

BIG IDEAS ACADEMIC PE

Academic Sport and PE

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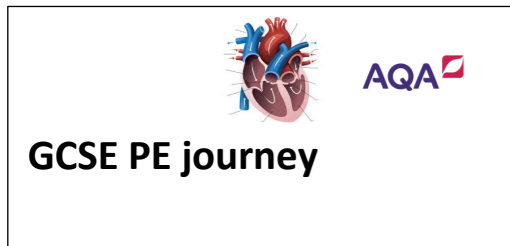
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GCSE PE journey

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

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.

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.

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.

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
R185 Performance and leadership in sports activities
TA 1 - Key components of performance
TA 2 - Applying practice methods to support improvement in a sporting activity
TA 3 - Organising and planning a sports activity session
TA 4 - Delivering a sports activity session
TA 5 - Reviewing your own performance in a sports activity session.
R184 Contemporary Issues in Sport Theory.
TA 1 – Issues which affect participation in Sport
TA 2 – Promoting sporting values

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
R184 Contemporary Issues in Sport Theory.
TA 3- Hosting a major sporting event
TA 4 – National Governing Bodies
TA 5 – Technology in Sport
R187 Increasing awareness of Outdoor and adventurous activities.
TA 1 - Provision for different types of outdoor and adventurous activities in the UK.
TA 2 - Safety aspects of participating in outdoor and adventurous activities.
TA 3 - Planning and participating in an Outdoor Adventurous activity.

