

PE LEARNING JOURNEY



UCAS

Apply for University through UCAS or alternative post 18 Sport courses

Big Ideas for Physical Education

1. Allows competition/ Thinking competitively
2. Physically confident / competent – skills taught in a unique way
3. Personal characteristics – teamwork/leadership
4. Physical fitness
5. Mind and body (resilience) developing physical and mental.
6. Improve and sustain social & emotional well-being



Study Sport Science at University in a range of Sport courses or related

Enter into Employment or Training in Sports Industry

Level 3 Sport students complete only coursework in units 8 and 17



Organisation and running of house matches OCR unit 8



YEAR 13

Take a gap year, travel the world and embrace the world



Final Course Results / external moderation

Further Sports Leadership opportunities: Umpiring Badminton / Rounders competition

Choose Level 3 OCR Sport or A Level PE

A Level Physical Education



University visits and lectures. Fitness testing in labs



OCR Unit 1 and 3 exams

KEEP FIT AND LOVE P.E

YEAR 12



Opportunities to support in PE Department

Work Experience opportunities in sport

House matches-officiating and coaching

Sports Personality Awards

Professional Development lectures

6th form choices, careers advice & promotion / taster sessions.

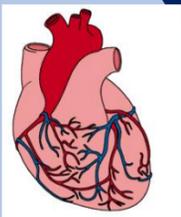
GCSE PE pathway – Students study the social-cultural, media, injuries and psychological aspects of PE

GCSE PE students – take their mock exams

OCR Cambridge National - R180 Exam

Core PE pathway - Lifelong Love for PE / Sport and Physical Activity with students offered activity choices

Sit the GCSE PE exam



KS4 theory: applying theoretical knowledge and understanding of the body systems and applying them to sporting examples

Core PE pathway - Students enjoy choosing their practical options in KS4 developing the technical, tactical and physical aspects of those activities studied in Key Stage 3. The health & fitness students are timetabled with the Core PE pathway students for their practical lessons

GCSE PE Theory pathway – Students will study the body systems (skeletal, muscular, circulation and respiratory) and long and short term effects of exercise. Assessments will be sat after each topic

OCR SPORTS SCIENCE- Students to complete their 6 week training programs linked to the Principles of Training

Representing their house on sports day



Year 11

KS4 Practical: Development of techniques, tactics, and leadership skills, to promote lifelong participation

Take part in a range of Fitness activities – Wellbeing focus

Students continue to study either Examination or core PE

GCSE PE students in practical Will choose their Team/individual sports

AQA GCSE Physical Education

Sports leadership opportunities

Health & Fitness & core PE students in practical will choose a summer activities.



New activities in core PE

Transfer your skills to new sports Basketball, Handball

OCR Cambridge National Sports Science Course

Opportunity to discuss option choices for PE

Opportunity to participate in Inter-house competitions



Aim higher Can you improve as a performer, coach, official?

Skill & tactical development in invasion games Netball, Hockey, Football, Rugby, Basketball, Handball

Health & Fitness Students develop their understanding of the skeletal system

Skill & tactical development in Athletics, Tennis, Cricket, Rounders & softball



Technical and tactical skill development

Opportunity to represent the school in fixtures & events

Get involved in a range of other Extra curricular activities – Including Football, Rugby, Netball and Hockey.

Year 9

Enjoyment of physical activity and development skills, rules and basic tactics



Experience Athletics, Striking & fielding

Compete in various sports events for the school or you house

Experience a range of team/invasion games

Develop basic skills and multi skills and tactics



Year 7 & 8

Health & Fitness Students develop their understanding of the skeletal system

Experience Gymnastics and Dance

Develop their understanding of major muscles locations.

Involvement in extra curricular-try something new

Develop a curiosity about how your body moves and enjoying being active



Students develop the confidence to take part in different physical activities in a variety of different roles and learn about the value of healthy, active lifestyles. How and where to get involved in physical activity helps them make informed choices about lifelong physical activity.