



Highsted
Grammar School

To succeed in sport through inclusive opportunities to develop their physical and mental self and promoting the ideal that 'sport is for all'.

Physical Education Curriculum Map

A Level Physical Education



SCAN HERE to see the A Level PE Specification

A Level Physical Education Breakdown

Examination - 70%
Practical Assessment - 15%
Analyse & Evaluate Performance - 15%

SCAN HERE to see the requirements for the GCSE NEA Coursework Criteria.



SCAN HERE to see GCSE AQA LEVEL PE specification and the content you will cover in more detail.



Physical Training

Learners will develop their knowledge of the components of fitness required for physical activities and how each can be measured, by applying training principles to training programmes, along with knowing how to optimise their training and prevent injury.



Commercialisation, Ethical and Socio-Cultural Issues

Learners will understand the socio-cultural barriers aimed to increase participation through promoting inclusion, diversity and equality in sport.

Sport Psychology

Learners will understand the psychological factors that can affect performers and develop knowledge of the characteristics and classification of skilful movements, along with goal setting, guidance and feedback, and mental preparation to enable them to cope with the demands.



CORE PHYSICAL EDUCATION

Students in KS4 will focus on participation to develop enjoyment and promote long term engagement to lead active lives into adulthood through participation in a diverse range of activities (invasion games, striking, net/wall and fitness).

YEAR 11

Aerobic and Anaerobic Exercise
Learners will develop knowledge of the short and long-term effects of exercise on the body systems, and how these effects can impact on physical fitness and performance.



Anatomy & Physiology
Learners will develop knowledge and understanding of the body systems, bones, muscles and movement planes that are important to physical activity.

Health, Fitness & Well-Being
Learners will learn about the physical, emotional and social benefits of exercise as well as the consequences of a sedentary lifestyle.

YEAR 10

Lead a healthy and active lifestyle

Your lessons will look at fitness and health taught in practical lessons, fitness sessions, heart rate, training zones, and information on how this impacts on performance.



Rounders

You will learn about bowling, batting, fielding, positioning and tactical play within this striking activity and apply it to others like cricket

Athletics

In lessons you cover the three disciplines of athletics: Throws, Runs and Jumps. You will develop an understanding of the basic technique required for each event and develop these techniques.



YEAR 9

Terms 5 and 6

Tag Rugby

You will develop an understanding of the game, whilst developing core skills such as passing, and evading being tagged.



Tennis

Your lessons will cover the basic strokes – forehand, backhand, volley and serve and apply these to drills/games with increasing control.



Fitness

Your lessons will look at how fitness impacts sports performance, using heart rate and intensity to exercise

Volleyball/Newton Ball

Your lessons will look at attacking shots and defensive shots, serving and the basic rules of the game.



Options



GCSE Physical Education

Examination - 60%
Practical Assessment - 30%
Analyse & Evaluate Performance - 10%

Gymnastics

You will develop the basic components of a routine, which focus on balances, rotations, travel and jumps. Then develop counter balance and tension and flight.

Dance

You will learn to create dances in different styles in each year from Y7-9, including travel, turns, gestures and elevation, with motifs reflecting the theme.



Handball/Basketball

You will learn about throwing technique, blocking, catching and both attacking/defensive tactics in KS3.



Badminton

Your lessons will look at attacking shots and defensive shots, serving and the basic rules of the game in KS3 with links to other net/wall activities.



Terms 3 and 4

Football

You will develop passing, dribbling, shooting and both attacking /defensive aspects of the game with increasing demand and apply this to other invasion games.



Term 1 and 2

YEAR 7

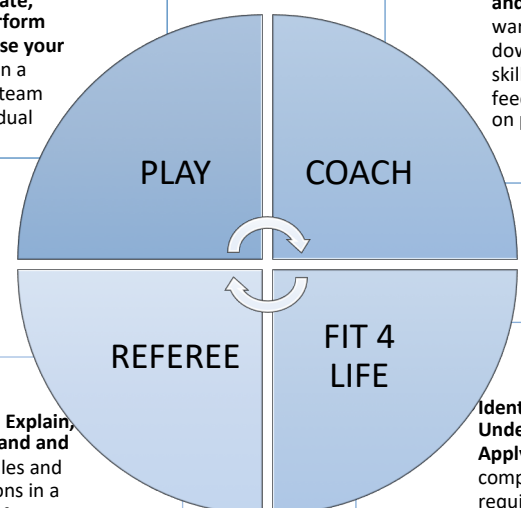
Netball

You will learn about outwitting opponent's - passing, footwork, shooting, positions, attacking and defending applied to game scenarios.



START

• Demonstrate, Apply, Perform and Analyse your skills within a variety of team and individual sports



• Organise, Lead and Understand warm-up, cool downs, drills and skills and give feedback to peers on performance

• Identify, Explain, Understand and Apply the rules and regulations in a variety of sports

Identify, Explain, Understand and Apply the components of fitness required for successful performance