

## **Physical Education- Key Stage 4**

### **Vision**

Pupils will further develop their love for sport whilst being challenged academically to achieve their full potential. Practically, pupils will focus on their preferred sports, practising and refining the key skills, techniques and tactics required. We aim to provide pupils with the knowledge of how to live a healthy lifestyle, providing the skills required to move onto higher education and potentially a career in sport.

### **Teaching and Learning**

All students will have the opportunity to select one of three pathways as part of core Physical Education. This will enable all students to achieve an additional accreditation in PE/Sport and will be a great advantage when applying for college or work. The pathways available to students will be:

- Leadership pathway, that will allow students to collect a number of certificates including those for leadership, participation and coaching.
- GCSE Physical Education
- BTEC Sport (Year 11 only)
- Sport Studies (2022 onwards)

### **Leadership in Physical Education**

The leadership pathway will focus on developing the skills and qualities required to become a successful sports official, coach and manager.

You will have opportunities to organise primary schools sports events and take National Governing Body (NGB) leadership qualifications.

Potential qualifications:

- Basketball England Activators Award
- LTA Table Tennis Leaders Award
- UKDBA Dodgeball Leaders Award

### **OCR GCSE specification**

**60% Written Assessment** – Students are assessed through two externally-examined written exams; ‘Physical Factors Affecting Performance’ which focuses on applied anatomy and physiology, suiting students who excel in Sciences i.e. top set Science. The second exam is a 1 hour paper on ‘Sociocultural Issues and Sports Psychology’, which includes new elements, such as mental preparation techniques to improve performance.

**40% Performance** – Students are assessed and moderated in three sports, including at one team and one individual activity, which accounts for 30% of their grade.  
The final 10% is assessed through written coursework, which involves Analysing and Evaluating Performance (AEP) in their chosen sport.

### **BTEC level 2 first award in Sport**

Over three years, pupils will complete 4 units during a combination of theory and practical.

Unit 1 - Fitness for sport and exercise (Exam 25%)

Unit 2 - Practical performance in sport (Practical assessment and coursework 25%)

Unit 3 - Applying the principles of training (Practical and coursework 25%)

Unit 6 - Sports leadership (Practical and coursework 25%)

Each unit is broken down into 3 or 4 learning aims which pupils will work through during lessons and home learning. Pupils will be assessed practically in 2 sports and also in the role of a sports leader. Video evidence will support coursework and teacher observation in assessing each student accurately using a pass, merit and distinction criteria.

### **OCR Cambridge National in Sport Studies**

Over three years, pupils will complete 3 units through a combination of theory and practical lessons.

Unit 1 - Contemporary issues in sport (Exam 40%)

Unit 2 - Performance and leadership in sport activities (Practical assessment and coursework 40%)

Unit 3 - Media in sport (Coursework 20%)

Each unit is broken down into 3 or 4 learning tasks which pupils will work through during lessons and home learning. Pupils will be assessed practically in 2 sports and also in the role of a sports leader. Video evidence will support coursework and teacher observation to assess each student against pass, merit and distinction criteria.

### **Literacy**

Pupils are encouraged to develop their literacy in practical and theory. Pupils will be expected to engage in their learning through deep questioning and analysis of performance. Pupils literacy will be assessed during coursework with sports specific terminology encouraged.

### **Enrichment programme list**

Throughout the school year, BTEC revision and coursework clubs will run at lunch time and after school in the Benton ICT room. Whether you need to catch up, or get ahead, these focussed sessions will support progress within BTEC PE.

Pupils are also encouraged to participate in extra-curricular sport clubs which run every lunch time and after school throughout the year, covering a range of individual and team sport.

### **Learning Resources**

Pupils are encouraged to watch sport regularly. This will help pupils to understand the game and analyse others' performance including the role of officials.. You can do this through YouTube and live TV. Pupils will also be expected to research the skills, techniques and tactics in a range of sports using the internet.

