



PE

CORE PE

Core PE gives students the opportunity to develop their knowledge and skills in a range of invasion, net & wall, striking & fielding games but also athletics, gymnastics, trampolining and health & fitness with a focus on leading a healthy and active lifestyle post 16. Students will participate in a range of activities in both recreational and competitive situations. Students are given more freedom of choice over which activities & sports they would like to pursue.

Leadership Option

Students have the option to pursue the Sports Leaders qualification. Level 2. This is completed in yr 11. Students also have the opportunity to pursue the Sports Leaders Dance Leaders Level 2 course. This course is completed in yr 11.

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YEAR
11

CORE

YEAR
10
CORE

Games Pathway

Girls and Boys will have separate games pathways. The games pathway is designed to develop students knowledge, understanding and performance in a variety of invasion, net & wall & striking & fielding games. Games covered include Handball, Ruby, Football, Basketball, Netball, Hockey, Badminton, Table Tennis, Volleyball if games is the first pathway. Second games pathway focusses on some of the above but with the addition of cricket, softball, & rounder's. The games pathway looks to develop a more tactical approach to game play and enhance high level skills associated to the game.

Aesthetics Pathway

This is the recommended pathway for students considering GCSE Dance. Students will cover dance, cheerleading, gymnastics & trampolining. Students will focus heavily on developing their physical & expressive skills. Students will also develop choreographic skills using a stimulus and will use professional dance work for critical appreciation and as a stimulus.

Leadership Pathway

Students complete the Sports Leaders level 1 qualification. Students develop skills in communication, leadership, team work, problem solving and critical thinking. Students are assessed throughout the course and complete a portfolio of evidence and demonstrate 1 hour of leadership.

Fitness Pathway

This is the recommended pathway for students considering GCSE PE. Students develop their understanding of methods of training, body systems, nutrition, fitness testing, target setting for sport and develop and participate in their own personal exercise programme.

Students then opt for 2 of 4 pathways (Fitness, Games, Aesthetics, Leadership)

Unit 1: Sports Education

Students participate in a sports education unit. Girls focus on Netball Boys focus on Ruby Students develop their skills in a range of roles and take responsibility for the running of a tournament.

Students complete sports education unit in gender groups. Pathways selected by students – mixed gender/ mixed

YEAR
9

Unit 6: Net & Wall

Students develop shot technique and selection in game situations for badminton, table tennis and volleyball. Students focus on applying tactics for outwitting an opponent.

Unit 7: OAA

Students develop knowledge and understanding of map reading and grid references. Students develop teamwork, communication and problem solving skills.

Unit 8: Invasion 2

Girls specifically focus on hockey and boys on football. Girls look at hockey specific passes and dribbling. Girls aim to demonstrate and apply these skills in game situations. Boys look at developing and applying sending/ receiving/ dribbling and shootings skills in competitive situations. Use of body with skills and accuracy is also developed Both boys and girls aim to apply transferable skills from unit 1 and year 7.

Unit 9: Athletics (Girls & Boys)

Students improve their technique and performance across running, jumping and throwing disciplines. Students compete in the inter house athletics competition.

Unit 10: Striking & Fielding (Girls & Boys)

Students develop consistency of batting, bowling and fielding. Students can utilise these skills to affect the outcome for the batter/ fielder. Students apply a more tactical approach to game play and demonstrate a solid understanding of the rules and positions of cricket & rounders.

Unit 5: Gymnastics

Students develop gymnastic skills and focus on flight. Students develop skills using a range of apparatus including: horse, box, trampet & springboard.

Unit 4: Intra competition/ Sports Education

Students participate in a sports education unit. Students develop their ability to lead in different roles. Students are able to embed and continue to apply the sport specific skills from unit 1.

Unit 3: Games Leadership

Students develop leadership skills with primary aged children. Students plan and develop 15 minute game lessons which are led to reception/ yr 1 aged children

Unit 2: Health & Fitness

Students complete baseline fitness testing and compare their results with year 7. Students develop understanding of heart rate, training zones and increase their understanding of methods of training & components of fitness and consider which type of training is appropriate for which sports.

Unit 1: Invasion

Students focus more specifically on Ruby (both girls & boys). Students develop skills for contact including tackling, rucking & mauling. Students develop their movement, sending and receiving skills specifically for rugby.

Students taught in mixed ability/ separate gender groups. All units are covered by all students however boys and girls will cover different things at different times of the year.

YEAR
8

Unit 6: Health & Fitness

Students complete baseline fitness testing. Students learn and demonstrate a variety of different training methods and evaluate the effects of exercise on the body.

Unit 7: Net & Wall

Students develop skills related to serving and outwitting the opponent to score points. Students demonstration of court movement & shot selection is developed.

Unit 8: OAA

Students develop verbal & non verbal communication skills. Focus on teamwork, problem solving & basic map skills.

Unit 9: Athletics

Students develop knowledge and technique across Running (Long distance, sprint & relay) Jumping (Long Jump/ High Jump/ Triple Jump) Throwing (Shot Put/ Discus & Javelin)

Unit 10: Striking & Fielding

Students develop batting, bowling and fielding skills in cricket & rounder's. Students develop basic knowledge of rules & positions needed for game play.

Unit 5: Invasion

Students demonstrate a developing awareness of appropriate sport specific passes in competitive situations. Students can successfully apply a developing range of attacking and defending tactics.

Unit 3: Gymnastics (Rotations, Balance & Sequence building)

Students explore a range of different rotations, individual, pair and group balances. Students develop sequence building skills following QTEC.

Unit 2: Net & Wall

Students develop knowledge of grip & stance for badminton & table tennis. Students learn basic forehand & backhand techniques and develop reactions and movement in rally situations and doubles game play.

Unit 1: Invasion (Principles of Play)

Students develop sending and receiving skills across a range of invasion games. Students develop an understanding of space and off the ball movement. Students develop basic attack and defence skills

Students taught in mixed ability/ mixed gender groups

YEAR
7

Unit 4: Intra Competition (Sports Education)

Students work well as a team. Students learn to take on a variety of team roles and the associated responsibilities. Students develop sportsmanship in competitive situations. Students demonstrate & apply skills learnt in Unit 1.