

## A Level Physical Education



SCAN HERE to see the KS5 PE curriculum

### KS5 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 and understand of the components of fitness required for physical activities and how each can be measured, be able to apply training principles to training programmes, along with knowing how to optimise training and prevent injury.



### Ethical & Socio-Cultural Issues

Learners will understand the ethics in sport including sportsmanship, gamesmanship and deviance. The effects of drugs in sport and why performers take them will be understood along with reasons for player violence.

### Sport Psychology

Learners will understand the psychological factors that can affect performers. Learners will also develop knowledge of the characteristics and classification of skillful movements, along with goal setting, guidance and feedback, and mental preparation.



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 understand the benefits of participating in physical activity to health, fitness and well-being. Learners will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle.

**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 unit.

### Cricket

Your lessons will look at developing batting, bowling, fielding and applying tactics within the game.

### Athletics

Your lessons will be covering the three disciplines of athletics: Throws, Runs and Jumps. You will develop an understanding of the basic technique required for each event.

YEAR 9

Terms 5 and 6

YEAR 10

Options



**KS4 Physical Education**  
Examination – 60%  
Practical  
Assessment – 30%  
Analyse & Evaluate  
Performance – 10%



### Tag Rugby

You will develop an understanding of the game, whilst developing core skills such as passing, tackling.



### Tennis

Your lessons will cover the basic strokes – forehand, backhand, volley and serve and apply these to short tennis games with control

### Fitness

Your lessons will look at weight techniques and heart rate. How health impacts sports performance.



### Volleyball/Newton Ball

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



### Handball

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.

### Gymnastics

You will be developing the basic components of a routines, which focus on Balances, Rotations, Travel and Jumps and Sports Arco and Flight...

### Dance

You will learn to create dances in different styles in each year from Y7-9, including travel, turns, gestures and elevation



Terms 3 and 4

YEAR 8

### Football

Your lessons will be tailored towards developing passing, shooting and both attacking/defensive aspects of the game.



Terms 1 and 2

YEAR 7

START

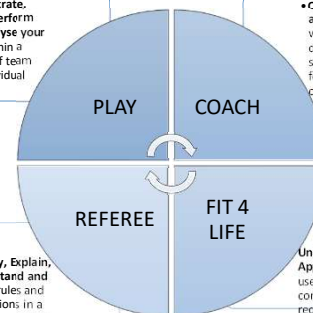


### Netball

You will be learning about passing, footwork, shooting, positions, attacking and defending applied to game scenarios

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

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



• Organise, Lead and Understand Warm-ups, cool downs, drills and skills and give feedback to peers on ability

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