Physical Education
LEARNING JOURNEY

Year 13

A Level Exams

Consolidation activities and Revision

Complete NEA. Stress in Sport

Injury Presentation & Treatment. Biomechanics

Attribution. Self-confidence . Leadership. Continue NEA

Drugs and Doping. Violence. Gambling. Media. Organisation of Sport

Technology in Sport

Ongoing participation and assessment of practical activities

Energy Systems & Environmental factors

Mock Exam **Mock Exam**

Physiological Factors
Psychological Factors
Socio-Cultural Issues

Skill Classification, Practice Transfer, Guidance, Feedback, Theories of Learning, Stage of Learning & Memory

Progression Exam

Year 12

Flexibility training. Biomechanics and use of technology

Mechanics & Control of Breathing
Diet, Nutrition & Ergogenic aids. Principles of training

Anxiety, Aggression, social facilitation, Groups and Goal Setting

Consolidation Activities and begin Non-Examined Assessment (NEA)

Ongoing participation and assessment of practical activities

Personality, Attitudes, Motivation & Arousal

Pre Industrial, Post-industrial
20th Century and 21st Century Sport

Mock Exam

Modern Olympic Games & Global sporting events

Skeletal, Muscular, Cardio vascular & Respiratory systems

Physiological Factors
Psychological Factors
Socio-Cultural Issues

GCSE Exams

Diet & Nutrition
Hydration, Revision

Year 11

Mock Exam

Complete NEA - Analysing & Evaluating Performance

Commercialisation, Ethics, Drugs, Violence, Heath Fitness and Wellbeing

Risk Assessment and Skill Clarification, Goal Setting, Health, Fitness & Wellbeing, Diet & Nutrition

Progression Exam

Components of fitness, fitness testing & types of training

Skeletal, Muscular, Cardiovascular & Respiratory system

Begin Non Examined Assessment (NEA)

GCSE PE

BTEC Dance

BTEC Exam

Unit 12– Contemporary Dance technique

Year 13

Unit 3 - Group Performance Workshop

Unit 2 - Developing Skills and Techniques for Live Performance

Year 12

Component 3 – External Assessment

Unit 1 – Investigating Practitioners Work

Component 3 – Responding to a brief
- **Learning Aim A** - Understand how to respond to a brief
- **Learning Aim B** - Select and develop skills and techniques in response to a brief
- **Learning Aim C** - Apply skills and techniques in a workshop performance in response to a brief
- **Learning Aim D** - Evaluate the development process and outcome in response to a brief

Year 11

Component 1 – Pearson Set Assignment

Component 1 – Exploring the Performing Arts
- **Learning Aim A** - Investigate how professional performance or production work is created
- **Learning Aim B** - Demonstrate understanding of the skills, techniques and approaches used by professionals to create performance/production work.

Component 2 – Pearson Set Assignment

Component 2 – Developing Skills and techniques in the Performing Arts
- **Learning Aim A** - Use rehearsal or production processes
- **Learning Aim B** - Apply skills and techniques in performance
- **Learning Aim C** - Review own development and application of performance skills.

BTEC Tech Award Performing Arts (Level 2)

BTEC Sport

Component 3: Developing fitness to improve other participants performance in sport and physical activity
- **Learning Aim A** - Understand how to respond to a brief
- **Learning Aim B** - Select and develop skills and techniques in response to a brief
- **Learning Aim C** - Apply skills and techniques in a workshop performance in response to a brief
- **Learning Aim D** - Evaluate the development process and outcome in response to a brief

Component 3 - External Exam

Component 2 – Pearson Set Assignment

Component 2: Taking part and improving other participants' sporting performance

Year 11

Component 2: Taking part and improving other participants' sporting performance
- **Learning Aim A** - understand how different components of fitness are used in different physical activities
- **Learning Aim B** - be able to participate in sport and understand the roles and responsibilities of officials
- **Learning Aim C** - demonstrate ways to improve participants sporting techniques

Component 1 - Pearson Set Assignment

Component 1: Preparing participants to take part in sport and physical activity
- **Learning Aim A** - explore types of provision of sport and physical activity for different types of participant
- **Learning Aim B** - examine equipment and technology for participants to use when taking part in sport and physical activity
- **Learning Aim C** - be able to prepare participants to take part in sport and physical activity

BTEC Sport Tech Award (Level 2)

Participation

Health & Wellbeing

Netball

Outdoor Adventurous Activities

Basketball

Rounders

Softball

Invasion Games

Rounders

Invasion Games

Table Tennis

Table Tennis

Football

Health & Wellbeing

Cricket

Tennis

Softball

Basketball

Netball

Football

Outdoor Adventurous Activities

Performance

Cricket

Badminton

Netball

Basketball

Softball

Rounders

Table Tennis

Football

Netball

Table Tennis

Football

Table Tennis

Athletics

Badminton

Handball

Badminton

Handball

Cricket

In year 10 for Games lessons, students have 2 paths – Participation and Performance

Year 10

Softball
Cricket
Tennis

Volleyball
Athletics
Rounders

Football
Table Tennis

Year 9

Sport Education
Rugby
Basketball

Health & Fitness
Netball
Exercise to Music

Football
Table Tennis
Basketball

Outdoor Adventure Activities
Dance
Handball

Year 8

Tennis
Outdoor Adventure Activities
Badminton

Cricket
Athletics
Rounders

Sport Education
Rugby
Basketball

Dance
Netball

Football
Health & Fitness
Basketball

Tag Rugby
Badminton
Dance

Year 7

Tennis
Outdoor Adventurous Activities
Badminton

Cricket
Athletics
Rounders

Baseline activities
Rugby
Basketball
Dance
Netball

Practical Activities are taught in rotation. Each teaching group will study at least 2 of the named activities each Term

Wider Curriculum

Sports Leadership
A variety of Sport Leadership Opportunities

Community Links
Leamington RFC Rugby Coaching
School Games
Motionhouse Workshops

Educational Visits
Wimbledon
Theatre Visit
Sport Tour
Motionhouse
Ski Trip

Duke of Edinburgh
Bronze Award Skill / Physical / Volunteering / Expedition
Silver Award Skill / Physical / Volunteering / Expedition
Recruitment
Start E DofE
Navigation Training Day
Practice and Assessed Expeditions

Colleges
Inter-college competitions
Sports Day
Race for Life

Competition
Athletics
Tennis
Rounders
Cricket
Hockey
Football
Basketball
Rugby
Netball
Squash

Recreation
Hockey
Football
Rugby
Basketball
Netball
Dance
Dance Club / Recital
Cheerleading
Badminton
Rounders
Tennis
Cricket
Boxing Fitness
Athletics
Softball
Ultimate Frisbee
Volleyball