<https://www.bbc.co.uk/bitesize/examspecs/zxbg39q> - Topic revision

<https://www.brianmac.co.uk/skills.htm> - Skills and techniques

<https://www.bbc.co.uk/sport> - Current affairs

<https://www.btecpe.com/> - Thinking ahead for BTEC

## OCR GCSE

### Year 9

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
1.2a - Components of fitness through practical	1.2b - Applying the principles of training	1.2c - Preventing injury in physical activity and training	1.1a - The structure and function of the skeletal system	1.1b - The structure and function of the muscular system. 1.1c - Movement analysis	
<b><u>Practical</u></b>					
Badminton	F-Ball / Netball	Handball	Football / Netball	Cricket	

### Year 10

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
1.1d - The cardiovascular and respiratory systems  1.1e - Effects of exercise on body systems and sports	2.1a - Engagement patterns of different social groups in physical activities	2.1b - Commercialisation of physical activity and sport	2.2c - Ethical and socio-cultural issues in physical	2.2 - Sports psychology	2.3 - Health, fitness and well-being

**Practical**

Badminton	F-ball / N-ball	Handball	Football / Netball	Atheltics
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**Year 11**

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Revisit Paper 1	Revisit Paper 2	Coursework Revisit weakest units	Revision		
<u>Practical</u>					
Basketball		Netball / Football			

## KS4 BTEC Physical education programme of Study

### Year 9

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Unit 6 - Sport Leadership Theory		Unit 6 - Sport Leadership Theory		Unit 6 - Sport Leadership Theory	
LA-A		LA-B		LA-C	
Leadership article		Lesson plans		Leadership review	
<b>Practical</b>		<b>Practical</b>		<b>Practical</b>	
Demonstrate good lessons		Pupils practice and redo lessons if necessary		Skill development	

### Year 10

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Unit 2 - Practical Performance			Unit 2 - Practical Performance	Unit 1 - Fitness for sport and exercise (Exam)	
LA-A	LA-B		LA-C	Theory	
Rules, regulations and scoring systems	Skills, techniques and tactics		Practical Review	Components of fitness; fitness testing; training methods; principles of training	
Practical			Practical		
Record skills	Gameplay		Components of fitness	Fitness Training /Training methods	Principles of training

### Year 11

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Unit 1 - Fitness for sport and exercise (Exam)	Unit 3 - Applying the principles of training				
RESITS	LA-A&B	LA-C		LA-D	
Components of fitness; fitness testing; training methods; principles of training	Design a training programme; Skeletal and muscular system	Implement programme safely		Review fitness programme	
Practical			Practical		
Fitness Training /Training methods/Principles of training	6 week training programme			Classroom	

## KS4 Cambridge National Sport Study programme of Study

### Year 9

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Unit R185 - Practical Performance and leadership (All practical)					
Practical			Theory	Theory	Theory
1 - Key components of performance			3 - Organising and planning a sports session		5 - Review leadership
<b>Practical</b>		<b>Practical</b>		<b>Practical</b>	
Develop skills and tactics for first sport		Develop skills and tactics for second sport		4 - Leading a sports session (Record sessions)	

### Year 10

Year 10					
<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Unit R185 - Practical Performance and leadership			Unit R186 - Sport and the media		
Theory	Theory		Theory	Theory	
1- Key components of performance	2 - Practice methods to improve performance		1 - Different sources of media that cover sport	2 & 3 - Positive and negative effects of media on sport	
Practical			Practical		
Record skills and Gameplay for sport 1 Record skills and Gameplay for sport 2					



### Year 11

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Unit 184 - Contemporary issues in sport (Exam)					
Theory	Theory	Theory	Theory		
1 - Issues affecting participation	2 - Role of sport promoting values	3 - Implication of hosting major events	4- Role of NGB's 5 - Use of technology		

### KS4 Leadership programme of Study

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<b>Year 9</b>					
Football	Handball	Netball	Basketball	Dodgeball	Rounders
<b>Year 10</b>					
Handball	Dodgeball	Basketball activators award	Basketball activators award	Athletics	Football rounders
<b>Year 11</b>					
Dodgeball award	Dodgeball award	Handball	Rounders	Football rounders	