

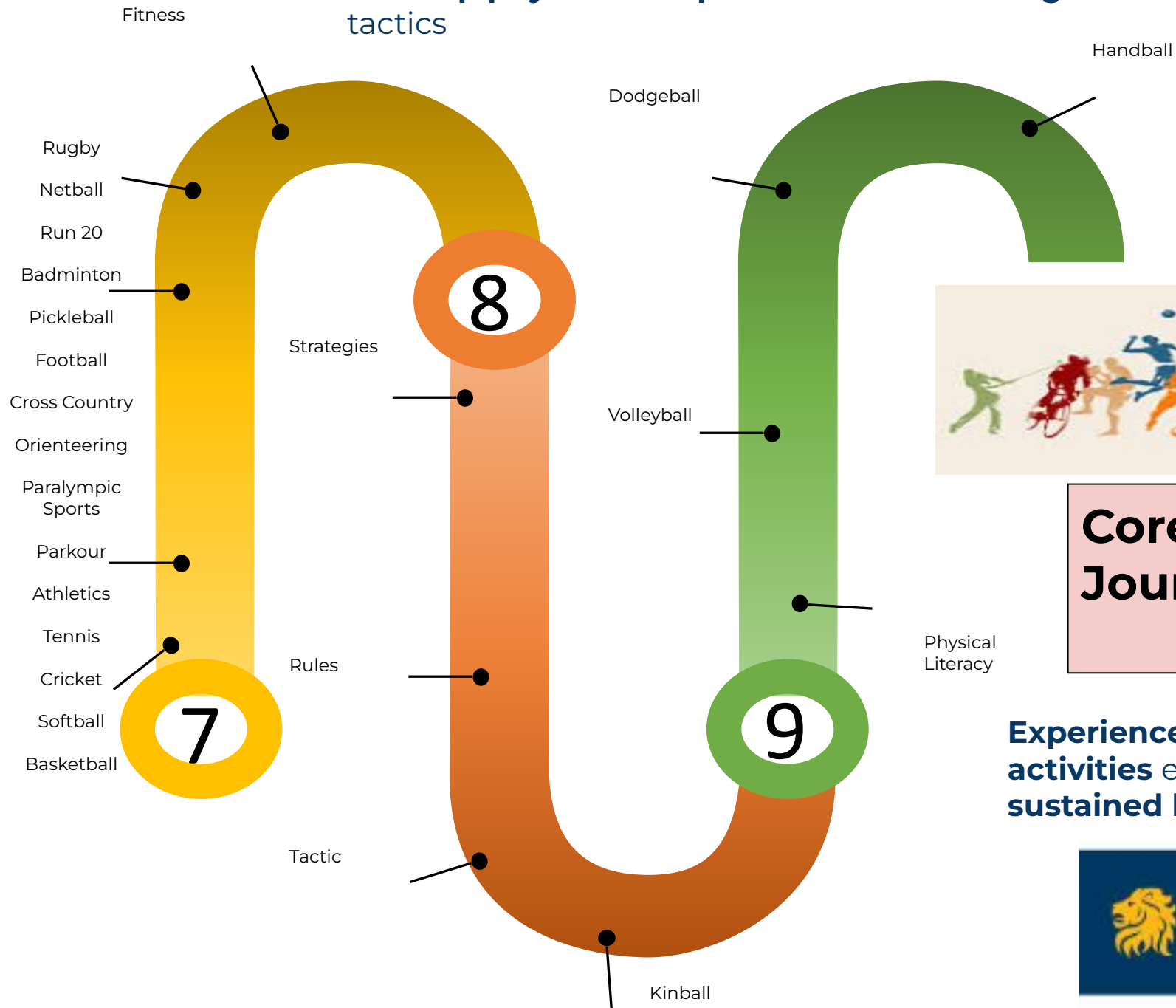
Develop physical competence and knowledge of Rules, strategies and tactics

"Empowering students through a skills-based approach, our PE department fosters physical literacy, promotes well-being through active participation and delivers a broad curriculum that maximises diverse opportunities for all."

Skills based - we value sports skills and developing physical literacy skills

Physical Activity - the benefits on wellbeing

National curriculum appropriate - broad curriculum maximising a variety of opportunities



Active participation, so students can **know more** and **do more**.



Core PE Journey KS3

Physical Literacy

Experience a breadth of activities each lesson has **sustained levels of activity**.



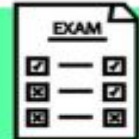


Kingsdown School Physical Education Journey

GCSE PE Curriculum Map

A Level PE
BTEC Level 3 in Sport

Examination
There are two papers for GCSE PE., both of which are one hour written.
Paper 1 covers Applied Anatomy & Physiology and Physical Training.
Paper 2 covers Socio-Cultural Influences, Sports Psychology & Health, Fitness & Well-Being.



Health, Fitness & Well-Being & Diet and Nutrition

Learners will understand the benefits of participating in physical activity to health, fitness and well-being. Learners will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle. Learners will develop an understanding of the main components of a balanced diet, including the effects of these components and hydration on performers.



