

# The Five Year curriculum: Physical Education

## Careers Opportunities

- Armed services
- Sports journalism
- Sport retailer (shops)
- Sport broadcaster
- Sports management
- Sport administration
- Sports coaching
- Health promotion
- Sports medicine
- Community sports
- Outdoor pursuits
- Sports scientist
- Research
- Physiotherapist
- Teaching
- Fitness instructor
- Police force
- Travel and tourism
- Ground keeping
- Professional sport
- Physiology
- Sports psychologist
- Movement therapist

**St Helens College**

- Level 2 certificate in Gym/Fitness instructor
- Level 2 certificate in Activity leadership
- BTEC level 3 diploma in Sport and Physical Activity

**West Lancashire College**

- Level 2 Sports Leadership Diploma
- BTEC Level Extended Diploma in Sport and Exercise Science
- BTEC level 3 Extended Diploma in Dance

**winstanley college**

- A Level Dance
- A Level PE
- Academic Athletes programme – 3 A Levels including PE

## Next Step Options

**St John Rigby College**

- BTEC level 2 first certificate in Sport
- BTEC level 3 Certificate in Sport
- BTEC National Extended Certificate & Diploma in Sport (football)
- BTEC National Extended Certificate and Diploma in Sport

**Wigan & Leigh College**

- BTEC Level 3 National Extended Diploma in Sports Science
- BTEC Level 3 Extended Diploma in sport
- Level 2 Sport & Physical Activity
- BTEC Level 3 Extended Diploma in Dance

**RUNSHAW COLLEGE**

- BTEC Level 3 Sports Development and coaching
- A Level Dance
- A Level Sports & PE
- BTEC Level 3 Sport & Exercise Science
- YMCA Level 3 Personal Trainer
- Level 3 Professional Pathway in Dance

## Excel further

## OCR Sports Studies



**R184 – Contemporary issues in sport (external exam)**  
Students will explore a range of topical and contemporary issues in sport, relating to participation levels and barriers, the promotion of values and ethical behaviour, major sporting events, national governing bodies and sport and technology

## and Core PE Lesson 1 – Pathway



**Fitness** – workout design, muscular endurance, cardiovascular endurance, fitness for health, skill related fitness, strength



**New Sports** – volleyball, yoga, dodgeball, benchball, futsal, cross fit, bootcamp



**Excel through OCR Sports Studies qualification and in the sports previously covered whilst enjoying others to carry through life – chosen pathway of 5 activities and compulsory concept-based sessions over the two years of Key Stage 4**

## Enjoy more

## Core PE Lesson 2 - Concept



**Initiative** – problem solving, teamwork, independence, planning, trial and error



**Communication** – verbal, non-verbal, listening, feedback, conflict management, praise



**Excellence** – goal setting, practise, fault correction, analysis, reviewing

## OCR Sports Studies

## Excel



**R187 – OAA**  
Develop knowledge of OAA and provision. Take part and plan OAA activities. 20% in total. Practical and written assessment.

**R185 – Performance and Leadership**  
40% in total. Develop key performance components in 2 practical activities. Develop your knowledge, understanding and practical skills required to be an effective sport leader. Plan, deliver and review safe and effective sporting activity sessions.

## Core PE Lesson 1 - Pathway

## and

## Year 10



**Team Sports** – select from rugby, hockey, basketball, netball, football, rounders, cricket



**Individual Sports** – select from table tennis, trampolining, gymnastics, dance, badminton



**Embed and specialise in a chosen pathways of sports in blocks of 12 lessons**



**Football** Creative use of attack and defensive strategies, shape and formation, strategies and playmaking

## Year 9

**Resilience** – failure, perseverance, mental toughness, growth mindset

**Organisation** – developing teamwork, time management, planning practise, organise own competition

**Leadership** – explore more advanced leadership skills and deliver your own sessions

## Embed

## Team Sports

**Hockey** – shooting accuracy, hitting with power, counter attacking, penalty corners

**Netball** – Toss up rules, Australian roll attacking, zone defence, centre pass combinations

**Rugby League** – Advanced tackling, use of attack and defensive strategies, shape and formation. E.g. line speed

**Basketball** – Dribbling, pivoting, passing and receiving, set shot, lay up, game play and tactics

## Individual Sports

**Fitness** – use of the equipment in the Fitness & Wellbeing Centre to develop different areas of fitness

**Trampolining** – developing twisting and more advanced combinations

**Gymnastics** – group work, vaulting, sequence development and rhythmic gymnastics

## Summer Sports

**Athletics** – increased complexity of track and field techniques and competitions

**Tennis** service laws, serve and volley, smash and slice introduction, doubles play

**Trampolining** – safety on the bed, basic shapes and landings, routine building

**Table Tennis** Develop basic ground strokes and drives, service laws and techniques, rallies and decision making

**Rounders/Cricket** – variations in bowling, backstop/wicket keeping and first base play, directional backhand batting, positional game play

## Summer Sports

## Leadership

## Individual Sports

**Cricket** Pull shot, hook shot, bowling technique developed, batsman leadership

**Athletics – (individual)** Developed track and field techniques and competitions

**Rounders** – directional batting, left handed fielding, chasing a fielded ball, more positional rules and tactics

**Tennis** introduction of the volley, service laws, game play to include shot selection

**Sports Leadership** Communication, planning, delivery of short sessions, organisation of primary events

**Football** – Passing and receiving with different body parts – introduce heading, advanced passing, introduce shooting and develop tackling and game play

**Hockey** – increased use of reverse stick, slap hit & tackling introduced, increased defensive skills

## Summer Sports

## Enrich

## Team Sports

**Rounders** – bowling, distance throwing and catching, batting, positional rules and tactics

**Cricket** – basic Bowling, batting, fielding, basic game play

**Tennis** – forehand, backhand, underarm serve, basic game play

**Enrich the PE experience with new activities and an element of choice of sports, in blocks of 6 or 8 lessons**

**Netball** – more specific passing and receiving, increased defending and attacking techniques. Team tactics and strategies

**Rugby League** – further developing skills of passing receiving and tackling on the move and game tactics

## Team Sports

## Explore

## Year 7

**Table Tennis** – basic hitting action, forehand and backhand stroke, rallying, tactics and shot selection

**Football** – control and dribbling, passing and receiving, basic tackling, game play and tactics

**Netball** – skills of passing, receiving and attacking. Team skills of positioning and moving into space

**Rugby League** – basic skills of passing & receiving, tackling and attacking and defensive strategies

**Hockey** – skills of passing, receiving, defending and attacking. Team skills of positioning and travelling at speed

**Explore 10 different sports over the year in blocks of 6 or 8 lessons**

