

Physical Education Department

Brentford School for Girls PE Curriculum Aim:

At Brentford School for Girls, we aim to be recognised as one of the leading single-sex state schools in the country for our commitment to academic success and exceptional sporting provision. Our Physical Education curriculum is designed to inspire a lifelong love of physical activity, promoting high levels of participation, performance, and personal development from Year 7 to Year 11.

Our intent is guided by our **PACE** values:

- **Participate** in every lesson with enthusiasm and commitment
- **Achieve** personal success through perseverance and resilience
- **Confidence** to explore new challenges and lead others
- **Enjoyment** as the foundation for long-term motivation and wellbeing

We place physical performance and movement competency at the heart of our curriculum, helping students develop core physical skills and apply them in both isolated and competitive settings. Through a broad and inclusive range of sports, we encourage every student to discover and build on their individual strengths.

Our curriculum promotes positive lifestyle choices and equips students with the knowledge and understanding needed to support their physical wellbeing. We also foster sportsmanship and fair play, encouraging students to become respectful and responsible participants in all physical activity.

To enrich the PE experience, we offer a wide range of extracurricular opportunities that complement and extend the curriculum, enabling students to further develop their skills, confidence, and enjoyment beyond the classroom.

From Year 7 to Year 11, each stage of the curriculum builds on the last focusing on key areas such as understanding rules, applying tactics, and developing leadership. By embedding these fundamentals early and reinforcing them throughout their school journey,

students leave Brentford with the confidence, competence, and motivation to maintain a healthy, active lifestyle for life.

Impact:

1. Internal Assessment: providing opportunities for students to show what they can do
2. Tracking and Progress Data
3. Participation in Clubs: termly attendance analysis
4. PE Student Survey satisfaction analysis
5. Competitive Performance: Borough, Regional and National success
6. Sports Awards: Half termly and Annual

Core PE KS3

Core PE Year 7 Focus - Rules					
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<p>Transition: Taster sessions as part of whole school initiative. Multi-skills induction programme to gauge where students are at ability wise in order to further plan and develop upcoming lessons in specific sports to allow PACE to happen.</p>					
<p>Sports Covered:</p> <ul style="list-style-type: none"> ● Multi Skills ● Netball <p>Assessment Baseline testing and an overall starting secondary school grade is given.</p>	<p>Sports Covered:</p> <ul style="list-style-type: none"> ● Basketball ● Gymnastics 	<p>Sports Covered:</p> <ul style="list-style-type: none"> ● Fitness ● Rugby (tag) 	<p>Sports Covered:</p> <ul style="list-style-type: none"> ● Football ● Dance 	<p>Sports Covered:</p> <ul style="list-style-type: none"> ● Athletics 	<p>Sports Covered:</p> <ul style="list-style-type: none"> ● Rounders ● Cricket
<p>* Sports may change depending on weather/space available/timetable availability Team sports are made up of one skills based lesson and one games lesson a week to allow the skills to be demonstrated in game play and the main focus to become the rules of the game.</p>					
<p>Deeper Learning Students regularly demonstrate and perform in front of one another especially in the creative sports such as gym and dance which develops confidence and self belief. Fixtures against other schools to demonstrate skills and abilities in action against others of differing abilities that can be compared against. Access to key words and high end vocabulary through verbal feedback throughout lessons. Trips and visits.</p>					
<p>Assessment Head, Heart, Hands criteria with GCSE grading is used for all lessons based on the 1-9 criteria as well as attitude towards learning.</p> <ul style="list-style-type: none"> ● Head indicates the students knowledge and understanding ● Heart equates to the students attitude and ability to help others ● Hands is the students ability to demonstrate the physical skills being learnt. <p>Minimum grade to be achieved by the end of Year 7 is a 1=.</p> <p>Target setting for all students will occur in lesson 1 and assessment feedback will be in lesson 8 for each sport. Students graded according to criteria for each activity.</p>					

Theory Content

Students should be working towards knowing:

- Muscle names
- How O₂ is delivered to working muscles and why muscles need O₂
- 5 components of fitness
- How to warm up and the benefits
- Types of guidance

This knowledge is used amongst basic skills and ability to provide a holistic grade for each sport.

