module Practical Exams: Football/Hockey/Other (Video)		Revision	

GCSE PE exam board: AQA

Practical = 40% comprised of assessment in 3 sports (10% each) and an Analysis & Evaluation Coursework (10%)
 Theory = 60% and is comprised of 2 Exam Papers both of which are out of 90 marks



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 12	Paper 1 – Section A: Anatomy & Physiology Paper 1 – Section B: Skill Acquisition			Paper 1 – Section C: Sport & Society (1) Introduction to Coursework & Practical Commentary Revision for Year 12 Exam at end of Term 6		
Year 13	Paper 2 – Section A: Exercise Physiology Paper 2 – Section B: Sports Psychology		Y13 Mock Exam Coursework submission Practical footage submission Paper 2 – Section C: Sport & Society (2)		Revision Paper 1 Exam Paper 2 Exam	

A level PE exam board: AQA

Practical = 30% comprised of assessment in ONE sport (15%) and an Analysis & Evaluation Coursework (15%)
 Theory = 70% and is comprised of 2 Exam Papers both of which are out of 105 marks