



Physical Education



Key Stage 3

In Key Stage 3 pupils will build on and embed the physical development and skills learned from KS2, be more competent, confident and expert in their skills and techniques across a variety of physical activities. These are as follows:-

Year 7:- Dance, Netball (Girls), Rugby (Boys), Fitness, Gymnastics, Swimming, Tennis, Cricket, Rounders & Athletics

Year 8:- Trampolining, Gymnastics, Basketball, Fitness, Badminton, Netball (Girls), Football (Boys), Rugby (Boys), Mountain Biking (at Wolf Mountain), Tennis, Rounders, Cricket & Athletics.

Year 9:-Gymnastics, Trampolining, Netball (Girls), Fitness, Rugby (Boys), Basketball, Rock Climbing (at Wolf Mountain), Boxercise, Rounders, Cricket, Tennis & Athletics.

Key Stage 4

In Key Stage 4 pupils will tackle complex and demanding physical activities. They will be involved in a range of activities that develop personal fitness, promote an active, healthy lifestyle and build confidence through improving their leadership skills.

Year 10 Core PE:- Lesson 1 will be a core PE lesson where they will advance their skills and techniques in more challenging situations in Games, Trampolining & Gymnastics activities, Athletics and Dance. Lesson 2 will be a leadership lesson where pupils choose to follow a Football Leaders, Netball Leaders or a Level 1 Sports Leaders Award.

Year 11Core PE:- Two lessons to develop their fitness and skill level in Games, Trampolining & Gymnastics activities, Dance and Athletic.

AQA GCSE PE Course

Pupils will undertake a range of practical activities, and show advanced skills in increasingly-challenging situations.

60% - Active Participant – controlled assessment of 4 activities across 2 groups/ways of thinking. A written analysis of performance where pupils will evaluate and ultimately improve their own and others' performance.

40% - Knowledge & understanding for the active participant: - written paper, 1hr 30 minutes (80 marks).

Edexcel BTEC First Award in SPORT Level 2

The BTEC First Award in Sport gives learners a basic grounding in understanding and knowledge of the sport sector and provides opportunities for learners to enter employment in this sector or to progress to related further and higher education vocational qualifications. Pupils will study:-

- Fitness for Sport and Exercise (assessed via an examination)
- Practical Sports Performance (assessed via coursework)
- Training for Personal Fitness (assessed via coursework)
- Leading Sports Activities (assessed via coursework)

Key Stage 5

A 'Level Physical Education and BTEC Sport Level 3 are taught in a consortium arrangement with S.Peter's Collegiate School and Wolverhampton Girls High School.

OCR AS Physical Education

Unit 1 – An introduction to Physical Education – 60% 2hr written paper on the following:-

- Anatomy & Physiology
- Acquiring movement skills
- Socio-cultural studies relating to participation in physical activity.

Unit 2 – Acquiring, developing and evaluating practical skills in Physical Education – 40% made up of performance in two practical sports from different profiles and a verbal analysis of performance.

OCR A2 Physical Education

Unit 3 – Principles and concepts across different areas of Physical Education – 35% of total Advanced GCE, 2.5hr written paper on the following:-

- Historical Studies
- Sports Psychology
- Exercise Physiology

Unit 4 – The improvement of effective performance and the critical evaluation of practical activities in physical education – 15% of the total Advanced GCE, one chosen sport and a response to a live performance.

BTEC SPORT Level 3

Mandatory units: –

Anatomy & Physiology in Sport

Physiology of Fitness

Assessing risk in sport

Optional Units:-

Outdoor & Adventurous Activities

Principles & Practices in Outdoor Adventures

Skills for Land-based Outdoor & Adventurous Activities

Mandatory Specialist Units:-

Fitness testing for sport & exercise

Principles and practices in Outdoor Education

For further information, please contact Mrs J. Cartlidge, Curriculum Leader for Physical Education