

Faculty: Physical Education
Subject Area: Physical Education

In Year 9, students will enjoy a wide range of activities that help them build confidence, teamwork and physical skills. Our **Head, Heart, Hands** approach makes sure that every child can take part, make progress and feel successful in PE, whatever their sporting background.



Head 1

- Can describe key skills and techniques and give basic feedback to peers using correct terminology.

Heart 1

- Volunteers to lead small warm-ups or activities and shows confidence when working with others.

Head 2

- Can explain one or more short-term effects of exercise on the body and suggest one health benefit of regular physical activity.

Hands 1

- Executes core skills and techniques with basic control in small-sided or drill-based practices across at least two sports.

Hands 2

- Demonstrates sustained physical effort in at least one full lesson and completes set tasks without giving up.

Heart 2

- Shows resilience by staying on task during challenging activities and maintains consistent effort in most lessons.

Head 3

- Can identify key rules and basic tactical ideas in at least two sports.

Heart 3

- Treats others with respect and encourages peers through positive communication.

Hands 3

- Makes simple tactical decisions (e.g. when to pass or shoot) during conditioned games or practices.

HHH Summative Assessment

- Overall grade reflects progress in skills (Hands), knowledge (Head) and character (Heart).
- Recognises effort, improvement and contribution in PE.

GCSE – YEAR 10 PE



1 Health, Fitness & Wellbeing

- Physical, emotional and social health, fitness and wellbeing
- The consequences of a sedentary lifestyle
- Energy use, diet, butrition and hydration

2 Physical Training Part 1

- The relationship between health and fitness and the role that exercise plays in both
- The components of fitness, benefits for sport and how fitness is measured and improved
- The principles of training and their application to personal exercise/training programmes

3 Physical Training Part 2

- The short and long-term effects of exercise.
- How to optimise training and prevent injury
- The effective use of warm up and cool down

4 Training Programme Aims and Planning

- Collect fitness test data and compare to elite/normative data
- Analyse pre-PEP test results
- Select and justify appropriate SMART targets, method(s) of training and principles of training
- Complete a PAR-Q

5 Training Programme Carrying-out

- Complete practical PEP sessions (2 per week)
- Complete training record forms

6 Training Programme Evaluation

- Evaluation of pre and post-PEP fitness test battery and performance data.
- Evaluation of the application of method(s) of training, SMART targets and principles of training

GCSE – YEAR 11 PE



Sport Psychology

- Classification of skills
- Guidance and feedback on performance
- Mental preparation for performance



Applied Anatomy and Physiology

- The structure and functions of the musculoskeletal system
- The structure and functions of the cardiorespiratory system
- Aerobic and anaerobic exercise



Socio-cultural Influences

- Engagement patterns of different social groups in physical activity and sport
- Commercialisation of physical activity and sport
- Ethical and socio-cultural issues in physical activity and sport



Movement Analysis

- Lever systems, examples of their use in activity and the mechanical advantage they provide in movement
- Planes and axes of movement



Revision

- Remaining time will be for revision and revisiting topics to prepare for the examination



Examination

GCSE exams include questions that allow students to demonstrate their ability to: draw together their knowledge, understanding and skills from across the full course of study as well as provide extended responses.

BTEC TECH AWARD IN SPORT – YEAR 10

Autumn Term

Spring Term

Summer Term

1

Component 1: Preparing Participants to Take Part in sport and Physical Activity

- Types and providers of sport physical activities
- Types and needs of sport and physical activity participants
- Barriers to participation in sport and physical activity for different types of participant
- Methods to address barriers to participation
- Different types of technology and their benefits
- Different types of technology and their benefits to improve sport and physical activity.
- The limitations of using technology
- Planning a warm-up
- Adapting a warm-up for different categories of participants and different types of physical activities
- Delivering a warm-up to prepare participants for physical activity

2

Component 2: Taking Part and Improving Other Participants Sporting Performance

- Components of physical fitness
- Components of skill-related fitness
- Techniques, strategies and fitness required for different sports
- Officials in sport
- rules and regulations in sport
- Planning drills and conditioned practices to develop participants' sporting skills
- drills to improve sporting performance

3

Component 3: developing Fitness to Improve Other Participants Performance in sport and Physical Activity

- The importance of fitness for successful participation in sport
- Fitness training principles
- Exercise intensity and how it can be determined

BTEC TECH AWARD IN SPORT – YEAR 11

Autumn Term

Spring Term

Summer Term

1

Component 3: developing Fitness to Improve Other Participants Performance in sport and Physical Activity

- The importance of fitness for successful participation in sport
- Fitness training principles
- Exercise intensity and how it can be determined
- Importance of fitness testing and requirements for administration of each fitness test
- Fitness test methods for components of physical fitness
- Fitness test methods for components of skill-related fitness
- Interpretation of fitness test results

