

PE

Year 7

Topics studied:

Boys – Rugby(2 blocks), hockey, swimming, basketball, short tennis, gymnastics, athletics and cricket.

Girls – Hockey(2 blocks), netball, swim(2 blocks), gymnastics, dance, short tennis, athletics and rounders.

Subject specific websites to support revision and independent learning:

Youtube clips are always of benefit to develop understanding. BBC sport academy website covers a variety of sports, offering videos and text to develop techniques and tactical awareness. Teachpe.com is a good how to develop sports website. Sportplan.net covers a wide variety of drills that can be completed to develop a sporting activity

Recommended reading:

Additional Information:

After school clubs are offered in most activity areas that pupils are all welcome to attend.



PE

Year 8

Topics studied:

Boys – Rugby(2 blocks), swim(2 blocks), hockey, dance, badminton, basketball, athletics and cricket.

Girls – Hockey, netball(2 blocks), swim(2 blocks), badminton, dance, gymnastics, athletics and rounders

Subject specific websites to support revision and independent learning:

Youtube clips are always of benefit to develop understanding. BBC sport academy website covers a variety of sports, offering videos and text to develop techniques and tactical awareness. Teachpe.com is a good how to teach sports website.

Sportplan.net covers a wide variety of drills that can be completed to develop a sporting activity

Recommended reading:

Additional Information:

After school clubs are offered in most activity areas that pupils are all welcome to attend.



PE

Year 9

Topics Studied:

Boys core PE – similar to year 7 however adding trampolining and rugby 7's are added.
Girls core PE – similar to year 7/8 however football is added.

GCSE PE – Year 1

1 theory and practical lesson each week.

- Theory year 1 teaches basic anatomy and physiology looking at muscles, bones, respiratory and cardiovascular system.
- Practically the timetable is decided by the selection of students on the course. Generally long periods of time studying fewer activity areas. E.g. Trampolining, personal survival, netball and badminton.

Exam Board: Edexcel

Assessment structure:

Practical – now 40% from 3 sports (30%) and an Analysis of performance and personal exercise plan.(10%) Constant assessment over 3 years, however final controlled assessment over 2 days near Easter of year 11. ! day is moderated by external Edexcel moderator. Theoretical studies - 70% via end of year 11 exam

Subject specific websites to support revision and independent learning:

GCSE Pod for GCSE PE. BBC bitesize. Youtube clips are always of benefit to develop understanding. BBC sport academy website covers a variety of sports, offering videos and text to develop techniques and tactical awareness. Teachpe.com is a good how to teach sports website. Sportplan.net covers a wide variety of drills that can be completed to develop a sporting activity. PE4learning.com. S-cool.co.uk. mypeexam.org

Recommended subject guides:

Revise Edexcel GCSE Physical Education – Revision workbook ISBN 978-4469-0363-6
Revise Edexcel GCSE Physical Education–Revision Guide ISBN 978-1-4469-0362-9
Results plus revision GCSE PE. Student book & CD ISBN 9781846905889

Additional Information:

All controlled assessment is carried out in year 11

- PEP January year 11
- AOP March year 11
- Practical final grade Easter year 11

PE

Year 10

Topics Studied:

Boys core PE – similar to KS3 however adding trampolining, circuits and football are added.

Girls core PE – similar to KS3 however aerobics trampolining & football are added.

GCSE PE – Year 2

1 theory and practical lesson each week

- Benefits of physical activity. Health Key terms. Health related exercise. Fitness testing methods. Sports development. How to devise your own training programme. How to complete a risk assessment
- Practically similar to year 9 however adding circuits, rounders, swim strokes, climbing.

Exam Board: Edexcel

Assessment structure:

Practical – 60% from 4 sports (50%) and an Analysis of performance and personal exercise plan.(10%) Constant assessment over 3 years, however final controlled assessment over 2 days near Easter of year 11. 1 day is moderated by external Edexcel moderator. Theoretical studies - 70% via end of year 11 exam

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Additional Information:

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- PEP January year 11
- AOP March year 11
- Practical final grade Easter year 11

PE

Year 11

Topics Studied:

Boys core PE – similar to year 10 however adding volleyball is added.

Girls core PE – similar to year 10 however circuits is added.

GCSE PE – Year 3

1 theory and practical lesson each week

- PEP – 6 week programme part of controlled assessment, AOP, target zones, blood shunting and exam technique revision for all earlier areas.
- Revision of practical areas getting ready for the controlled assessment at Easter.

Exam Board: Edexcel**Assessment structure:**

Practical – 60% from 4 sports (50%) and an Analysis of performance and personal exercise plan.(10%) Constant assessment over 3 years, however final controlled assessment over 2 days near Easter of year 11. 1 day is moderated by external Edexcel moderator. Theoretical studies - 70% via end of year 11 exam

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Additional Information:

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- AOP March year 11
- Practical final grade Easter year 11