Ethical & Socio-Cultural Issues

Learners will understand the ethics in sport including sportsmanship, gamesmanship and deviance. The effects of drugs in sport and why performers take them will be understood along with reasons for player violence.



SCAN HERE to see the OCR GCSE PE specification and the content you will cover in more detail.

Commercialisation

Learners will develop an understanding of commercialisation in sport, along with the positive/negative influences of media on participation and performances in sport.



SCAN HERE to see the requirements for the Practical Criteria and the Analysing & Evaluating

Analysing & Evaluating Performance.

Learners will use the knowledge they have gained throughout the first part of the course and apply this either to themselves or one of their peers. This piece of work will be based on their main sport. Here learners will identify strengths and weakness and produce an action plan to develop one particular weakness.

Sport Psychology

Learners will understand the psychological factors that can affect performers. Learners will recap knowledge of the characteristics and classification of skilful movements. New elements of sports psychology that will be learnt are goal setting, guidance and feedback, and mental preparation.



Year 11

Analysing and Evaluating Performance (AEP)



GCSE Physical Education Breakdown

Examination - 60%
Practical Assessment - 30%

Analyse & Evaluate Performance - 10%

Short/Long Term Effects of Exercise

Learners will develop knowledge of the short and long-term effects of exercise on the body systems, and how these effects can impact on physical fitness and performance.

Physical Activity & Participation

Learners will develop their knowledge and understanding of current participation trends, factors affecting participation and strategies to promote participation across a range of different groups in society.



Practical Assessment (30%)

For GCSE PE, you will need to select THREE sports, with a maximum of two from either the Individual or Team category.

You will need to keep a competitive logbook of all the events that you do within your chosen sports. Your teacher will assess you in these sports. Any 'off-site' sports will need video evidence.

The list of available sports and more information of off-site video evidence can be found by scanning the QR Code above.

Analyse & Evaluate Performance (10%)

For one of your chosen sports, you will need to create a piece of coursework to demonstrate your ability to analyse and evaluate their own performance.

Learners will need to include:

- Analyse aspects of personal performance in a practical activity.
- Evaluate the strengths and weaknesses of the performance.
- Produce an action plan which aims to improve the quality and effectiveness of the performance.

Scan the QR Code above to find out more information.



Sport Psychology

Learners will develop knowledge of the characteristics and classification of skilful movements, along with goal setting.

Physical Training

Learners will develop their knowledge and understand of the components of fitness required for physical activities and how each can be measured, be able to apply training principles to training programmes, along with knowing how to optimise training and prevent injury.

Year 10



Anatomy & Physiology

Learners will develop knowledge and understanding of both the cardiovascular and respiratory systems. Learners will be able to identify the key differences between the two systems. They will understand the importance of both on performance.



Anatomy & Physiology

Learners will develop knowledge and understanding of the body systems; bones, muscles and movement planes that are important to physical activity.



GCSE Physical Education Journey starts here ...

Healthy Active Lifestyles Journey in Core PE

	Year 7	Year 8	Year 9	Year 10	Year 11
Knowledge	<p>Students are taught the physical and mental benefits of exercise in particular running through the 'Run 20' unit of work.</p> <p>Function of the heart. Circuit training. Components of fitness. Fitness Tests. Muscles related to exercises.</p>	<p>Students are taught the physical and mental benefits of exercise in particular running through the 'Run 20' unit of work.</p> <p>Speed training. Flexibility Training. Agility Training. Power/Plyo training Components of fitness. Fitness Tests.</p>	<p>Students are taught the physical and mental benefits of exercise in particular running through the 'Run 20' unit of work.</p> <p>Function of the heart. Circuit training. Cardiovascular fitness. Components of fitness. Fitness Tests.</p>	<p>Fitness Suite induction How to design a Personal Training programme. Applying methods of training. Injury prevention.</p>	<p>Fitness Suite induction How to design a Personal Training programme. Applying methods of training. Injury prevention.</p>
Skills	<p>Focus on body weight exercises such as plank, squats, lunges, wall sits ect.</p>	<p>Focus on body weight exercises such as plank, squats, lunges, wall sits ect.</p>	<p>Focus on body weight exercises such as plank, squats, lunges, wall sits ect.</p> <p>Introduction to DB, KB exercises (lightweight)</p>	<p>Fitness suite induction of techniques and safe practice - gym etiquette. Bench Press Back squat Deadlift</p>	<p>Fitness suite induction of techniques and safe practice - gym etiquette. Bench Press Back squat Deadlift</p>
Assessment	<p>'Run 20' run 'Run 20' body weight exercise performance Variety of Fitness Tests X-Country MSFT Tests X6</p>	<p>'Run 20' run 'Run 20' body weight exercise performance Variety of Fitness Tests X-Country MSFT Tests X6</p>	<p>'Run 20' run 'Run 20' body weight exercise performance Variety of Fitness Tests X-Country MSFT Tests X6</p>	<p>X-Country</p>	<p>X-Country</p>