

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 science
- Diving
- Physiotherapist
- Teaching
- Fitness instructor
- Police force
- Travel and tourism
- Ground keeping
- Professional sport
- Physiology
- Sports psychologist
- Movement therapist

- R051 – Exam**
- 1 hour long
 - Total 60 marks
 - 1st attempt at Christmas
 - Resit available in the summer if required.

Excel further

R051 – 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 and national governing bodies.

OCR Sports Studies

R052 – Developing sporting skills
Officiating assessment and analysis of performance

Resubmissions
All units are allowed 1 resubmission attempt if required. This can be used to increase student marks

R052
60 marks in total, 3 practical assessment and 1 written assessments

and Core PE Lesson 1 – Pathway

Pathway 3 – Netball, Table Tennis, Hockey, Athletics, Rounders

Pathway 4 – Table Tennis, Basketball, Football, Athletics, Cricket

Enjoy more Core PE Lesson 2 - Fitness

Bootcamp – a variety of workouts military style training and equipment - outdoor

Exercise to Music – a variety of aerobic style workouts – to include Zumba, step, Bokwa, STRONG, Fit steps

Plyometrics – Strength and power based training using explosive repetitions

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

Year 11

R056
60 marks in total, 1 practical assessment and 3 written assessments.

Survival – outdoor cooking, orienteering course, raft building and racing

R056 – OAA
Develop knowledge on OAA activities and provision. Take part and plan OAA activities.

R052 – Developing sporting skills
Take part in a range of team and individual sports

R053 – Sports Leadership
Develop your knowledge, understanding and practical skills required to be an effective sport leader. and plan, deliver and review safe and effective sporting activity sessions.

and Core PE Lesson 1 - Pathway

Pathway 2 – Dance, Gymnastics, Trampoline, Rounders, Tennis

Pathway 1 – Football, Rugby, Volleyball, Tennis, Athletics

Core PE Lesson 2 - Fitness

HIIT – a variety of workouts with high intensity intervals – indoor

Circuit Training – developing muscular endurance and cardiovascular endurance through various series of stations

Running – developing Hill running, speed running, endurance running

Year 10

Navigation – Basic compass skills, Following and taking a bearing, inter house competition

Embed and specialise in a chosen pathways of sports in blocks of 8 lessons

Year 9

Problem Solving – carousel of activities to include water transfer, plank walking, basic map reading

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

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

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

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

Trampoline – safety on the bed, basic shapes and drops, routine building

Athletics – increased complexity of track and field techniques and competitions

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

Gymnastics – partner work and sequence building with increased apparatus

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

General Fitness – different fitness elements to include aerobic and anaerobic, muscular and CV endurance, flexibility and power

Sports Leadership Communication, planning, delivery of short sessions, organisation of primary event

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

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

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Year 8

Enrich the PE experience with additional variation and an element of choice of sports over the year, in blocks of 6 or 8 lessons

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Athletics (individual) Developed track and field techniques and competitions

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

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Year 7

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

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Athletics (individual) Developed track and field techniques and competitions

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

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General Fitness – different fitness elements to include aerobic and anaerobic, muscular and CV endurance, flexibility and power

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