

Department Title: Physical Education

Exam Boards: GCSE: AQA

A Level: OCR

Department Vision:

The PE Department aims to inspire and motivate students to get involved in exercise, sports and activities, both in school and in later life. It is our ethos that students of all abilities are given the opportunity to develop physically, cognitively and socially through physical activity. Lessons are taught through different themes of learning where students are able to take part in a wide range of games and sports, working both individually and in teams. They will be taught how to improve their technical skills as well as evaluate how different tactics and strategies can be used to outwit an opponent. Students are also encouraged to engage in the competitive aspect of sport, where we have seen recent success at District, County and National Levels.

Year 7: Term 1

Topic 1:
Performing at Maximum levels/
Exercising safely and effectively

Topic 2:
Outwitting opponents/ Identifying and
solving problems

Year 7: Term 2

Topic 1: Accurate replication / Exploring
and communicating ideas, concepts and
emotions.

Topic 2: Outwitting Opponents/
Performing at Maximum levels

Year 7: Term 3

Topic 1 :
Outwitting Opponents / Accurate
replication of movements.

Topic 2:
Performing at maximum levels /Accurate
replication of movements

Year 8: Term 1

Topic 1:
Exercising safely and effectively

Topic 2:
Outwitting opponents/ Identifying and
solving problems

Year 8: Term 2

Topic 1: Accurate replication / Exploring
and communicating ideas, concepts and
emotions.

Topic 2: Outwitting Opponents/
Performing at Maximum levels

Year 8: Term 3

Topic 1 :
Outwitting Opponents / Accurate
replication of movements .

Topic 2: Camp - Identifying and solving
problems / Exploring and communicating
ideas, concepts and emotions.

Year 9: Term 1

Topic 1:
Performing at Maximum levels/ Exercis-
ing safely and effectively

Topic 2: Exploring and communicating
ideas, concepts and emotions. / Per-
forming at maximum levels.

Year 9: Term 2

Topic 1: Accurate replication / Exploring
and communicating ideas, concepts and
emotions.

Topic 2: Outwitting Opponents/
Performing at Maximum levels

Year 9: Term 3

Topic 1 :
Outwitting Opponents / Accurate
replication of movements.

Topic 2:
Performing at maximum levels /
Outwitting opponents

Year 10: Term 1

Section 3 Physical Training

Section 1 Applied Anatomy and
Physiology

Practical assessments in Rugby and
Football

Year 10: Term 2

Section 2 Movement Analysis

Section 4 Sports Psychology

Practical assessments in Basketball,
Table Tennis and Badminton

Year 10: Term 3

Continuation of Sports Psychology

Section 5 Socio-Cultural influences

Practical assessments in Athletics, Tennis
and Cricket

| | | |
|--|---|---|
| <p><i>Year 11: Term 1</i></p> <p>Section 6 : Health, Fitness and Well-Being</p> <p>Final practical assessments</p> <p>Begin Performance Analysis</p> | <p><i>Year 12: Term 2</i></p> <p>Practical Performance assessment and Performance Analysis assessment</p> | <p><i>Year 11: Term 3</i></p> <p>Exam Preparation :- sample /exemplar questions and answers, past papers</p> |
| <p><i>Year 12: Term 1</i></p> <p>Topic 1 Acquisition of Skill Exploring how we develop motor skills and the factors that help or hinder these.</p> <p>Topic 2 Anatomy & Physiology Developing and understanding of how the human body works.</p> | <p><i>Year 12: Term 2</i></p> <p>Topic 1 Sport Psychology Exploring how personality affects level of performance in sport.</p> <p>Topic 2 Anatomy & Physiology Respiration and the effects of Altitude.</p> | <p><i>Year 12: Term 3</i></p> <p>Topic 1 Socio-cultural aspects of sport. Understanding issues in modern sport, including the importance of global sporting events such as the Olympics.</p> <p>Topic 2 Biomechanics Movement analysis in sport.</p> |
| <p><i>Year 13: Term 1</i></p> <p>Topic 1 Acquisition of Skill Exploring how confidence and leadership affect performance</p> <p>Topic 2 Anatomy & Physiology Developing and understanding of how different energy systems are used in sport.</p> | <p><i>Year 13: Term 2</i></p> <p>Topic 1 Sport Psychology Attributions for success and failure in sport.</p> <p>Topic 2 Exercise Physiology How to develop a personalised training programme.</p> | <p><i>Year 13: Term 3</i></p> <p>Topic 1 Socio-cultural aspects of sport. Understanding the origins of sport and the effect of the Golden Triangle on 21st century sport.</p> <p>Topic 2 Biomechanics Applied movement analysis in sport/ Understanding the effects of Forces on the body.</p> |

Assessment:

Assessment in Physical Education take place both formally, during end of unit tests and also informally throughout the lesson. Students are encouraged to recognise the strengths and weaknesses of their peers in order to support their learning. Taking the opportunity to lead activities and as such demonstrate the own level of understanding.

In GCSE and A level, the assessment guidelines are set by the awarding bodies and the department reflect on this in their feedback and throughout their teaching to allow students to understand their level of progress.

Reading list/Useful websites:

Current Key Text : PE for A level by John Honeybourne & Sarah Powell

Additional Texts

Bonney D. et al, Advanced PE for OCR: A2 (Student Book), Heinemann, ISBN 0 435 50612 9

Bonney D. et al, Advanced PE for OCR: A2 (Teacher Resource Pack – includes CD-ROM),

Heinemann, ISBN 0 435 50608 0 (Due to be published Oct 2004)

Related Careers:

GCSE and A level PE are popular subjects for students looking to go into a career in sport. Physiotherapy, Sports Psychology and Teaching, are all courses that students have read at University. Whilst Sports Science has been an increasingly popular choice with the ever growing market in the leisure industry.