

# PE

## Year 7

**Topics studied:**

Boys – Rugby, hockey, handball, fitness, basketball, athletics and cricket/softball.  
Girls – Hockey, netball, handball, tag rugby, dance, 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.

## Year 8

**Topics studied:**

Boys – Rugby, handball, fitness, hockey, basketball, athletics and cricket/softball.  
Girls – Hockey, netball, handball, touch rugby, dance, 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.

## Year 9

**Topics Studied:**

Boys core PE – Rugby, handball, hockey, basketball, football, trampolining, rackets, athletics and cricket/softball.

Girls core PE – Hockey, netball, handball, rugby, rackets, dance, athletics and rounders

**GCSE PE – Year 1**

1 theory and practical lesson each week.

- Theory year 1 teaches basic anatomy and physiology looking at muscles, bones, respiratory, cardiovascular system and biomechanics.
- 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:**

OCR

**Assessment structure:**

Milestone assessments every half term based on the information taught to check students progress.

**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:**

1. OCR GCSE (9-1) PE Second Edition by Hodder Education ISBN: 9781471851728
2. OCR GCSE (9-1) PE Second Edition Student eTextbook by Hodder education ISBN: 9781471878350
3. GCP Physical Education Complete Revision & Practice - for the Grade 9-1 Course (with Online Ed) ISBN: 978 1 78294 531 4

**Additional Information:**

All controlled assessment is carried out in year 11

- AOP September - January year 11
- Practical final grade by March year 11

## Year 10

**Topics Studied:**

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

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

GCSE PE – Year 2

- Effects of Exercise, Components of Fitness, Principles of Training, Preventing Injury, Socio-Cultural Influences, Commercialisation, Drugs and Violence,
- Practically similar to year 9 however adding circuits, rounders, swim strokes, climbing.

**Exam Board:**

OCR

**Assessment structure:**

Milestone assessments every half term based on the information taught to check students progress. Mock exam in June end of year exams – Full past paper

**Subject specific websites to support revision and independent learning:**

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**Additional Information:**

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- Practical final grade by March year 11

## 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

- theory and practical lesson each week
- Sports Psychology, Health, Fitness and Well-Being, Diet and Nutrition Anatomy and Physiology revisited and exam technique revision for all earlier areas.
- Revision of practical areas getting ready for the controlled assessment at Easter..

### Exam Board:

OCR

### Assessment structure:

1. Applied anatomy and physiology Physical training – 1 x 60 minute exam. (30%)
2. Socio-cultural influences Sports psychology Health, fitness and well-being – 1 x 60 minute exam. (30%)
3. Practical activity assessment Analysing and Evaluating Performance (40%) Selection of students asked to perform at a designated assessment centre.

### 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

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### Additional Information:

All controlled assessment is carried out in year 11

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