

## **Key Stage 3**

Pupils study PE to develop their physical, social and emotional wellbeing. The PE department aim to provide a challenging curriculum to allow all students to achieve beyond their expectations. The PE department will offer a healthy, lifelong love of physical activity and would like pupils to be part of a team, develop positive attitudes towards sport and enhance skills and knowledge of a variety of activities.

Pupils will develop physical and technical sporting skills, with a focus on mental skills such as perseverance, resilience, determination and confidence.

Our aim is to ensure all pupils possess the skills to be motivated to compete in a variety of sporting activities and enjoy a lifelong engagement with physical activity.

In lessons sporting activity is linked to basic human anatomy and physiology.

## **Key Stage 4**

### ***Core PE***

PE at Sweyne Park School aims to develop further the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in our children now and for their future. Physical fitness is an important part of leading a healthier lifestyle. It teaches self-discipline and that to be successful you must work hard, show resilience and have the determination to believe that anything can be achieved. The aim of the PE staff is to encourage pupils to feel that they belong as part of a team, believe in their potential and become the best they can be.

### ***GCSE PE***

Pupils will continue to develop their confidence, motivation, physical competence, knowledge and understanding and take more responsibility for engagement in physical activities.

Pupils will further develop their knowledge of human anatomy and the effect of exercise on the body's physiology. The course features the understanding of the different forms of training to develop skills and specific fitness for a variety of sporting activities. The course involves understanding the effects of psychology on optimal sporting performance. The pupils will further develop their awareness and knowledge of sporting current affairs.

### ***Sports Studies***

Sports Studies takes a more sector-based focus, whilst also encompassing some core sport/physical education themes. Learners have the opportunity to apply theoretical knowledge about different types of sport and physical activity, skills development and sports leadership to their own practical performance.

Pupils will also learn about contemporary issues in sport such as funding, participation, ethics and role models, and sport and the media. Learners will develop an appreciation of the importance of sport locally and nationally, different ways of being involved in sport and of how this shapes the sports industry.

### **Key Stage 5**

Students will build on their knowledge through their studies at Key Stage 4, be it in GCSE PE or Science. Through small classes and outstanding and engaging teaching pupils will be able to delve deeper into the intricate working of the human body and study the effects that different types of exercise have on the physical, psychological and biomechanical systems. Pupils will also begin to learn the social impact sport has had throughout history.

By gaining a greater understanding of such topics, pupils will be able to implement these into their own sporting endeavours to boost their performance.

Pupils will be inspired by studying the human body and sport at this level of detail and will be motivated to pursue university placements to further advance their education.

Core PE				
Year 7	Year 8	Year 9	Year 10	Year 11
<p>Replication of events, techniques, movements and core skills.</p> <p>Developing understanding of warm ups &amp; cools downs</p> <p>Developing physical literacy</p> <p>Develop knowledge of rules and roles within the game.</p> <p>Outwitting an opponent in a competitive situation.</p> <p>Aesthetics, controls body movements and body management, sequencing and movement patterns.</p>	<p>Replication of events, techniques, movements and core skills and challenging physical capacity.</p> <p>Understanding the role, the heart and lungs within exercise/sport</p> <p>Importance of teamwork and co-operation.</p> <p>Develop the knowledge and understanding of the rules and roles within the game.</p> <p>Outwitting opponents in attacking phases</p> <p>Develop decision making and problem solving</p> <p>Aesthetics, controls body movements and body management, sequencing and movement patterns.</p>	<p>Replication of skills and challenge physical limits</p> <p>Understanding ways of creating scoring opportunities</p> <p>Understanding of a warm up and the heart and lungs functions.</p> <p>Development of leadership and communication skills.</p> <p>Develop creative learner and reflective thinkers.</p> <p>Develop peer and self-assessment.</p> <p>Refine skills to overcome challenges.</p>	<p>Replication of advanced skills.</p> <p>Increasing anticipation of opponent's performances.</p> <p>Leading warm ups for specific physical activities.</p> <p>Establishing leadership and communication skills</p> <p>Increased awareness of healthy active lifestyles.</p> <p>Established roles within the game and be able to contribute to overall performance.</p> <p>Established awareness of strengths and weakness of own and other performances.</p>	<p>Replication of advanced skills.</p> <p>Increasing anticipation of opponent's performances.</p> <p>Leading warm ups for specific physical activities.</p> <p>Establishing leadership and communication skills</p> <p>Increased awareness of healthy active lifestyles.</p> <p>Established roles within the game and be able to contribute to overall performance.</p> <p>Established awareness of strengths and weakness of own and other performances.</p>
Assessment				
<ul style="list-style-type: none"> <li>• Immediate feedback from teachers.</li> <li>• Feedback from peers</li> <li>• End of unit assessment including the skills, tactics and a competitive situation.</li> </ul>				