Extra Curricular Activities

Wide range of sporting clubs before school lunch times and after school for students to attend. Opportunities to represent the school in a variety of sporting fixtures and events throughout the year.

Key Resources/Websites

PE Pupil Passport - identifies grades, strengths and areas for development like a personal portfolio which would help if GCSE PE is chosen to show progression.
Journal PACE sheet - what have I achieved this term?

Core PE Year 8 Focus - Tactical Awareness

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Sports Covered: <ul style="list-style-type: none"> ● Netball ● Football 	Sports Covered: <ul style="list-style-type: none"> ● Basketball ● Handball 	Sports Covered: <ul style="list-style-type: none"> ● Fitness ● Hockey 	Sports Covered: <ul style="list-style-type: none"> ● Rugby (tag) ● Dance 	Sports Covered: <ul style="list-style-type: none"> ● Athletics 	Sports Covered: <ul style="list-style-type: none"> ● Rounders ● Cricket

* Sports may change depending on weather/space available/timetable availability

Team sports are made up of one skills based lesson and one games lesson a week to allow the skills to be demonstrated in game play and the main focus to become the rules of the game.

Deeper Learning

Students regularly demonstrate and perform in front of one another especially in the creative sports such as gym and dance which develops confidence and self belief. Fixtures against other schools to demonstrate skills and abilities in action against others of differing abilities that can be compared against.

Access to key words and high end vocabulary through verbal feedback throughout lessons.

Trips and visits.

Assessment

Head, Heart, Hands criteria with GCSE grading is used for all lessons based on the 1-9 criteria as well as attitude towards learning.

- Head indicates the students knowledge and understanding
- Heart equates to the students attitude and ability to help others
- Hands is the students ability to demonstrate the physical skills being learnt.

Minimum grade to be achieved by the end of Year 8 is a 1+.

Target setting for all students will occur in lesson 1 and assessment feedback will be in lesson 8 for each sport. Students graded according to criteria for each activity.

Theory Content

Students should be working towards knowing:

- Bone names and muscles that they are connected to
- What happens to your breathing rate when you exercise
- Difference between anaerobic and aerobic

This knowledge is used amongst basic skills and ability to provide a holistic grade for each sport.

Extra Curricular Activities

Wide range of sporting clubs before school lunch times and after school for students to attend. Opportunities to represent the school in a variety of sporting fixtures and events throughout the year.

Key Resources/Websites

PE Pupil Passport - identifies grades, strengths and areas for development like a personal portfolio which would help if GCSE PE is chosen to show progression.
Journal PACE sheet - what have I achieved this term?

Core PE Year 9 Focus - Sportsmanship/ Gamesmanship

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Sports Covered: <ul style="list-style-type: none"> ● Football ● Fitness 	Sports Covered: <ul style="list-style-type: none"> ● Netball ● Badminton 	Sports Covered: <ul style="list-style-type: none"> ● Handball ● Trampolining 	Sports Covered: <ul style="list-style-type: none"> ● Volleyball ● Basketball 	Sports Covered: <ul style="list-style-type: none"> ● Athletics 	Sports Covered: <ul style="list-style-type: none"> ● Rounders ● Cricket

* Sports may change depending on weather/space available/timetable availability

Team sports are made up of one skills based lesson and one games lesson a week to allow the skills to be demonstrated in game play and the main focus to become the rules of the game.

Deeper Learning

Students regularly demonstrate knowledge and understanding through their leadership skills, which develops confidence and self belief further. Fixtures against other schools to demonstrate skills and abilities in action against others of differing abilities that can be compared against. Access to key words and high end vocabulary through verbal feedback throughout lessons.

Trips and visits.

Assessment

Head, Heart, Hands criteria with GCSE grading is used for all lessons based on the 1-9 criteria as well as attitude towards learning.

