OCR GCSE PE LEARNING JOURNEY

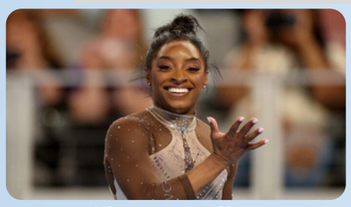
SARAH BONNELL SCHOOL

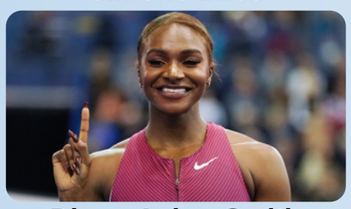
In GCSE PE students will explore physical factors that affect performance with the focus on applied anatomy and physiology and physical training. They will also develop their understanding of how socio-cultural factors and sports psychology impact participation and performance.
Students will apply this theoretical knowledge when analysing performance as part of their coursework and they will be assessed in their practical ability in a range of sports.

A Level PE

Applied qualifications in sport/leisure

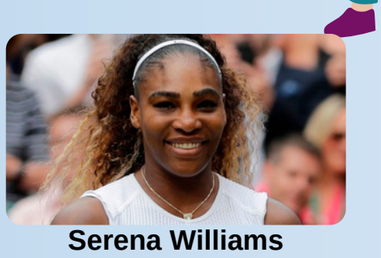
Technical/vocational qualifications in sport/leisure


Simone Biles

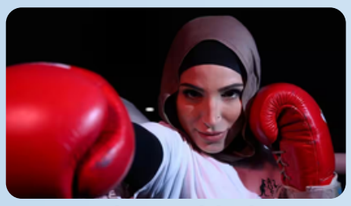

Diana-Asher Smith


Paige Bueckers


Emma Radukanu


Serena Williams


Ella Toone


Tina Rahimi


Sha-Carri Richardson





GCSE PE Component 2 Exam

GCSE PE Moderation (practical)

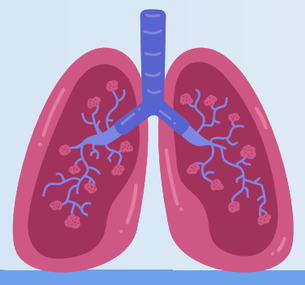
GCSE PE Component 1 & Exam

Injury prevention

Commercialisation of sport

Effects of exercise on body systems

Engagement patterns in sport



Cardiovascular and respiratory System

YEAR 11

AEP Coursework: Analysis and Evaluation of Performance



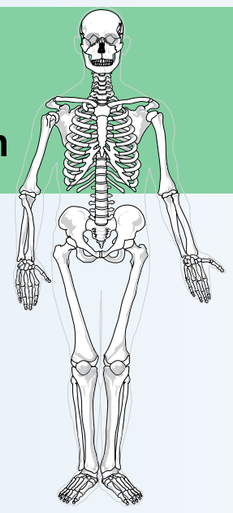
Components of fitness and Principles of training



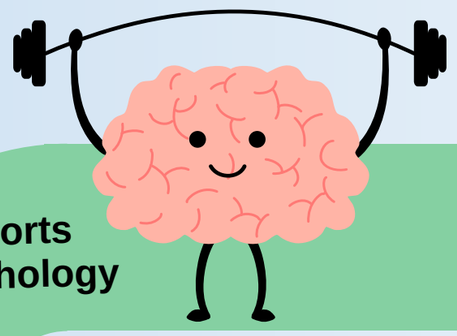
Movement analysis

Health, fitness and wellbeing

Structure and function of the skeletal system



Sports psychology





Structure and function of the Muscular System

YEAR 10





Enrichment Calendar

Summer Term

- Sports Day
- Athletics competitions

Spring Term

- Fixtures against other schools in Netball, Handball, Football

Autumn Term

- Fixtures against other schools in Netball, Handball, Football, Indoor athletics

greenhouse sports

At Sarah Bonnell, we have a Greenhouse Sports Tennis programme where students are offered the chance to particpate in the tennis programme. Students are selected as an option for P.E. but are also able to attend extra curricular clubs. There are enrichment trips, fixtures and tennis during the school holidays.

All students must attend a team and individual sports club out of school hours either as an enrichment club or an external club

SPORTS PRACTISED IN LESSONS

NETBALL
HANDBALL
ATHLETICS
TRAMPOLINING
CLIMBING
BADMINTON

Weekly Enrichment Sessions

Autumn/Winter				Spring/Summer		
Netball Football	Badminton Climbing	Trampolining Fitness	Dance Tennis	Rounders Cricket	Athletics	Tennis