2

Component 3: developing Fitness to Improve Other Participants Performance in sport and Physical Activity

- Requirements for each of the fitness training methods
- Fitness Training methods for each of the physical components of fitness
- Fitness training methods for skill-related components of fitness
- Additional requirements for each of the fitness training methods
- Provision for taking part in fitness training methods
- The effects of long-term fitness training on the body systems

3

Component 3: developing Fitness to Improve Other Participants Performance in sport and Physical Activity

- Personal information to aid fitness training programme design
- Fitness programme design
- Motivational techniques for fitness programming

BTEC LEVEL 3 – EXTENDED CERTIFICATE

Autumn Term

Unit 1: Applied Anatomy & Physiology

- Learning Aim A: The Effects of Exercise and Sports Performance on the Skeletal System
- Learning Aim B: The Effects of Exercise and Sports Performance on the Muscular System

Unit 7: Practical Sports Performance

- Learning Aim A: Examine National Governing Body Rules/Laws and regulations for Selected Sports Competitions
- Learning Aim B: Examine the Skills, Techniques and Tactics Required to Perform Selected Sports

Spring Term

Unit 1: Applied Anatomy & Physiology

- Learning Aim C: The Effects on Sports Performance on the Respiratory System
- Learning Aim D: The Effects of Sport and Exercise on the Cardiovascular System

Unit 7: Practical Sports Performance

- Learning Aim B: Examine the Skills, Techniques and Tactics Required to Perform Selected Sports
- Learning Aim C: Develop Skills, Techniques and Tactics for Sports in Order to Meet Sport Aims

Summer Term

Unit 1: Applied Anatomy & Physiology

- Learning Aim E: The Effects of Exercise and Sports Performance on the Energy Systems

Unit 7: Practical Sports Performance

- Learning Aim D: Reflect on Own Performance Using Selected Assessment Methods

Autumn Term

Unit 2: Fitness Training and Programming for Health, Sport and Well-being

- Learning Aim A: Examine Lifestyle Factors and their Effect on Health and Well-being
- Learning Aim B: Understand the Screening Processes for Training Programming

Unit 3: Professional Development in the Sports Industry

- Learning Aim A: Understand the Career and Job Opportunities in the Sports Industry

Spring Term

Unit 2: Fitness Training and Programming for Health, Sport and Well-being

- Learning Aim C: Understand Programme-related Nutritional Needs
- Learning Aim D: Examine Training Methods for Different Components of Fitness

Unit 3: Professional Development in the Sports Industry

- Learning Aim B: Explore own Skills using a Skills Audit to Inform a Career Development Action Plan
- Learning Aim C: Job Applications

Summer Term

Unit 2: Fitness Training and Programming for Health, Sport and Well-being

- Learning Aim D: Examine Training Methods for Different Components of Fitness
- Learning Aim E: Understand Training Programme Design

Unit 3: Professional Development in the Sports Industry

- Learning Aim D: Reflect on the Recruitment and Selection Process and your Individual Performance

***YOU WILL COVER ALL OF THE EXTENDED CERTIFICATE UNITS PLUS THE ADDITIONAL DIPLOMA UNITS OVER THE 2 YEARS**

Autumn Term

Unit 22: Investigating Business in Sport and Active Leisure Industry

- Learning Aim A: Features of Sports and Active Leisure Business
- Learning Aim B: Business Models in Sport and Active Leisure Industry
- Learning Aim C: Human Resources
- Learning Aim D: Marketing

Unit 4: Sports Leadership

- Learning Aim A: Understand the Roles, Qualities and Characteristics of an Effective Sports Leader

Spring Term

Unit 22: Investigating Business in Sport and Active Leisure Industry

- Learning Aim E: Finance in Sport and Active Leisure Industry
- Learning Aim F: Trends in the Sport and Active Leisure Industry

Unit 4: Sports Leadership

- Learning Aim B: Examine the Importance of Psychological Factors and their link with Effective Leadership

Summer Term

Unit 4: Sports Leadership

- Learning Aim C: Explore an Effective Leadership Style when Leading a Team During sport and exercise Activities

Autumn Term

Unit 5: Application of Fitness Testing

- Learning Aim A: Understand the Principles of Fitness Testing

Unit 10: Sports event Organisation

- Learning Aim A: Investigate how Different Types of Sports Events are Organised
- Learning Aim B: Develop a Proposal for a Sports event

Unit 23: Skill Acquisition in Sport

- Learning Aim A: Investigate the Nature of Skilled Performance
- Learning Aim B: Examine Ways that Sport Performers Process Information for Skilled Performance

Spring Term

5: Application of Fitness Testing

- Learning Aim B: Explore Fitness Tests for Different Components of Fitness
- Learning Aim C: Undertake Evaluation and Feedback of Fitness Test results

Unit 10: Sports event Organisation

- Learning Aim C: Undertake the Planning, Promotion and Delivery of a Sports Event

