



# Physical Education

	Content
<b>Year 10 HT1</b>	<p><b><u>GCSE Paper 1: Physical Training</u></b> Learners will develop their knowledge and understanding of the components of fitness required for physical activities and sports and how each can be measured. Learners will also be able to apply their knowledge of training principles to personal exercise/training programmes to improve fitness, along with the knowledge of how to optimise training and help to prevent injury.</p> <p><b><u>Cambridge Nationals: R185 Performance &amp; Leadership in Sport</u></b> Learners will explore the components of a 'good' sporting performance. From this they will analyse their own strengths and weaknesses in a chosen sport. Learners will be required to create and participate in a 6 week personalised training programme and review their progress at the end. This will be assessed through a written report and review.</p>
<b>Year 10 HT2</b>	<p><b><u>GCSE Paper 1: Physical Training</u></b> Learners will develop their knowledge and understanding of how to prevent injury when participating in physical activities and sport. The potential hazards will be known in a range of physical activities and sports settings. Learners will know how risks can be minimised by using appropriate equipment, clothing, correct lifting techniques, using the warm up and cool down and an appropriate level of competition.</p> <p><b><u>Cambridge Nationals: R185 Performance &amp; Leadership in Sport</u></b> Learners will develop their knowledge of leadership in sport and what components are needed to lead a successful physical activity session. Learners will be required to create and develop their own physical activity session which they will then lead to a group of younger students. Learners will reflect on their performance and leadership by writing a review.</p>
<b>Year 10 HT3</b>	<p><b><u>GCSE Paper 1: Bones &amp; Muscles</u></b> Learners will develop knowledge and understanding of the basic structures and functions of body systems that are particularly important to physical activities and sports. They will also study the short and long-term effects of exercise on these systems, and how these effects can impact on physical fitness and performance. Learners will develop the ability to collect and use data, analyse movement and apply their knowledge and understanding, using examples from physical activity and sport.</p> <p><b><u>Cambridge Nationals: R184 Contemporary Issues in Sport</u></b> Learners will develop their knowledge of issues which affect participation in sport. They will explore different groups and the different barriers these groups face. They will also study participation rates and popularity of sports in the UK, researching emerging new sports that are appearing in the UK. This will be assessed in an exam at the end of Year 11.</p>
<b>Year 10 HT4</b>	<p><b><u>GCSE Paper 1: Cardiovascular &amp; Respiratory Systems</u></b> Learners will develop their knowledge and understanding of the structure and function of the cardiovascular system. Blood vessels and blood cells with their pathway through the heart will be understood along with definitions of key cardiac terms. Learners will understand the pathway of air through the respiratory system and know the role of the respiratory muscles and alveoli during breathing, along with an understanding of key definitions. Learners will also be able to define aerobic and anaerobic exercise and be able to give practical examples of aerobic and anaerobic activities.</p> <p><b><u>Cambridge Nationals: R184 Contemporary Issues in Sport</u></b> Learners will develop their knowledge and understanding of the ethics in sport and sporting values. These modules include exploring the Olympic and Paralympic values, etiquette and sporting behaviour as well as athletes using performance</p>
<b>Year 10 HT5</b>	<p><b><u>GCSE Paper 1: Cardiovascular &amp; Respiratory Systems</u></b> Learners will develop their knowledge and understanding of the short and long-term effects of exercise on muscles and bones, the heart and the respiratory system. They will be able to apply understanding of these effects to examples from a range of physical activities and sports. Learners will be able to collect and use data in this section related to both short-term and long-term effects of exercise.</p> <p><b><u>Cambridge Nationals: R186 Outdoor Adventurous Activities</u></b> Learners will explore the different provisions of Outdoor Adventurous Activities in the UK and locally, developing their knowledge of what activities they can participate in, what equipment is needed and the risks involved in OAA. Learners will be required to conduct research and complete a written report.</p>
<b>Year 10 HT6</b>	<p><b><u>AEP Coursework</u></b> In addition to three practical performances, learners are required to demonstrate their ability to analyse and evaluate their own performance in order to: analyse aspects of personal performance in a practical activity; evaluate the strengths and weaknesses of the performance; produce an action plan which aims to improve the quality and effectiveness of the performance.</p> <p><b><u>Cambridge Nationals: R186 Outdoor Adventurous Activities</u></b> Learners will develop their practical knowledge and understanding of OAA by partaking in an OAA session with a trained professional. Based on their practical activity they will plan their own session, demonstrating their knowledge of the components required for a successful OAA session. Finally, they will have to evaluate and review their planning of the</p>