- Head indicates the students knowledge and understanding
- Heart equates to the students attitude and ability to help others
- Hands is the students ability to demonstrate the physical skills being learnt.

Minimum grade to be achieved by the end of Year 9 is a 2+.

Target setting for all students will occur in lesson 1 and assessment feedback will be in lesson 8 for each sport. Students graded according to criteria for each activity.

Theory Content

Students should be working towards knowing:

- Different types of feedback
- Difference between sportsmanship and gamesmanship

This knowledge is used amongst basic skills and ability to provide a holistic grade for each sport.

Extra Curricular Activities

Wide range of sporting clubs before school lunch times and after school for students to attend. Opportunities to represent the school in a variety of sporting fixtures and events throughout the year.

Key Resources/Websites

PE Pupil Passport - identifies grades, strengths and areas for development like a personal portfolio which would help if GCSE PE is chosen to show progression. Journal PACE sheet - what have I achieved this term?

Core PE Year 10 Focus - Leadership

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Sports Covered: <ul style="list-style-type: none">• Netball• Fitness	Sports Covered: <ul style="list-style-type: none">• Football• Badminton	Sports Covered: <ul style="list-style-type: none">• Handball• Trampolineing	Sports Covered: <ul style="list-style-type: none">• Volleyball• Basketball	Sports Covered: <ul style="list-style-type: none">• Athletics	Sports Covered: <ul style="list-style-type: none">• Rounders• Cricket

* Sports may change depending on weather/space available/timetable availability

Team sports are made up of one skills based lesson and one games lesson a week to allow the skills to be demonstrated in game play and the main focus to become the rules of the game.

Deeper Learning

Students regularly demonstrate knowledge and understanding through their leadership skills, which develops confidence and self belief further. Fixtures against other schools to demonstrate skills and abilities in action against others of differing abilities that can be compared against. Access to key words and high end vocabulary through verbal feedback throughout lessons.

Trips and visits.

Assessment

Year 10 assessment is based on theoretical knowledge, confidence to lead and attitude to learning.

Students receive an ATL grade based on their motivation and ability to adapt to any situation, demonstrate confidence and use of leadership opportunities to get the highest possible grade.

Theory Content

Students should be working towards knowing:

- Personality traits and sports that link
- Types of motivation

This knowledge is used amongst basic skills and ability to provide a holistic grade for each sport.

Extra Curricular Activities

Wide range of sporting clubs before school lunch times and after school for students to attend. Opportunities to represent the school in a variety of sporting fixtures and events throughout the year.

Key Resources/Websites

PE Pupil Passport - identifies grades, strengths and areas for development like a personal portfolio which would help if GCSE PE is chosen to show progression. Journal PACE sheet - what have I achieved this term?

Core PE Year 11 Focus - Healthy, Active Lifestyle

Term 1

Term 2

Term 3

Term 4

Term 5

Term 6

Year 11 PE is all about healthy lifestyles and adopting choice into the students' lessons. Lessons can vary in terms of content due to student interest and motivation and the use of GCSE students to lead certain lessons. Year 11 students only have one lesson of PE a week.

	Sports Covered: <ul style="list-style-type: none"> • Ultimate Frisbee • Football • Badminton 	Sports Covered: <ul style="list-style-type: none"> • Badminton • Fitness • Basketball 	Sports Covered: <ul style="list-style-type: none"> • Rugby • Volleyball • Handball 	Sports Covered: <ul style="list-style-type: none"> • Handball • Netball • Trampoline 	Sports Covered: <ul style="list-style-type: none"> • Rounders • Cricket 	Sports Covered:
* Sports may change depending on weather/space available/timetable availability						
Deeper Learning Students regularly demonstrate knowledge and understanding through their leadership skills, which develops confidence and self belief further. Fixtures against other schools to demonstrate skills and abilities in action against others of differing abilities that can be compared against. Access to key words and high end vocabulary through verbal feedback throughout lessons. Trips and visits.						
Assessment Year 11 assessment is based attitude to learning. Students receive an ATL grade based on their motivation and ability to adapt to any situation, demonstrate confidence and use of leadership opportunities to get the highest possible grade.						
Theory Content Students should be working towards knowing: <ul style="list-style-type: none"> • Effects of a healthy, active lifestyle • What affects participation in physical activity • Immediate/Long term effects of exercise <p>This knowledge is used amongst basic skills and ability to provide a holistic grade for each sport.</p>						
Extra Curricular Activities Wide range of sporting clubs both at lunch times and after school for students to attend. Opportunities to represent the school in a variety of sporting fixtures and events throughout the year.				Key Resources/Websites Journal PACE sheet - what have I achieved this term?		

