



“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*

Subject Head: Mr Paul Hockey **Contact:** phockey@farmors.gloucs.sch.uk

A high-quality PE curriculum challenges all students at differing levels to develop their 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 us 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 alongside an extensive Extra-Curricular offer with frequent sports clubs during lunchtimes and after school fixtures.



Farmor's School Physical Education



	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 Sports Leadership	Rugby Football Netball Badminton	Football Fitness Hockey Basketball	Badminton Sports Leadership Football Fitness	Cricket Athletics Tennis Athletics	Tennis Athletics Rounders Athletics



	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; Rugby				Athletics/Softball/Rounders/ Tennis	
Year 11	Boys: Fitness; Rugby; Football; Basketball; Badminton; Table Tennis; Girls: Fitness; Netball; Hockey; Basketball; Badminton; Rugby				Athletics Softball Rounders Tennis	Exam Leave



Farmor's School Physical Education



	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		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	



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10	Unit 1: Preparing Participants for Physical Activity			Unit 2: Improving Sports Performance		
Year 11	Unit 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity				Resits	

Level 2 BTEC Sport: Pearson Edexcel (Equivalent to 1 GCSE) Pass/Merit/Distinction/Distinction+
Unit 1 and 2 are internally assessed pre-released assignments
Unit 3 is an exam that can be taken in January of Year 2 and re-taken in June of Year 2



	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	



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 12	Mandatory Unit 1: Anatomy & Physiology (Exam in June of Y12 – retake option in Jan Y13)			Optional Unit 4: Practical Sports Performance		Unit 2 starts
Year 13	Mandatory Unit 2: Fitness & Training (Exam in Jan Y13 – retake option in June Y13)		Mandatory Unit 3: Professional Development in the Sports Industry			

Level 3 Sport Extended Certificate: Pearson Edexcel (Equivalent to 1 Level).
Pass/Merit/Distinction/Distinction+