Physical Education & Sport Journey

The Weald community school and sixth form

Leave the Weald with options to go to Higher education, apprenticeships or into the sports industry

3 written papers - for modules 1,2 &3

Internally assessed coursework modules - Application of Fitness testing / Practical sport /Sports Leadership

Internally assessed coursework module - Professional development in the sports industry / Skill acquisition in sport / Sports injury management

Module 3 - Socio-cultural factors

Module 2 - Skill acquisition

Module 1 -Anatomy and physiology / Biomechanics / Exercise physiology

NEA - EAPI / Practical assessment of one activity

BTEC National diploma in sport route

Externally assessed - Anatomy and Physiology

Externally assessed - Fitness training and programming for health, sport and well-being

Externally assessed - Business of sport

3 written papers - assessing the 3 externally assessed modules

Year 13

OCR A Level Physical Education route

Module 1 -Anatomy and physiology / Biomechanics / Exercise physiology

Module 2 - Skill acquisition

Module 3 - Socio-cultural factors

Year 12

Paper 2 - Socio - cultural influences and wellbeing in physical activity and sport

Paper 1 - The human body and movement in physical activity and sport

Practical assessment - Selection of 3 highest performing activities from both team and individual activities.

Revist Units 1 - 6 - Secure knowledge and further develop exam technique.

Year 11

Unit 4 - Sports psychology - Skill and ability, Information processing, Arousal, aggression, personality types, Guidance and feedback

Unit 5 - Socio-cultural influences - Participation, media, Performance enhancing drugs, spectator behaviour.

Unit 6 - Health fitness and wellbeing - Somatotypes, Diet, obesity, hydration.

NEA Controlled assessment - Analysis of practical performance

GAMES

Year 10

Unit 3 - Physical training - Components of fitness, Fitness testing, training methods.

Unit 2 - Movement analysis - Movement types, planes and axis, lever systems.

Unit 1 -Applied anatomy and physiology - Bones, joints, muscles, Cardio-respiratory system, Aerobic/ anaerobic exercise.

Continual practical assessment

Year 9 AQA GCSE PE

Continual development and application of **motor skills**, **transferring skills** across a range of activities.

Develop the key life skills of **teamwork**, **communication** and **leadership**.

Develop an understanding of the **physical**, **mental** and **social** benefits of sports.

Year 8 PE

Learn how to **prepare** your body for exercise and why this is important.

Gain understanding of **rules** of to perform activities and use **tactics** in games and **build** composition pieces.

Learn, **develop** and **apply** new and **key motor** skills across a range of activities

Year 7 PE