

PE Learning Journey



Study Sport Science at University in a range of Sport courses or related



Enter into Employment or Training in Sports Industry

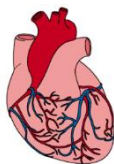
Take a gap year, travel the world and embrace the world



Option 1: Choose OCR A level PE

Option 2: Choose Level 3 Cambridge Technical in sport

YEAR 12



Sit the GCSE PE exam



Core PE pathway - Students enjoy continuing their practical in KS4 developing the technical, tactical and physical aspects of those activities studied in Key Stage 3.

GCSE PE Theory pathway – Students will study the body systems (skeletal, muscular, circulation and respiratory) and long and short term effects of exercise. Assessments will after each topic area using Everlearner online

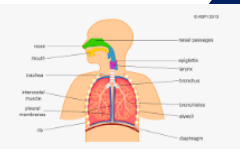
GCSE PE Students & Sports Science students will be formally assessed through testing three times during the year.

Sports Science pathway – students study the body systems, energy systems, effects of exercise, and components and methods of training.

Representing their house on sports day
Sports Science students take their external exam (unit 1)



Sports leadership opportunities, primary sports



Students continue to study either GCSE PE or Sports Science.

YEAR 10



Students to participate in all activities usually one indoor and one outdoor activity. Order of activities depends on facilities available and the whole school timetable.

skill & tactical development in invasion games Netball, Football, Rugby, Basketball, Hockey



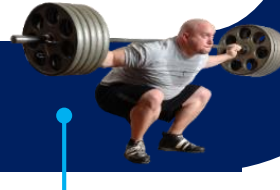
skill & tactical development in Dance and Gymnastics



Skill and tactical development in Badminton, Volleyball & Table Tennis



Skill & tactical development in Athletics, Tennis, Cricket, Rounders



Opportunity to participate in Black country games and other events.

Get involved in a range of other Extra curricular activities – MMA

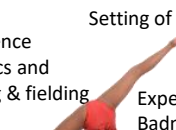
Plan what clubs you will join .

YEAR 9

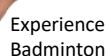


Enjoyment of physical activity and development of multi-skills, rules and basic tactics

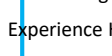
Opportunity to represent the school in fixtures & events



Experience Athletics and Striking & fielding



Experience Badminton



Experience Volleyball



Experience H & F



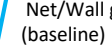
range of team/invasion games (baseline)



Experience Table Tennis



Net/Wall games (baseline)



Experience Net/Wall games (baseline)

YEAR 7 & 8

Develop basic skills and multi skills and tactics (Baseline)

Plan what clubs you will join .

Develop a curiosity about how your body moves and enjoying being active (baseline)



To develop the physical, emotional and social well-being of individuals, moral values as well as leadership skills whilst promoting lifelong participation in physical activity

Level 3 Sport : students complete only coursework in Unit 3 & another unit

Diet and nutrition
Diet/Ergogenic aids

Skills Acquisition
Classification/Types/Methods/Principles/Theories/Guidance/Feedback

First exams for unit 3 L3 Sport

UCAS

Apply for University through UCAS or alternative post 18 Sport courses

Final Course Results / external moderation

Second and final Sitting of external exams for Level 3 Sport

Contemporary issues
Ethics/Commercialisation/Routes /Technology

Preparation and training methods for improving and maintaining performance
Types of training/Cycles/Impacts on lifestyle

1st Sitting of unit 1 Exam

Work Experience opportunities in sport

Level 3 Sport extended certificate: students study Unit 1 Body systems, Unit 2 Sport Coaching, Unit 3 Sport Development, and other Unit dependent on whats best for cohort.

Skills Acquisition
Classification/Types/Methods/Principles/Theories/Guidance/Feedback

Diet and nutrition
Diet/Ergogenic aids

Sport in society
Emergence/Evolution/Global events

Bio mechanic principles
Principles/Levers/Laws/analysis



School Games Officiating across a range of activities for Students for primary and city events

A-Level PE Year 1: Anatomy & Physiology Skill Acquisition Sport & Society

Musculo-skeletal system
Joints/Movement/Muscles/ Functions/Roles/Analysis/Contractions

Cardio-respiratory system
Relationship/Cycles/Effects of intensities/Activity and rest/Mechanics

Sports Psychology
Individual differences/Dynamics/Goal setting

6th form choices, careers advice & promotion / taster sessions.

Sports Science students – prepare for their synoptic externally assessed coursework project

GCSE PE pathway Students study the social-cultural, media , injuries and psychological aspects of PE

GCSE PE & Sports Science students – take their mock exams

CNAT Sports Science students – opportunity to sit or retake their Unit 1 external exam

Core PE Lifelong Love for PE / Sport and Physical Activity with students following set sports

YEAR 11

KS4 theory: applying theoretical knowledge and understanding of the body systems and applying them to sporting examples

KS4 Practical: Development of techniques, tactics, and leadership skills with a student led curriculum to promote lifelong participation

KS4: Introduction to the world of Physical Education & Sports Science

Technical and tactical skill development



Students start GCSE Course in September

Take part in a range of Fitness activities – Wellbeing focus

Students are split to follow their best learning route either to follow AQA GCSE PE or OCR CNAT

Health & Fitness students in theory will learn the skeletal & Muscular system

GCSE PE & CNAT students will take part in different Practical sports on GCSE AQA list.

GCSE PE & Sports Science students in theory will study Health, Fitness and well-being topics including diet and sedentary lifestyle consequences

Representing their house on sports day

Towers Residential in North Wales. Opportunity to develop OAA skills

Opportunity to discuss option choices for GCSE PE or Cambridge National

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skill & tactical development in Dance and Gymnastics

Skill and tactical development in Badminton, Volleyball & Table Tennis

Skill & tactical development in Athletics, Tennis, Cricket, Rounders

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Learn routines/timetable and standards in PE.

Opportunity to represent the school in fixtures & events

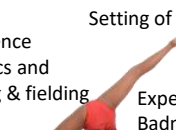
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YEAR 9

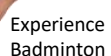


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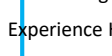
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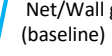
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