Unit 23: Skill Acquisition in Sport

- Learning Aim C: Explore Theories and Learning in Sport

Summer Term

Unit 5: Application of Fitness Testing

- Learning Aim C: Undertake Evaluation and Feedback of Fitness Test results

Unit 10: Sports event Organisation

- Learning Aim D: Review the Planning, Promotion and delivery of a Sports Event and Reflect on your own Performance

Unit 23: Skill Acquisition in Sport

- Learning Aim D: Carry out Teaching and Learning Strategies for Sports Skills

01. Musculoskeletal System

- Major bones and muscles
- Contraction and SSC
- Levers and Newtons Laws
- Centre of mass/ stability/ force
- Training effects

02. Neuromuscular System

- Muscles fibres and recruitment
- Anatomy of the Neuromuscular system
- Physiology of a muscle contraction
- Fibre recruitment patterns
- Training effects

03. Cardio-respiratory System

- Structure & functions of the cardio-respiratory systems
- Physiology of ventilation
- Respiratory values
- Structure of the CV system
- Cardiac cycle
- Bradycardia
- Training effects
- Lifestyle impacts

04. Preparation for performance & Training Methods Part 1

- Components of fitness
- Determinants of movement
- Training methods
- Fitness tests
- Data interpretation
- Principles of training
- Methods for measuring & calculating intensity

05. Preparation for performance & Training Methods Part 2

- Target heart rate and Karvonen theory
- Periodisation
- Contemporary technology
- Environmental preparation
- Recovery strategies

06. Performance Development Programme (Controlled assessment) Part 1

- Technical analysis for chosen sport
- Physiological analysis for chosen sport
- Planning eight week programme for either technical or physiological section

07. Performance Development Programme (Controlled assessment) Part 2

- Practical completion of eight week training programme
- Tracking of programme
- Review and evaluation

08. Energy Systems

- Concepts of energy
- Forms and regeneration
- Energy pathways & characteristics
- Energy continuum
- Fatigue
- Recovery
- Priming
- Training effects

09. Diet and Nutrition

- Optimum weight & energy balance
- Dietary manipulation
- Hydration
- Role of supplements
- Contemporary supplements
- Nutrition strategies

10. Injury prevention and Rehabilitation

- Classification of sports injuries
- Acute injuries
- Overuse injuries
- Injury prevention strategies
- Injury prevention methods and protocols

11. Applied Movement Analysis

- Linear motion
- Angular motion
- Projectile motion
- Fluid mechanics

12. Examination

A-level exams include questions that allow students to demonstrate their ability to: draw together their knowledge, understanding and skills from across the full course of study as well as provide extended responses.

01. Skill Acquisition Part 1

- Coach and performer
- The classification and transfer of skills
- Learning theories
- Practices

02. Skill Acquisition Part 2

- Guidance methods
- Feedback
- Information processing
- The three memory systems, short-term sensory stores, short-term memory and long-term memory
- Measuring reaction and response times
- Understanding schema theory

03. Sport Psychology Part 1

- Factors that can influence an individual in physical activities
- Personality theories
- Wood's triadic model
- Arousal
- Anxiety

04. Sport Psychology Part 2

- Aggression vs. Assertion
- Motivation
- Social facilitation & inhibition
- Group dynamics

05. Sport Psychology Part 3

- Goal setting
- Attribution theory
- Self-confidence and efficacy
- Leadership

06. The emergence and development of modern day sport

- Pre-industrial Britain and social context
- The industrial revolution and its impact
- Post-industrial rationalisation of sport
- Equality and diversity of sport and migration patterns of sporting labour

07. Globalisation of sport

- Contributing factors to globalisation
- Colonial diffusion
- The impact of national and international governing bodies
- The modern Olympic Games and other international competitions

08. Commercialisation of sport

- The impact of commercialisation on sport and society
- Comparisons between advertising, sponsorship endorsement and merchandising
- The historical and social context of commercialisation
- The events of the 1968, 1972 and the 1976 Olympics and their impact on the 1984 Games
- Franchises in sport (USA and UK)

09. Ethics and Deviance

- The impact of commercialisation on the sportsmanship ethic and the growth of gamesmanship
- Deviance in sport (performance enhancing drugs and doping)
- Different responses of national and international governing bodies to combat deviance
- The role of the World Anti-doping (WADA) in combating the use of performance enhancing drugs

10. The media and sport, Talent ID and Participation

- The relationship between sport and the media
- The impact of technology on the viewing experience
- UK talent ID
- The historical influences on UK provisions from East Germany and Australia
- The impact of barriers to participation and the benefits of mass participation on the health of the nation

11. Revision

- Remaining time will be for revision and revisiting topics to prepare for the examination

12. Examination

GCSE exams include questions that allow students to demonstrate their ability to: draw together their knowledge, understanding and skills from across the full course of study as well as provide extended responses.