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<b>Year 11 HT1</b>	<p><b><u>GCSE Paper 2: Health, Fitness and Wellbeing</u></b>            Learners will develop their knowledge and understanding of the benefits of participating in physical activities and sport to health, fitness and well-being as well as having a clear definition of health and fitness. Learners will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle.            Learners will develop their knowledge and understanding of diet and nutrition. Learners will understand the main components of a balanced diet, including the effects of these components and hydration on performers using a range of examples from physical activities and sports.  <b><u>Cambridge Nationals: R184 Contemporary Issues in Sport</u></b>            Learners will explore the barriers that people face in participating in sport, studying participation trends and different social groups that face barriers in participating in sport. This will be assessed in an exam at the end of Year 11.</p>
<b>Year 11 HT2</b>	<p><b><u>GCSE Paper 2: Socio-cultural influences</u></b>            Learners will develop their knowledge and understanding of the commercialisation of physical activity and sport including sponsorship, along with the influences of the media with examples showing the positive and negative effects on participation and performance in physical activities and sports.  <b><u>Cambridge Nationals: R184 Contemporary Issues in Sport</u></b>            Learners will develop knowledge and understanding of the Olympic and Paralympic movements. Learners will study the values, creed and symbols for the Olympic and Paralympic games, as well as showing awareness of other sporting initiatives to positively impact sport in the UK and globally. This will be assessed in an exam at the end of Year 11.</p>
<b>Year 11 HT3</b>	<p><b><u>GCSE Paper 2: Socio-cultural influences</u></b>            Learners will develop their knowledge and understanding of ethics in sport including definitions of the key terms of sportsmanship, gamesmanship and deviance. The effects of drugs in sport and the reasons why sports performers use drugs will be understood along with reasons for player violence with practical examples in physical activities and sports.  <b><u>Cambridge Nationals: R184 Contemporary Issues in Sport</u></b>            Learners will develop knowledge and understanding of sporting etiquette. Learners will study the importance of sportsmanship and etiquette, as well as exploring the use of performance enhancing drugs in sport. This will be assessed in an exam at the end of Year 11.</p>
<b>Year 11 HT4</b>	<p><b><u>GCSE Paper 2: Sports Psychology</u></b>            Learners will develop their knowledge and understanding of the psychological factors that can affect performers. They will also develop their knowledge and understanding of how movement skills are learned and performed in physical activities and sports. The characteristics and classification of skilful movement will be understood, along with the role of goal setting and mental preparation to improve performance in physical activities and sports.            Learners will develop their knowledge and understanding of guidance and feedback that affects the learning and performance of movement skills. Learners will be able to identify key terms and describe psychological concepts, using practical examples from their own performances. Learners will show that they can explain and evaluate sports psychology theories and principles and be able to apply theory to practice.  <b><u>Cambridge Nationals: R184 Contemporary Issues in Sport</u></b>            Learners will develop knowledge and understanding of the implications of a country hosting a major sporting event. Learners will study and explore the positives and long term impacts of hosting a major sporting event, including the role of National Governing Bodies and the use of technology. This will be assessed in an exam at the end of Year 11.</p>
<b>Year 11 HT5</b>	<p><b><u>GCSE and Cambridge Nationals Revision</u></b>            Students will consolidate and develop learning and understanding of Paper 1 and Paper 2 modules in this revision unit. Data from the mock exam results are analysed and key areas of improvement are identified in order to improve students knowledge and understanding. Lessons involve a variety of quick knowledge checks, marketplace activities, revision games and exam question practice and technique.</p>



# Core Physical Education

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<b>Year 10 HT1</b>	<p>Sporting techniques, rules, regulations &amp; tactics through athletics, invasion games, net games, striking and fielding games. Pupils are given greater independence to choose activities that they wish to pursue with an emphasis on post-16 participation.</p> <p>Students have a choice of up to 18 different activities over the course of the year and each half term will opt into the activity they wish to study. This programme of study includes a number of sports that have not been studied at KS3 to ensure students remain motivated to participate and maintain a high level of work rate. Students are encouraged to demonstrate perseverance when faced with challenging situations or scenarios as well as actively seek out challenges in lessons brought upon by the new activities.</p> <p>Some include: American Football, Just Dance, Ultimate Frisbee, Lacrosse, Orienteering, Softball, Tennis, Racquetball &amp; Golf.</p> <p>Students will continue to develop their social skills and learn to make informed choices about leading a healthy and active lifestyle</p> <p>Students will understand why and how regular exercise has a positive effect on their own health, fitness and social well being. Extra Curricular Clubs such as fitness and community links will be promoted. For those studying the GCSE components of fitness needed and applied to each activity will be discussed. i.e. coordination, reaction time, speed and agility and those studying the BTEC course are encouraged to take a leadership role within each lesson to lead warm ups, tactical choices and coaching within lessons.</p>
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