GCSE PE

Year 9	Term 1 - Oct	Term 2 – Dec/	Term 3 - Feb	Term 4 -Apr	Term 5 - May	Term 6 - July
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Transition: Summer project at the end of Year 8 for the GCSE class which is a personal reflection of their own skills and abilities within certain sports. This links to the practical element of the course as well as preparing them for their coursework.

The GCSE course comprises of a practical element which is worth 40% of the students final marks and a theoretical component worth 60%.

Theory content for Year 9 starts with a soft start introduction to GCSE PE and touching on topics that they will cover throughout the course through a practical approach and then other content interleaves Paper 1 and 2.

Paper 2 content including: Social Cultural Factors in Sport and Sports Psychology as well as encouraging deeper learning experiences to make the most of the 3 year GCSE. Paper 1 content including: Physical Training in Sport

<p>Double Practical/Single Theory Content Covered Practically:</p> <ul style="list-style-type: none"> • Fitness Testing • Skill & Ability • Effects of Exercise • Types of Movement <p>Content Covered Theoretically:</p> <ul style="list-style-type: none"> • Collection of data • Analysing sports for strengths and weaknesses • Health & Wellbeing • Muscles & Bones • Technology • Command Words 	<p>Content Covered: Sports Psychology - Paper 2</p> <ul style="list-style-type: none"> • Skill & ability • Skill classification • Goals in sport • SMART targets • Information processing Guidance & feedback • Arousal • Aggression • Personality traits • Motivation 	<p>Content Covered: Physical Training - Paper 1</p> <ul style="list-style-type: none"> • Health & wellbeing • Components of fitness • Fitness testing • Principles of training • Types of training • Safety in sport • Training seasons 	<p>Content Covered: Social, Cultural Influence - Paper 2</p> <ul style="list-style-type: none"> • Engagement patterns • Barriers to participation • Sponsorship & media • Commercialisation • Etiquette • Performance enhancing drugs • Spectator behaviour • Technology in sport
<p>Assessment: Multiple choice/assessment</p>	<p>Assessment: End of unit assessment</p>	<p>Assessment: End of unit assessment</p>	<p>Assessment: Full Paper 2 Assessment</p>
<p>Deeper Learning/Interleaving Practical tasks embedded into the theory lessons. Flipped learning - student research and deliver findings on specific topics. Sport in the news</p>			<p>Deeper Learning/Interleaving Links to other areas of the course within paper 1. Practical tasks embedded into the theory lessons.</p>
<p>Practical - Focusing on exploring new activities and being able to analyse self and peer performance in different sports. Look at where and how they need to perform to get marks on the specification for their practical moderation.</p>			
<p>Extra Curricular Activities Wide range of sporting clubs both at lunch times and after school for students to attend Opportunities to represent the school in a variety of sporting fixtures and events throughout the year. Specific GCSE practical catch up session to go through moderation activities/moderation filming.</p>		<p>Key Resources/Websites Google Classroom BBC Bitesize GCSE Pod & Seneca Learning</p>	

Year 10	Term 1 - Oct Term 2 - Dec	Term 3 - Feb	Term 4 - Apr	Term 5 - May	Term 6 - July
<p>Theory content for Year 10 is made of Paper 1 content including: Anatomy & Physiology, Movement Analysis and more focus on exam questions. It will also include writing their NEA coursework element worth 10% of their overall grade. Practical content will be more aimed at self-evaluation which is needed for the coursework element.</p>					

