The Five Year curriculum: **Physical Education**



Careers Opportunities

Armed services Sports journalism Sport retailer (shops) Sport broadcaster Sports management Sport administration Travel and tourism Sports coaching Health promotion Sports medicine Community sports **Outdoor pursuits** Sports scientist

Research **Physiotherapist Teaching** Fitness instructor Police force Ground keeping **Professional sport Physiology** Sports psychologist Movement therapist St Helens College Level 2 certificate in Gym/Fitness instructor Level 2 certificate in Activity TEC level 3 diploma in Sport and

ysical Activity

Level 2 Sports Leadership Diploma

BTEC Level Extended Diploma in

winstanley college

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

Next Step Options

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

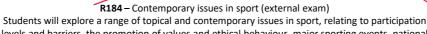
- BTEC Level 3 National Extended
- Diploma in Sports Science BTEC Level 3 Extended Diploma in
- evel 2 Sport & Physical Activity BTEC Level 3 Extended Diploma in

RUNSHAW COLLEGE

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

and

Sports Studies •



levels and barriers, the promotion of values and ethical behaviour, major sporting events, national governing bodies and sport and technology



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



Initiative - problem solving, teamwork, independence, planning, trial and error

Communication - verbal, non-verbal, ilistening, feedback, conflict management,



correction, analysis, reviewing

OCR Sports Studies



and written assessment.



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



Year

10



blocks of 12

lessons

Football Creative

use of attack and

defensive

strategies, shape

and formation.

strategies and

playmaking

Year

Year

11

Resilience – failure, perseverance, mental **Organisation** – developing teamwork, time toughness, growth mindset

Hockey - shooting

accuracy, hitting with

power, counter attacking,

penalty corners

Netball - Toss up

rules, Australian roll

attacking, zone

defence, centre pass

combinations

basketball, netball, football, rounders,

Team Sports

Team Sports - select from rugby, hockey,



Individual Sports - select from table tennis

Individual

Sports •

Fitness - use

of the

equipment in

Wellbeing

Centre to

develop

different

areas of

Leadership

trampolining, gymnastics, dance, badminton

Leadership - explore more

advanced leadership skills

and deliver your own sessions

Trampolining -

developing twisting and

more advanced

combinations 🝷

R185 - Performance and Leadership



Summer Sports

Athletics - increased

complexity of track

and competitions



eading, compass work and paced running through orienteering

Rounders/Cricket variations in bowling,

backstop/wicket keeping and first base play, directional backhand batting, positional game

slice introduction, doubles play Trampolining safety on the bed, basic shapes and

Tennis service

laws, serve and

volley, smash and









ground strokes and drives, service laws and techniques, rallies and decision making



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

Athletics -(individual) competitions

Developed track and field techniques and



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

Summer Sports

fielding, basic game

play

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

management, planning practise, organise

own competition

Basketball - Dribbling,

pivoting, passing and

receiving, set shot, lay

up, game play and

Summer Sports

Rugby League -

Advanced tackling, use of

attack and defensive

strategies, shape and

formation. E.g. line speed



Communication planning, delivery of short sessions, organisation of primary events

Sports Leadership

Gymnastics - group work,

vaulting, sequence

development and rhythmic

gymnastics



Enrich

passing, introduce



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

Basketball -

Dribbling, pivoting,

passing and

receiving, set shot,

lay up, game play

and tactics

Hockey - increased





Rounders - bowling, distance throwing and catching, batting, positional rules and tactics



Tennis - forehand. backhand, underarm serve, basic game play



6

Enrich the PE experience with new activities and an element of choice of sports,

in blocks of 6 or 8 lessons

Explore

specific passing and receiving, increased defending and attacking techniques. Team tactics and strategies

Netball - more



receiving and tackling on the move and game tactics





sequence building, Table Tennis - basic

hitting action, forehand and backhand stroke, rallying, tactics and shot selection

and dribbling, passing and receiving, basic tackling, game play and tactics

Football - control

passing, receiving, defending and attacking. Team skills of positioning and moving into space

basic skills of passing & receiving, tackling and attacking and defensive strategies

Hockey - skills of passing, receiving, defending and at speed

Explore 10





Rugby League -

attacking. Team skills of positioning and travelling

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

