

Academic Sport and PE

BIG IDEAS ACADEMIC PE

6

GCSE PE journey

PE
Basic warm up routine
Movement skills.
Development of all round motor skills

Cambridge National Sports Studies journey

PE
Working as individuals, pairs and in small teams
Sports leaders work

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PE
Four stage warm up
Cool down
Goal setting
Muscles of the body
Components of fitness
Fitness testing

PE
Understanding of what is required from a warm up
Introduction to Orienteering
Athletics safety, incorporating Risk Assessments.

8

PE
Goal setting including working at maximum levels.
Lactic acid and the effects on the body
Methods of Training
Progressive Overload

PE
Opportunities to lead warm ups and team practices
More demanding Orienteering skills introduced.

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PE
Principles of Training
Anaerobic and Aerobic respiration
Maximum heart rate and training zones
A healthy diet
Sedentary lifestyle
Hydration
Energy use
Somatotypes

PE
Communication, organisational and team work.
Development of skills relevant for Outdoor Activities unit.

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GCSE PE
Ongoing practical assessments for both individual and team sports
Commercialisation
Sponsorship and the media
Prohibited substances
Spectator behaviour
Cardiorespiratory system
Effects of exercise
Levers
Mechanical Advantage
Fitness testing, types of training and principles of training.

Cambridge National Sports Studies
R052 Developing Sports Skills unit.
LO1 Individual Sport Assessment
LO2 Team Sport Assessment
LO3 Officiating assessment
LO4 Coaching analysis coursework
R056 Outdoor Activities unit
LO1 Outdoor Activities and their provision.
LO2 Trips plan and route planning
LO3 – Practical assessment
LO4 – Evaluation

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GCSE PE
Ongoing practical assessments for both individual and team sports
Analysis of performance coursework
Classification of skills
Types of goals
Information processing model
Guidance
Feedback
Arousal levels
Direct and indirect aggression
Motivation
Sedentary lifestyle
Nutrition

Cambridge National Sports Studies
R051 Contemporary Issues in Sport Exam.
R053 Sports Leadership
LO1 Sports Leadership roles and responsibilities
LO2 Planning a session and Risk assessment
LO3 Coaching assessment
LO4 Evaluation

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A Level PE
The course is split into 70% exam and 30% coursework (15% practical 1 sport of your choice from the list on specification & 15% verbal analysis talk)
The exam is made up of 3 exam papers
Paper 1 Anatomy and physiology (30%)
Paper 2 Skill Acquisition and Sports Psychology (20%)
Paper 3 Sport & Society and Contemporary issues (20%)

BTEC Sport
Unit 1 - Exam on Anatomy and Physiology (67%)
Unit 5 - Application of Fitness testing (coursework) some practical element to this unit

BIG IDEAS CORE PE

BIG IDEAS

CORE PE

- Games
- Health and Fitness
- Body movement
- Athletics
- Orienteering
- Striking and fielding
- Bat & racquet sports
- Dance
- Sports Leaders
- Team Building
- Body combat

6 Games

Develop Basic skills

Mini games (2-6aside)

Knowledge of basic rules and etiquette

Health and Fitness

What is a warmup?

Why we warm up?

Golden Mile/5-a-day

Body movement

Types of rolls, mirror and matching, counter balance.

Sequence development

Athletics

Sportshall athletics & Quad kids (Standing LJ, 75m sprint, 600m run, howler)

Bat and Racquet Sports

Introduction to basic shots (tennis, cricket)

Pairs games.

Fielding and batting skills

Small sided games – rounders

Dance

Dance stimuli

Actions & Dynamics

Sports Leaders

Phys Kids

7 Games

Core skills technique development

Mini games for understanding

Health and Fitness

Effective warm up and warm down

Components of fitness

Fitness testing

Goal setting

Body movement

Body Tension and shape

Rolling and travelling

Individual and partner balances

Striking and Fielding

Generic core skills development

Rules and regulations

Athletics

Track and Field

Basic technique and safety

Bat and Racquet Sports

Effective footwork to play

Technique development

Rules of the games (Singles)

Dance

Dance from other cultures

Professional works Phrasing & Space

8 Games

Advanced skills developed

Small sided games for understanding

Health and Fitness

Types of training

DOMS

Hydration

Hygiene

Body movement

Efficient and safe control

Basic Shapes

Basic landings

Striking and Fielding

Advanced skills developed

Small sided games for understanding

Rules and regulations

Athletics

Developing technique

Analyse, evaluate and feedback on performance

Bat and Racquet Sports

Footwork under pressure

Creating spin

Rules of the games (Doubles)

Dance

Formations

Levels

Travel

9 Games

Utilising strategies and tactics via effective skill application.

Medium sized games for understanding.

Health and Fitness

Principles of training

Adapting training to develop fitness.

Health & wellbeing theory.

Body movement

Landings with twists

Short sequence work

Orienteering

Use of compass

Walking on a bearing

Grid to magnetic

Striking and Fielding

Utilising strategies and tactics via effective skill application.

Officiating

Athletics

Advanced technique

Develop, adapt & refine skills, strategies & tactics to produce high levels of performances & techniques

Officiate events

Bat and Racquet Sports

Utilising strategies and tactics via effective skill application.

Officiating within matches

Dance

Expression

Focus

Sports Leaders

Communication skills

Planning & organisation

Team work

Team Building

Working collaboratively to overcome problems.

10 Games

Officiating within matches

Full sided games for understanding

Health and fitness

Safety in the gym

Effective lifting technique

Structuring a bespoke training programme to achieve specific goals

Body movement

Basic principles to Zumba

Creating an exit route to lifelong participation

Health and well being

Orienteering

Paired competitive courses

Striking and Fielding

Utilising strategies and tactics via effective skill application.

Officiating

Athletics

Improve, adapt and refine performances

Use of technical, mechanical & physiological terms.

Bat and Racquet Sports

Game variations e.g Doubles

Officiating

Coach delivery

Dance

Choreography

Professional Works

Sports Leaders

Delivery of specific tasks to enable students to develop communication and organisational skills.

Team Building

Advanced challenges for students to develop their problem solving ability.

11 Games

Officiating within matches

Full sided games for understanding

Minor games

Health and fitness

Functional fitness

Programme development

Body movement

Advanced sessions so students are familiar and more confident in participating outside of school

Accessing activities from home and outside of school.

Orienteering

Individual competitive courses

Bat and Racquet Sports

Minor Games

Game variations e.g Doubles

Officiating

Coach delivery

Yoga

Stress management

Flexibility development

Injury prevention

Body combat

SAQ and punching

Calisthenics

Climbing

Students learn how to top rope climb and use safe practice in doing so.

When moving on to college students have the opportunity to take part in many of the activities they have experienced within the school PE curriculum. In addition they will have some new sports and activities become available to them.

College sport fixtures take place on Wednesdays and students have the opportunity to represent their college against other similar colleges through the North West initially and if successful nationally.

Curriculum themes

-  **Technique rehearsal**
-  **Skill Development**
-  **Tactics and strategy**
-  **Mental and physical well being**
-  **Health and safety**
-  **Reflective analysis**
-  **Leadership**
-  **Competitive opportunities**