

Quality of Education: Curriculum is planned and sequenced so that new **knowledge** and **skills** build on what has been taught before and towards its clearly defined end points.

SUBJECT: Physical Education CURRICULUM PROGRESSION PATHWAYS CL: Mrs L. Bunning / Mrs M. Duncan				
KS3 (Level 1) Core PE	KS4 (Level 2) Core/Tech Award in Sport:	KS5 (Level 3) BTEC Sport: Extended Certificate	Further Education and training	Careers
<p>KS3 Core Physical Education (Yr7-9)</p> <p><u>Practical: Core skills & concepts</u> Students study at least 6 activities during a year which include Football, Netball, Dodgeball, Gymnastics, Badminton, OAA/Fitness, Rugby, Handball, Cricket, Rounders, Athletics and Tennis. They develop their practical skills & understanding of the rules of the games along with improving their own physical fitness and knowledge of a healthy, active lifestyle in the process.</p> <p><u>Knowledge</u> There is a termly Knowledge Organiser which Yr7--9 study for homework based on topics related to a healthy active lifestyle including Warm-up & Cool down, Components of fitness, The Skeletal System, Joints, Methods of Training, Immediate effects of exercise, Nutrition, Principles of Training and Long-term effects of exercise.</p> <p>In Year 9 students revisit and refine key skills in depth and</p>	<p>Tech Award in Sport - Year 10</p> <p>Component 1: Preparing Participants to Take Part in Sport and Physical Activity Explore the different types and provision of sport and physical activity available for different types of participants, barriers to participation and ways to overcome these barriers to increase participation in sport and physical activity. Research equipment and technological advances in a chosen sport or physical activity and know how to prepare our bodies for participation in sport and physical activity, understand the responses of the cardiorespiratory system and musculoskeletal system during warm-up.</p> <p>Component 2: Taking Part and Improving Other Participants Sporting Performance. Investigate the components of fitness and their effect on performance, take part in practical sport, explore the role of officials in sport and learn to apply methods and sporting drills to improve other participants' sporting performance.</p> <p>KS4 Core PE Yr. 10 Implementation of greater tactical application in a more recreational approach to lessons aiming to promote physical activity levels through competitive situations in sports where skills were developed in KS3. <i>Sports studied include Netball, Football, Fitness, Dodgeball, Basketball, Athletics, Rounders and Tennis.</i></p> <p>Tech Award in Sport – Year 11</p>	<p>Year 12</p> <p>Unit 1: Anatomy & Physiology Explore the structure of the skeletal, muscular, cardiovascular, respiratory and energy systems as well as additional factors which affect sport and exercise performance. Understand the interrelationships between these body systems.</p> <p>Unit 2: Fitness Training and Programming for Health, Sport & Wellbeing Learners explore client screening and lifestyle assessment, fitness training methods and principles and fitness programming to support improvements in a client's health and well-being and nutritional needs.</p> <p>Unit 3: Professional Development in the Sport Industry Understand the career and job opportunities in the sports industry. Explore own skills using a skills audit to inform a career development action plan. Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway. Reflect on the recruitment and selection process and individual performance.</p>	<p>Degree level Sport courses</p> <p>Apprenticeship in Sport Sector</p> <p>Teacher Training and Education</p> <p>Specialist employment training.</p> <p>Sport Governing body qualifications</p> <p>Health and Safety Executive (HSE) First Aid qualifications</p>	<p>Health and Fitness Instructor</p> <p>PE Teacher</p> <p>Physiotherapist</p> <p>Sports Coach,</p> <p>Leisure Centre Assistant,</p> <p>Nutritionist</p> <p>Sports Psychologist</p> <p>Sports Official</p>

Core knowledge and skills mapped across the curriculum

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<p>further develop advanced skills, techniques and tactical strategies within game application.</p> <p><u>Knowledge</u> In Yr. 9 Knowledge is closely linked to topics studied in the Sport qualification course to provide a foundation for further study at KS4. Topics include - Nutrition, Principles of Training, Long term effects of exercise, respiratory system, sports psychology and basic fitness testing.</p>	<p>Component 3: Developing Fitness to Improve Other Participant's Performance in Sport and Physical Activity. Develop an understanding of the importance of fitness and the different types of fitness for performance in sport and physical activity. Develop an understanding of the body and fitness testing.</p> <p>KS4 Core PE Yr. 11 Continuation of the recreational approach to lessons in Yr. 10 aiming to promote physical activity levels through competitive situations and promote a healthy, active lifestyle in later life. <i>Sports studied include Netball, Football, Fitness, Dodgeball, Basketball, Athletics, Rounders and Tennis.</i></p>	<p>Year 13 Revisit Unit 1&2 for retakes Unit 5: Application of fitness Testing Learners gain an understanding of the requirements of fitness testing and learn how to safely conduct a range of fitness tests for different components of fitness.</p>		
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