

## Physical Education

### KS2

Students taught fundamental skills and techniques through a range of sports with the focus of applying transferable skills from one sport to the next.

### KS3

At the beginning of KS3 the main focus is to build upon basic skills taught at KS2 through a variety of both team and single based sports. As students begin to progress through KS3 the focus during lessons shifts from developing skills to implementing effective strategies and tactics within competitive environments. These ideas and practises are taught through a variety of both single and team based sports. One example can be seen below:

#### Year 7

- Term 1 – Netball, Rugby and Cheerleading
- Term 2 – Football, Hockey and Badminton
- Term 3 – Tennis, Athletics and Rounders

#### Year 8

- Term 1 – Netball, Basketball and Gymnastics
- Term 2 – Football, Volleyball and Badminton
- Term 3 – Cricket, Athletics and Tennis

#### Year 9

- Term 1 – Football, Rugby and Gymnastics
- Term 2 – Netball, Basketball and Badminton
- Term 3 – Tennis, Athletics and Cricket

#### Year 10

##### GCSE PE

- Term 1 – Anatomy and Physiology – Cardiovascular, respiratory, muscular and skeletal systems.
- Movement analysis – Levers, planes and axes.
- Term 2 - Physical Training – Components of fitness, methods of training and fitness testing.
- Term 3 – Personal Exercise Programme

OR

##### Sport Studies

###### Sport and the Media:

- How is sport covered across the media.
- Understand the positive and negative effects media can have on sport.
- Understand the relationship between sport and the media.
- Evaluating the media coverage of sport.

###### Contemporary Issues in Sport:

- Understanding Issues which affect participation in sport.
- Promoting sporting values.
- The importance of hosting major sporting events.
- National governing bodies in sport.

## Year 11

### GCSE PE

- Term 1 – Health, Fitness and Well-being – Promoting healthy lifestyles, energy use and nutrition.
- Sport Psychology – Guidance and feedback and optimising performance.
- Socio-cultural Influences – Ethical issues in sport and commercialisation.
- Term 2 – Practical Sport Element
- Physical Training – Injuries, Optimising training

OR

### Sport Studies

#### Sports Leadership:

- Personal qualities of effective leaders.
- Planning a sports activity session.
- Deliver a sports activity session.
- Evaluate a sports activity session.

#### Developing Sports Skills:

- Demonstrate ability to use skills, techniques and tactics within an individual sport.
- Demonstrate ability to use skills, techniques and tactics within a team sport.
- Be able to officiate in a sports activity.
- Be able to apply practice methods to improve performance.

## Year 12

### A-Level PE

- Applied anatomy and physiology.
- Exercise physiology – diet and nutrition and their effect on physical activity.
- Biomechanics – Newton's laws and their application to sport.
- Skill acquisition – classification and transfer of skills, learning theories and methods of practice.
- Sports psychology – group and team dynamics and goal setting in sport.
- Sport and Society – emergence of modern sport and global sporting events.

OR

### BTEC Sport

- Unit 1 – Anatomy and Physiology
- Unit 2 – Fitness Training and Programming
- Unit 3 – Professional Development in the Sports Industry

## Year 13

### A-level PE

- Applied Anatomy and Physiology
- Exercise Physiology – Injury prevention and rehabilitation.
- Biomechanics – Linear, angular and projectile motion.
- Skill Acquisition – Memory models
- Sports Psychology – Attribution and leadership in sport. Confidence and self-efficacy in sports performance.
- Contemporary issues in physical activity and sport – ethics and deviance in sport. Commercialisation and media.

OR

**BTEC Sport**

- Unit 4: Sports Leadership
- Unit 5: Application of Fitness Testing
- Unit 6: Sports Psychology
- Unit 7: Practical Sports Performance

**Preparing for the future: What can I do with PE/Sport qualifications?**

- Education: PE Teacher
- Sport and Fitness: Personal Trainer, Nutritionist, Sport Scientist
- Health: Physiotherapist, Sports Massage Therapist
- Elite Sport: Sports Coach, Strength and Conditioning Coach