**Examination Subjects**

GCSE		Sports Studies		A level	
Year 10	Year 11	Year 10	Year 11	Year 12	Year 13
<p><b>Anatomy &amp; Physiology</b></p> <ul style="list-style-type: none"> <li>• Muscular- skeletal system</li> <li>• Cardio – respiratory system</li> <li>• Aerobic &amp; anaerobic exercise.</li> </ul> <p><b>Movement Analysis</b></p> <ul style="list-style-type: none"> <li>• Levers</li> <li>• Planes &amp; axes</li> </ul> <p><b>Physical Training</b></p> <ul style="list-style-type: none"> <li>• Components of fitness</li> <li>• Principles of training</li> </ul> <p><b>Sport Psychology</b></p> <ul style="list-style-type: none"> <li>• Skill &amp; Ability</li> <li>• Information processing</li> <li>• Arousal</li> <li>• Personality</li> </ul> <p><b>Practical - NEA</b></p> <ul style="list-style-type: none"> <li>• Variety of sporting activities</li> </ul>	<p><b>Analysis of Performance - NEA</b></p> <ul style="list-style-type: none"> <li>• Written coursework</li> </ul> <p><b>Socio cultural issues</b></p> <ul style="list-style-type: none"> <li>• Participation</li> </ul> <p><b>Commercialisation</b></p> <ul style="list-style-type: none"> <li>• Sponsorship &amp; sport</li> <li>• Media &amp; sport</li> <li>• Technology and sport</li> </ul> <p><b>Ethical Issues</b></p> <ul style="list-style-type: none"> <li>• Player conduct</li> <li>• Prohibited substances</li> <li>• Spectator behaviour</li> </ul> <p><b>Health &amp; Fitness</b></p> <ul style="list-style-type: none"> <li>• Well-being</li> <li>• Somatotypes</li> <li>• Diet &amp; nutrition</li> </ul> <p><b>Practical - NEA</b></p> <ul style="list-style-type: none"> <li>• Variety of sporting activities</li> </ul>	<p><b>Contemporary issues in sport</b></p> <ul style="list-style-type: none"> <li>• Participation &amp; sport</li> <li>• Role of sport in promoting values</li> <li>• Hosting major sporting events</li> <li>• Role of national governing bodies</li> </ul> <p><b>Sport and the Media</b></p> <ul style="list-style-type: none"> <li>• How is sport covered in the media?</li> <li>• Positive effects media has on sport</li> <li>• Negative effects media has on sport.</li> <li>• Relationship between sport and the media</li> <li>• Evaluate media coverage of sport.</li> </ul>	<p><b>Sports Leadership</b></p> <ul style="list-style-type: none"> <li>• Personal qualities, styles, roles &amp; responsibilities associated with effective sports leadership</li> <li>• Plan a sports activity session</li> <li>• Deliver a sports activity session</li> <li>• Evaluate performance in delivering a sports session.</li> </ul> <p><b>Developing Sports Skills</b></p> <ul style="list-style-type: none"> <li>• Skills, techniques tactics as an individual performer</li> <li>• Skills, techniques tactics as a team performer</li> <li>• Officiate in a sporting activity</li> <li>• Apply practice methods to support improvement in a sporting activity.</li> </ul>	<p><b>Anatomy &amp; Physiology</b></p> <ul style="list-style-type: none"> <li>• Skeletal &amp; muscular systems</li> <li>• Cardiovascular respiratory system</li> </ul> <p><b>Exercise Physiology</b></p> <ul style="list-style-type: none"> <li>• Diet &amp; nutrition</li> <li>• Preparation and training methods</li> </ul> <p><b>Biomechanics</b></p> <ul style="list-style-type: none"> <li>• Newtons laws of motion, force and use of technology</li> <li>• Stability and lever systems.</li> </ul> <p><b>Skill Acquisition</b></p> <ul style="list-style-type: none"> <li>• Classification of skills</li> <li>• Methods of practice</li> <li>• Transfer of skills</li> <li>• Learning theories</li> <li>• Guidance &amp; FB</li> </ul> <p><b>Sport Psychology</b></p> <ul style="list-style-type: none"> <li>• Individual differences</li> <li>• Group dynamics</li> </ul> <p><b>Sport &amp; Society</b></p> <ul style="list-style-type: none"> <li>• Evolution of modern sport</li> <li>• Sport in the 2st century</li> <li>• Global sporting events</li> </ul>	<p><b>Anatomy and Physiology</b></p> <ul style="list-style-type: none"> <li>• Energy for exercise</li> <li>• Recovery, altitude and heat</li> </ul> <p><b>Exercise Physiology</b></p> <ul style="list-style-type: none"> <li>• Injury prevention and rehabilitation</li> </ul> <p><b>Biomechanics</b></p> <ul style="list-style-type: none"> <li>• Linear motion</li> <li>• Angular motion</li> <li>• Fluid mechanics and projectile motion.</li> </ul> <p><b>Skill Acquisition</b></p> <ul style="list-style-type: none"> <li>• Memory models</li> </ul> <p><b>Sports Psychology</b></p> <ul style="list-style-type: none"> <li>• Attribution</li> <li>• Confidence &amp; self-efficacy</li> <li>• Leadership</li> <li>• Stress management</li> </ul> <p><b>Contemporary Issues</b></p> <ul style="list-style-type: none"> <li>• Ethics and deviance</li> <li>• Commercialisation and media</li> <li>• Routes to sporting excellence</li> <li>• Modern technology</li> </ul> <p><b>NEA &amp; EAPI</b></p> <ul style="list-style-type: none"> <li>• Practical sporting ability &amp; Evaluation &amp; Analysis of performance.</li> </ul>

