

PHYSICAL EDUCATION

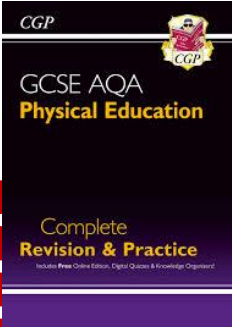
LEARNING JOURNEY – CORE PE AND AQA GCSE

BTEC Level 3 in Sport

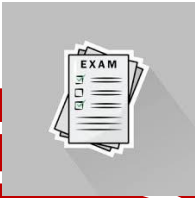
Learn together, lead together.



Complete both written exams (60% of final grade) – May



Revise for and sit your Y11 mock exams Paper 1 and Paper 2.



Complete NEA written task – an analysis and evaluation of performance.

Socio-Cultural Influences

Learners will understand the ethics in sport including sportsmanship, gamesmanship and deviance, along with reasons for player violence.

Health, Fitness & Well-Being

Learners will understand the benefits of participating in physical activity to health, fitness and well-being. Learners will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle.

Revise for and sit your Y10 mock exams.

YEAR 11

Sport Psychology

Learners will understand the psychological factors that can affect performers. Learners will also develop knowledge of the characteristics and classification of skilful movements, along with goal setting, guidance and feedback, and mental preparation.

Lead a healthy and active lifestyle

Your lessons will look at fitness and health taught in practical lessons, fitness sessions, heart rate, training zones, and information on how this impacts on performance.

Physical Training

Learners will develop their knowledge and understand of the components of fitness required for physical activities and how each can be measured, be able to apply training principles to training programmes, along with knowing how to optimise training and prevent injury.

YEAR 10

GCSE Physical Education Breakdown

Examination – 60%

Practical Assessment – 30%

Analyse & Evaluate Performance – 10%

Anatomy & Physiology

Learners will develop knowledge and understanding of the body systems, bones, muscles and movement planes that are important to physical activity.

Short/Long Term Effects of Exercise

Learners will develop knowledge of the short and long-term effects of exercise on the body systems, and how these effects can impact on physical fitness and performance.

YEAR 9

AQA GCSE

BTEC

Athletics

Your lessons will focus on developing fundamental skills in running, jumping and throwing. With an emphasis on replicating techniques.

Cricket

Your lessons will look at developing batting, bowling, fielding and applying tactics within the game.

Rounders and Softball

You will be learning about bowling, batting, fielding, positioning and tactical play within this unit.

Rugby

You will develop an understanding of the game, whilst developing core skills such as passing, tackling.

Volleyball

Your lessons will focus on introducing fundamental skills like digging, setting and serving through modified games and drills.

Gymnastics

Your lessons will look developing fundamental skills like balances, rolls and jumps to create sequences and routines.

Fitness

Your lessons will look at cardiovascular fitness and weight techniques. You will develop your knowledge of heart rate and how health impacts sports performance.

Summer Term

Spring Term

Football

Your lessons will be tailored towards developing passing, shooting and both attacking/defensive aspects of the game.

Autumn Term

Netball

You will be learning about passing, footwork, shooting, positions, attacking and defending.

YEAR 7/8

START

• Demonstrate, Apply, Perform and Analyse your skills within a variety of team and individual sports

• Identify, Explain, Understand and Apply rules and regulations in a variety of sports

• Organise, Lead and Understand warm-ups, cool downs, drills and skills and give feedback to peers on ability

Identify, Explain, Understand and Apply the effective use of the components of fitness required for successful performance

