



Buile Hill
Academy

Enriching Lives, Inspiring Ambitions

Curriculum Guide For Parents: Physical Education & Dance



Consilium
Academies

Our Vision and Approach in Physical Education

PE at Buile Hill Academy will provide students with an opportunity to access and develop across a broad range of sports and activities enabling all to make progress to be the best they can be. PE lessons will encourage physical activity and promote health and wellbeing and improve students' knowledge on how to achieve these. Students will develop and improve their practical knowledge, performance and understand theoretical links throughout the key stages. Involvement in our curriculum will allow all students to develop and aspire to be the best version of themselves and prepare for the next stage of their lives.

The breakdown of topics covered across the year groups is detailed in the grid below. Please note this is subject to change as we adapt our curriculum to meet the needs of our students.

What our students will learn

Our curriculum is sequenced to cover a series of domains across the academic year in order to give students a full experience of Physical Education. The breakdown of topics covered across the year groups is detailed in the grid. Please note this is subject to change as we adapt our curriculum to meet the needs of our students.



PE Core

Key Stage 3	Year 7	Orienteering/ Aesthetics/ Football Netball Volleyball Warming up and Cooling Down Benefits of Exercise	Hockey Basketball Football Dance Muscular System	Trampolining/ Gymnastics Fitness Gymnastics Orienteering Heart Rate Training Zones	Volleyball Rugby Hockey Fitness Components of Fitness	Handball Rugby Athletics Components of Fitness	Rugby Football Striking and Fielding Components of Fitness
	Year 8	Orienteering Football Netball Volleyball Principles of Training	Hockey Basketball Football Dance Methods of Training	Trampolining/ Gymnastics Fitness Gymnastics Orienteering Components of Fitness	Volleyball Rugby Hockey Fitness Muscular System	Handball Rugby Athletics Diet and Performance	Rugby Dance Striking and Field- ing Functions of the Skeleton
	Year 9	Orienteering Football Netball Volleyball Sportsmanship PEDS	Hockey Basketball Football Dance Ligaments and Tendons	Trampolining Fitness Gymnastics Orienteering Immediate/Long term effects of exercise Diet and Nutrition	Badminton Rugby Hockey Fitness Heart Rate Values Training Zones	Handball Rugby Athletics Respiratory System Mechanics of Breathing	Football Netball Striking and Field- ing Methods of Training Principles of Training
Key Stage 4	Year 10	Football Rugby Netball Volleyball Components of Fitness	Rugby Basketball Football Dance Ligaments and Tendons	Trampolining Fitness Gymnastics Orienteering Immediate/Long term effects of exercise Diet and Nutrition	Badminton Handball Hockey Fitness Heart Rate Values Training Zones	Athletics Respiratory System Mechanics of Breathing	Striking and Field- ing Methods of Training Principles of Training
	Year 11	Football Rugby Netball Volleyball Components of Fitness	Rugby Basketball Football Dance Muscular System	Trampolining Fitness Gymnastics Orienteering Immediate/Long term effects of exercise Diet and Nutrition	Volleyball Handball Hockey Fitness Heart Rate Values Training Zones	Athletics Respiratory System Mechanics of Breathing	Striking and Field- ing Methods of Training Principles of Training





OCR Cambridge National Sports Studies

Key Stage 4	Year 10	R052 – Developing Sport Skills L01 R053 – Sports Leadership L01	R052 – Developing Sport Skills L01 R053 – Sports Leadership L02	R052 – Developing Sport Skills L02 R053 – Sports Leadership L03 R056 – Outdoor Adventurous Activities L01	R052 – Developing Sport Skills L02 Developing Sport Skills L03 R053 – Sports Leadership L04 R056 – Outdoor Adventurous Activities L02	R052 – Developing Sport Skills L01 Developing Sport Skills L03 R053 – Sports Leadership L04 R056 - Outdoor Adventurous Activities L03	R053 – Sports Leadership L01 R053 – Sports Leadership L02 R056 - Outdoor Adventurous Activities L04
	Year 11	R051 – Contemporary Issues in Sport L01 R051 – Contemporary Issues in Sport L02 R053 – Sports Leadership L01	R051 – Contemporary Issues in Sport L02 R051 – Contemporary Issues in Sport L03 R052 – Developing Sport Skills L04	R051 – Contemporary Issues in Sport L03 R051 – Contemporary Issues in Sport L04 R052 – Developing Sport Skills L04	R051 – Contemporary Issues in Sport L01 R051 – Contemporary Issues in Sport L02 R052 – Developing Sport Skills L04	R051 – Contemporary Issues in Sport L02 R051 – Contemporary Issues in Sport L03	R051 – Contemporary Issues in Sport L03 R051 – Contemporary Issues in Sport L04

BTEC Dance

Key Stage 4	Year 10	Component 1 - Exploring the Performing Arts Component 2 - Developing Skills and Techniques for Performance	Component 1 - Exploring the Performing Arts Component 2 - Developing Skills and Techniques for Performance	Component 1 - Exploring the Performing Arts Component 2 - Developing Skills and Techniques for Performance	Component 1 - Exploring the Performing Arts Component 2 - Developing Skills and Techniques for Performance	Component 1 - Exploring the Performing Arts Component 2 - Developing Skills and Techniques for Performance	Component 3 - Responding to a Brief (MOCK)
	Year 11	Component 1 - Exploring the Performing Arts Component 2 - Developing Skills and Techniques for Performance	Component 2 - Developing Skills and Techniques for Performance	Component 2 - Developing Skills and Techniques for Performance Component 3 - Responding to a Brief	Component 2 - Developing Skills and Techniques for Performance Component 3 - Responding to a Brief	Component 2 - Developing Skills and Techniques for Performance Component 3 - Responding to a Brief	Component 3 - Responding to a Brief



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How you can support your child's learning in Physical Education:

- Students will have a knowledge organiser for each of their schemes of learning. Students can use these to test themselves on the core content throughout the term.
- Question your child on what they have learnt: can you support your child's practical development in PE?
- In addition to the use of knowledge organisers, students can carry out extra research.

Websites you can visit:

- <https://www.bbc.co.uk/bitesize/subjects/znyb4wx>
- <https://gcsesimplified.co.uk/>

OCR Cambridge Nationals – GCSE Simplified Book

