# Physical Education Curriculum Overview

Study Sport at College in a range of Sport courses or related

Enter into, Employment or Training in Sports Industry

EXAM

Alternative Post 16 options

Lifelong Love for PE / Sport and Physical Activity

R184- TA5 The use of technology in sport

R184- TA4 The role NGBs play in the development of their sport

R184- TA3 The implications of hosting a major sporting event for a city or country

R184- TA1 Issues which affect participation in sport

R184- TA2 The role of sport in promoting values

## YEAR 11

R187- TA1 Provision for different types of OAA activities in the UK

R187- TA2 Equipment and clothing and safety aspects of OAA

R187- TA3 Plan for and be able to participate in OAA

R187- TA4 Evaluate participation in OAA

R185- TA5 Reviewing your own performance in planning and leading a sports activity

R185- TA4 Leading a sports activity session

R185- TA3 Organising and planning a sports activity session

R185- TA2 Applying practice methods to support improvement in a sporting activity

R185- TA1 Key components of performance

## YEAR 10

Sports day

Identify a training method that can improve performances in a range of sports.

Time to choose KS4 options

Core PE

Be able to effectively lead a warm up with a sports specific activity

Be able to effectively lead a game or training session

Maintain Teams / clubs aiming for Max participation

Explain the components of fitness required to be successful in a range of sports.

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## YEAR 9

Sports day

Apply/ continue to become a Wellacre Sports Ambassador

Perform accurate and fluent skills and techniques

Plan and deliver sports activities to improve performance

Identify a training method that can improve performances in a range of sports.

Identify the components of fitness in a range of sports.

Explain the short and long term effects of exercise

Be able to effectively lead a warm up

Maintain Teams / clubs aiming for Max participation

Maintain routines and standards within PE

Apply/ continue to become a Wellacre Sports Ambassador

Explain the components of fitness required to be successful in a range of sports.

## YEAR 8

Get involved in a range of Extra curricular activities

Greater leadership opportunity / independence

Identify a range fitness components needed to be successful

Link and combine skills with control and coordination

Sports day

Explain the short and long term effects of exercise.

Apply to become a Wellacre Sports Ambassador

Understand the importance of a warm up

Identify the different food groups in the Eatwell Guide.

Learn how to lead a 3 part warm up.

Understand why it is important to live a healthy active lifestyle.

Work cooperatively with others as a team

Learn routines and standards within PE

## YEAR 7

Trial and compete in teams

Perform simple skills with control and accuracy

Get involved in a range of Extra curricular activities

Compete in sports events

Develop basic sport skills

Experience a range of new physical activities

Plan what you are going to get involved in as part of the Extra curricular programme

Visit the school and experience PE sessions.

Gain a basic awareness of how to control your body

Experience a range of fun games to engage

## PRIMARY

Develop a love of being active

Develop a curiosity about how your body moves

SIGN ME UP

LET'S GO

"I've failed over and over again in my life and that is why I succeed"- Michael Jordan