

PHYSICAL EDUCATION LEARNING JOURNEY



YEAR 8

YEAR 7

PRIMARY PE

Year 8 will build on the foundations created in Year 7, allowing students to access a broad and varied PE curriculum.

Activity specific skills and techniques will continue to be taught alongside rules and tactics, but they will progress from those covered in Year 7.

A focus on movement competency, confidence and the many benefits of physical activity should allow students to make informed choices over how they are physically active outside of school.

Students follow a broad PE curriculum in Year 7 that allows students to access a wide variety of physical activities while building on the skills that they have learned at Primary School.

Students will learn activity specific skills and techniques alongside developing their knowledge of rules and tactics in a variety of activities. Wider skills like effective communication, teamwork, problem solving, decision making and leadership are also developed during timetabled PE lessons, as will students physical literacy.

These can be extended further in the extra-curricular programme.

Do you want a PE qualification?

NO

YES

YEAR 9

YEAR 9

Students can make a decision at the end of Year 8 about a Year 9 pathway they want to follow for the year. They can join a GCSE/CNAT preparation group with a view to KS4 qualifications or they can continue to develop their skills and knowledge in PE alongside like minded students. If students choose not to follow the GCSE/CNAT pathway the focus is about students enjoying being physically active and developing their confidence so that they can make decisions about how they can be active.

The GCSE/CNAT group will follow a normal KS3 PE curriculum, but the focus in practical lessons will focus exclusively on activities that are on the approved practical activity list. They will also have a greater number of lessons on each activity allowing them to study each activity in each depth. To prepare them for the academic rigour of KS4 PE qualifications they will be taught specific theoretical elements from the GCSE PE and CNAT Sport specifications. They will be tested on this through homework tasks.

YEAR 10/11

Which PE qualification do you want to study?

YEAR 10/11 CORE PE

YEAR 10/11 - QUALIFICATIONS

The focus of core PE lessons at KS4 is about engagement in regular physical activity and preparing students for lifelong physical activity. Students will have an element of choice over the types of activity that they will cover in lessons and will be grouped accordingly. There is a wide range of activities on offer with the emphasis on developing positive lifestyle habits and enjoying being physically active.

GCSE PE

This qualification is split into 40% practical and 60% theory. The practical assessment involves assessment in three different practical activities from the approved list. The theory assessment involves two hour-long examinations at the end of Year 11 covering a variety of theory topics.

Cambridge National in Sport Studies

This qualification involves the completed of three units. R184 is an examined unit, with the exam sat at the end of Year 11. R185 and R186 are coursework units containing a variety of practical and written tasks that are internally assessed. Practical tasks involve performance in two sporting activities and leading a sports session.

Do you want to study PE at Post 16?

NO

YES

UCAS

University
Apprenticeships
Employment

For Post 16 students that don't want to study PE at A-level there are a range of enrichment and extra-curricular activities available to them. There are leadership opportunities, physical activity sessions and sports teams that allow them to be physical active within school as well as outside of school.

YEAR 12/13 - A LEVEL PE

A-level PE is a highly regarded qualification that is academically challenging and enables students to pursue a wide range of future careers, whether they apply for University or an apprenticeship, or go straight into employment. The theoretical element of the course covers three main areas: Physiology, Sport Psychology and Socio-Cultural Studies. These theoretical elements combine positively with other A-level subjects like Biology, Physics, Mathematics, Psychology and Sociology. This culminates in three examinations, one in each area, at the end of Year 13, making up 70% of the overall qualification. The remaining 30% is assessed through performance in one practical activity and an analysis task. Students are expected to compete in this sporting activity outside of school, training on a regular basis. The analysis task is done verbally and involves analysing someone else's performance in the chosen sporting activity while applying elements of the theory course.

This symbol denotes where students have a decision to make about their PE studies.