<p>Content Covered:</p> <p>Movement Analysis - Paper 1</p> <ul style="list-style-type: none"> • Planes & Axes of Movement Lever Systems • Mechanical Advantage 	<p>Content Covered:</p> <p>Anatomy & Physiology - Paper 1</p> <ul style="list-style-type: none"> • Skeletal System • Muscular System • Types of Movement • Structure of the heart • Cardiac Cycle • Gaseous Exchange • Respiration • Effects of Exercise 	<p>Content Covered:</p> <p>NEA Coursework Completion</p> <ul style="list-style-type: none"> • Acting on marked feedback • Longer answer exam questions 	<p>Content Covered:</p> <p>NEA Coursework Completion</p> <ul style="list-style-type: none"> • Personal strengths and weaknesses in a particular sport • Identifying links with components of fitness • Identifying training types/methods to improve weaknesses • Creating a training session to improve weaknesses • Analysing and evaluating personal performance • Linking to the specification of the course
<p>Assessment:</p> <p>End of unit assessment</p>	<p>Assessment:</p> <p>End of unit assessment Whole paper 1 practice PPE</p>	<p>Assessment:</p> <p>Practical assessment</p>	<p>Assessment:</p> <p>Coursework is marked and internally verified using assessment grids from the exam board.</p>
<p>Deeper Learning/Interleaving Practical tasks embedded into the theory lessons. Quizzes on previous paper topics every lesson to keep fresh in the mind. Flipped learning Practical lessons to strengthen understanding of theoretical content.</p>			
<p>Practical - Focusing on moderation drills activities that students would need to demonstrate for their practical marks. Netball & Trampolining skills and filming. 1 skills lesson followed by a filming lesson to aid higher grades.</p>			
<p>Extra Curricular Activities Wide range of sporting clubs both at lunch times and after school for students to attend. Opportunities to represent the school in a variety of sporting fixtures and events throughout the year. Specific GCSE practical catch up session to go through moderation activities/moderation filming.</p>	<p>Key Resources/Websites Google Classroom BBC Bitesize GCSE Pod Seneca Learning</p>		

Year 11	Term 1 - Oct	Term 2 - Dec	Term 3 - Feb	Term 4 - Apr	Term 5 - May	
<p>Theory content for Year 11 is made of a mixture of Paper 1 and Paper 2 content with a heavy emphasis on long answer questions for exams as well as building in opportunities for active revision and leadership/flipped learning.</p>						
	<p>Double Practical/Single Theory Lessons Content Covered:</p> <ul style="list-style-type: none"> Personal analysis of sporting performance in a variety of sports 	<p>Content Covered: Data Analysis - Paper 1 • Collecting & presenting data Interpreting & analysing data</p> <p>Exam Practice</p>	<p>Content Covered: Practical Moderation Practice/Filming</p> <p>Interleaved Revision Begins</p>	<p>Content Covered: RAG Rate Paper 1 & 2 PLCS Interleaved Revision Exam Practice</p>		
	<p>Assessment: Long answer question marks</p>	<p>Assessment: Topic tests for Paper 2</p>		<p>Assessment: Topic tests for Paper 1</p>	<p>Assessment: Full papers Walking talking mock papers</p>	
	<p>Deeper Learning/Interleaving Questions to include paper 1 content Flipped learning and research tasks Student deliver research to aid revision</p>					
	<p>Practical - Moderation practice Each lesson should focus on an area that needs working on for moderation. Work way through the set criteria for each sport to cement skills, knowledge and understanding of the drills needed to get the highest arks possible.</p>					
	<p>Extra Curricular Activities Wide range of sporting clubs both at lunch times and after school for students to attend. Opportunities to represent the school in a variety of sporting fixtures and events throughout the year. Specific GCSE practical catch up session to go through moderation activities/moderation filming. Revision and booster sessions for different ability groups based on data.</p>			<p>Key Resources/Websites Google Classroom BBC Bitesize GCSE Pod Seneca Learning</p>		