Skills & Assessment		Skills & Assessment		Skills & Assessment	
<p><b>AO1:</b> Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p><b>AO2:</b> Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport</p> <p><b>AO3:</b> Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport</p> <p><b>AO4:</b> Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.</p>		<ul style="list-style-type: none"> <li>Recall information regarding contemporary issues in sport</li> <li>Demonstrate knowledge and understanding of social factors that affect performance and participation in sporting activities</li> <li>Identify, plan and carry out a range of activities and exercises that demonstrate personal ability in sporting activities</li> <li>Demonstrate a clear understanding of methods and practices to improve their own, and others' performance in sporting activities</li> <li>Demonstrate awareness of how to meet specific needs when developing and delivering different physical activity programmes</li> <li>Demonstrate clear knowledge of current issues within sport</li> <li>Demonstrate evaluative skills.</li> </ul>		<p><b>AO1:</b> Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.</p> <p><b>AO2:</b> Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport</p> <p><b>AO3:</b> Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport</p> <p><b>AO4:</b> Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.</p>	
Assessment Procedure		Assessment Procedure		Assessment Procedure	
<ul style="list-style-type: none"> <li>End of unit test</li> <li>Teacher assessment</li> <li>Extended writing</li> <li>Q&amp;A</li> <li>Sporting assessment</li> </ul>	<ul style="list-style-type: none"> <li>Written assignment</li> <li>End of unit test</li> <li>Teacher assessment</li> <li>Extended writing</li> <li>Q&amp;A</li> <li>Sporting Assessment &amp; internal &amp; external Moderation</li> <li>External exam</li> </ul>	<p><b>Exam</b></p> <ul style="list-style-type: none"> <li>Comprises short-answer questions, extended-response questions and some use of multiple-choice questions, quality of written communication.</li> <li>External exam</li> </ul> <p><b>Sports Skills</b></p> <ul style="list-style-type: none"> <li>Comprises of centre-assessed tasks</li> <li>Tasks must be based on sports from the approved lists.</li> </ul>	<p><b>Sports Leadership</b></p> <ul style="list-style-type: none"> <li>Written &amp; practical centre assessed tasks</li> </ul> <p><b>Media &amp; Sport</b></p> <ul style="list-style-type: none"> <li>Written centre assessed tasks</li> </ul>	<ul style="list-style-type: none"> <li>End of unit test</li> <li>Teacher assessment</li> <li>Extended writing</li> <li>Q&amp;A</li> </ul>	<ul style="list-style-type: none"> <li>End of unit test</li> <li>Teacher assessment</li> <li>Extended writing</li> <li>Q&amp;A</li> <li>Sporting assessment &amp; internal/external moderation</li> <li>EAPI</li> <li>External Exam</li> </ul>