

The Five Year curriculum: Physical Education



UP HOLLAND
HIGH SCHOOL

Dedicated to Excellence

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



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



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



Enjoy more

Core PE Lesson 2



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

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 concept-based sessions over the two years of Key Stage 4

Year 11

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

and

Year 10

Core PE Lesson 2

Enjoy

Enrich the curriculum with new experiences specialise in a chosen pathways of team sports



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



OAA – map reading, compass work and paced running through orienteering

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

Enrich

Team Sports

Leadership

Individual Sports

Summer Sports

Year 9

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



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



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



Sports Leadership
Communication, planning, delivery of short sessions,

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



Trampolining – developing twisting and more advanced combinations

Athletics – increased complexity of track and field techniques and competitions



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

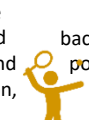


Table Tennis
Develop basic ground strokes and drives, service laws and techniques, rallies and decision making

Summer Sports

Individual Sports

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



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



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



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



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



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



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



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



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



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



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



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Summer Sports

Year 8

Embed

Team Sports

Embed previously learned skills and rules into more challenging situations.

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



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



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



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



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



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



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



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



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



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



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



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

Explore 10 different sports over the year