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

<p>6 Games</p> <p>Develop Basic skills</p> <p>Mini games (2-6aside)</p> <p>Knowledge of basic rules and etiquette</p>	<p>7 Games</p> <p>Core skills technique development</p> <p>Mini games for understanding</p>	<p>8 Games</p> <p>Advanced skills developed</p> <p>Small sided games for understanding</p>	<p>9 Games</p> <p>Utilising strategies and tactics via effective skill application.</p> <p>Medium sized games for understanding.</p>	<p>10 Games</p> <p>Officiating within matches</p> <p>Full sided games for understanding</p>	<p>11 Games</p> <p>Officiating within matches</p> <p>Full sided games for understanding</p> <p>Minor games</p>
<p>Health and Fitness</p> <p>What is a warmup?</p> <p>Why we warm up?</p> <p>Golden Mile/5-a-day</p>	<p>Health and Fitness</p> <p>Effective warm up and warm down</p> <p>Components of fitness</p> <p>Fitness testing</p> <p>Goal setting</p>	<p>Health and Fitness</p> <p>Types of training</p> <p>DOMS</p> <p>Hydration</p> <p>Hygiene</p>	<p>Health and Fitness</p> <p>Principles of training</p> <p>Adapting training to develop fitness.</p> <p>Health & wellbeing theory.</p>	<p>Health and fitness</p> <p>Safety in the gym</p> <p>Effective lifting technique</p> <p>Structuring a bespoke training programme to achieve specific goals</p>	<p>Health and fitness</p> <p>Functional fitness</p> <p>Programme development</p>
<p>Body movement</p> <p>Types of rolls, mirror and matching, counter balance.</p> <p>Sequence development</p>	<p>Body movement</p> <p>Body Tension and shape</p> <p>Rolling and travelling</p> <p>Individual and partner balances</p>	<p>Body movement</p> <p>Efficient and safe control</p> <p>Basic Shapes</p> <p>Basic landings</p>	<p>Body movement</p> <p>Landings with twists</p> <p>Short sequence work</p>	<p>Body movement</p> <p>Basic principles to Zumba</p> <p>Creating an exit route to lifelong participation</p> <p>Health and well being</p>	<p>Body movement</p> <p>Advanced sessions so students are familiar and more confident in participating outside of school</p> <p>Accessing activities from home and outside of school.</p>
<p>Athletics</p> <p>Sportshall athletics & Quad kids (Standing LJ, 75m sprint, 600m run, howler)</p>	<p>Striking and Fielding</p> <p>Generic core skills development</p> <p>Rules and regulations</p>	<p>Striking and Fielding</p> <p>Advanced skills developed</p> <p>Small sided games for understanding</p> <p>Rules and regulations</p>	<p>Striking and Fielding</p> <p>Utilising strategies and tactics via effective skill application.</p> <p>Officiating</p>	<p>Striking and Fielding</p> <p>Utilising strategies and tactics via effective skill application.</p> <p>Officiating</p>	<p>Orienteering</p> <p>Individual competitive courses</p>
<p>Athletics</p> <p>Developing technique</p> <p>Analyse, evaluate and feedback on performance</p>	<p>Athletics</p> <p>Track and Field</p> <p>Basic technique and safety</p>	<p>Athletics</p> <p>Developing technique</p> <p>Analyse, evaluate and feedback on performance</p>	<p>Athletics</p> <p>Advanced technique</p> <p>Develop, adapt & refine skills, strategies & tactics to produce high levels of performances & techniques</p> <p>Officiate events</p>	<p>Athletics</p> <p>Improve, adapt and refine performances</p> <p>Use of technical, mechanical & physiological terms.</p>	<p>Orienteering</p> <p>Paired competitive courses</p>
<p>Bat and Racquet Sports</p> <p>Introduction to basic shots (tennis, cricket)</p> <p>Pairs games.</p> <p>Fielding and batting skills</p> <p>Small sided games – rounders</p>	<p>Bat and Racquet Sports</p> <p>Effective footwork to play</p> <p>Technique development</p> <p>Rules of the games (Singles)</p>	<p>Bat and Racquet Sports</p> <p>Footwork under pressure</p> <p>Creating spin</p> <p>Rules of the games (Doubles)</p>	<p>Bat and Racquet Sports</p> <p>Utilising strategies and tactics via effective skill application.</p> <p>Officiating within matches</p>	<p>Bat and Racquet Sports</p> <p>Game variations e.g Doubles</p> <p>Officiating</p> <p>Coach delivery</p>	<p>Bat and Racquet Sports</p> <p>Minor Games</p> <p>Game variations e.g Doubles</p> <p>Officiating</p> <p>Coach delivery</p>
<p>Dance</p> <p>Dance stimuli</p> <p>Actions & Dynamics</p>	<p>Dance</p> <p>Dance from other cultures</p> <p>Professional works Phrasing & Space</p>	<p>Dance</p> <p>Formations</p> <p>Levels</p> <p>Travel</p>	<p>Dance</p> <p>Expression</p> <p>Focus</p>	<p>Dance</p> <p>Choreography</p> <p>Professional Works</p>	<p>Yoga</p> <p>Stress management</p> <p>Flexibility development</p> <p>Injury prevention</p>
<p>Sports Leaders</p> <p>Communication skills</p> <p>Planning & organisation</p> <p>Team work</p>	<p>Sports Leaders</p> <p>Delivery of specific tasks to enable students to develop communication and organisational skills.</p>	<p>Sports Leaders</p> <p>Communication skills</p> <p>Planning & organisation</p> <p>Team work</p>	<p>Sports Leaders</p> <p>Communication skills</p> <p>Planning & organisation</p> <p>Team work</p>	<p>Sports Leaders</p> <p>Delivery of specific tasks to enable students to develop communication and organisational skills.</p>	<p>Body combat</p> <p>SAQ and punching</p> <p>Calisthenics</p>
<p>Team Building</p> <p>Working collaboratively to overcome problems.</p>	<p>Team Building</p> <p>Advanced challenges for students to develop their problem solving ability.</p>	<p>Team Building</p> <p>Working collaboratively to overcome problems.</p>	<p>Team Building</p> <p>Working collaboratively to overcome problems.</p>	<p>Team Building</p> <p>Advanced challenges for students to develop their problem solving ability.</p>	<p>Climbing</p> <p>Students learn how to top rope climb and use safe practice in doing so.</p>
<p>Sports Leaders</p> <p>Phys Kids</p>					

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

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Technique rehearsal
- 

Skill Development
- 

Tactics and strategy
- 

Mental and physical well being
- 

Health and safety
- 

Reflective analysis
- 

Leadership
- 

Competitive opportunities