



Core Concepts

PE

Core concepts - How the theme is developed through the curriculum

Curriculum Themes	Year 7	Year 8	Year 9	Year 10/11 Core	Year 10	Year 11	Year 12	Year 13
Skill Development	Use a range of rules to demonstrate how to overcome opponents in direct competition through team and individual games developing their fundamental technique and improving their performance.	Use a range of defensive tactics and strategies to overcome opponents in direct competition through team and individual games developing their technique and improving their performance.	Use a range of attacking tactics and strategies to overcome opponents in direct competition through team and individual games developing their technique and improving their performance.	Students continue to adopt and refine a range of fundamental skills, defensive and attacking strategies. They perform these skills in competitive and performance based activities with increasing confidence, competence and maturity.	GCSE: Component 3 - practical performance baselining of skills in at least 4 sporting activities	GCSE: Component 3 - final assessment of skills in 3 sporting activities	BTEC National in Sport: Unit 3 - professional development in sport, students practice and refine their leadership skills	BTEC National in Sport: Unit 5 - application of fitness testing, students learn to refine their fitness testing skills
					OCR: R185 - practical sports performance and leadership	OCR: R185 - final practical performance assessment		
Application of skills in Performance	Perform fundamental games skills, dances and/or fitness exercises using a variety of techniques showing appreciation for style and form, working at maximal levels	Perform games skills, dances and/or fitness exercises using a variety of techniques showing appreciation for alternative styles and form, building routines, working at maximal levels	Perform games skills, dances and/or fitness exercises using a variety of techniques showing appreciation for refining technique , and creating routines/programmes with further choreographic devices, working at maximal levels	Students continue to adopt and refine a range of defensive and attacking strategies selecting and applying them with increasingly thoughtful tactics and routines. They apply them in competitive and performance based activities with increasing confidence, competence and maturity.	GCSE: Component 3 - practical performance baselining of application of skills in a competitive environment	GCSE: Component 3 - practical performance final assessment of application of skills in a competitive environment	BTEC National in Sport: Unit 3 - professional development in sport, students apply their leadership skills in real life, practical situations, coaching students from other year groups safely and effectively ensuring they enjoy the physical activity	BTEC National in Sport: Unit 5 - application of fitness testing, students apply their knowledge applying their fitness testing skills by carrying out 6 fitness tests to the best of their ability
					OCR: R185 - practical sports performance in a competitive environment	OCR: R185 - practical sports performance final assessment in a competitive environment		
Analysis and Evaluation	Analyse their performances, commenting on strengths and weaknesses compared to previous ones and demonstrate improvement to achieve their personal best	Analyse their performances explaining strengths and weaknesses compared to previous ones and demonstrate improvement to achieve their personal best	Analyse their performances explaining strengths and weaknesses compared to previous ones and suggesting ways performers can demonstrate improvement to achieve their personal best	Students continue to analyse performances suggesting increasingly accurate and innovative ways for performers to improve	GCSE: Component 1 - fitness and body systems, using AO1, AO2 and AO3 concepts to analyse data and contemporary information to justify the impact on the body and/or environment	GCSE: Component 2 - health and performance, using AO1, AO2 and AO3 concepts to analyse data and contemporary information to justify the impact on the body and/or environment	BTEC National in Sport: Unit 3 - professional development in sport, students analyse their performance in an interview for a job of their choosing as well as their leadership ability during their coaching session	BTEC National in Sport: - Unit 5 application of fitness testing, students evaluate the findings from their fitness tests, suggest ways to improve for their specific client
					GCSE: Component 3 - PEP analysing their own data to evaluate their strengths and weaknesses to create a suitable action plan for improvement			
					OCR: R185 - practical sports performance analysis, identifying strengths and weakness to create an action plan for improvement			



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Understanding of Health and Well-Being	Develop an understanding of the importance of physical activity in contribution to leading a healthy active lifestyle	Develop an understanding of the importance of physical activity in contribution to leading a healthy active lifestyle	Develop an understanding of the importance of physical activity in contribution to leading a healthy active lifestyle	Be able to make decisions about what physical activity they prefer to participate in and learn how to continue with this activity beyond the school environment; developing the independence to continue being physically active	<p>GCSE: Component 1 - fitness and body systems, learning about: This component assesses students' knowledge and understanding of the factors underpinning physical activity and sport performance. Students will develop their theoretical knowledge and understanding of applied anatomy and physiology, movement analysis and physical training.</p>	<p>GCSE: Component 2 - health and performance, learning about: This component assesses students' knowledge and understanding of the factors underpinning participation and performance in physical activity and sport. Students will develop their theoretical knowledge and understanding of the contribution that physical activity and sport make to health, fitness and wellbeing and how these can impact on their own performance. Sports psychology will be introduced, with a focus on skill development, through relevant practice, guidance and feedback, as well as knowledge that learners can then apply to their own learning in practical situations in order to improve their performance. Key socio-cultural influences that can affect people's involvement in physical activity and sport will also be considered.</p>	<p>BTEC National in Sport: Unit 1 - anatomy and physiology, students will learn to understand how the body works, how to train and the specific physiological impact of an exercising on a regular basis.</p>	<p>BTEC National in Sport: Unit 2 - fitness training and programming. Students will learn about lifestyle modification techniques for sleep, exercise, diet, alcohol, smoking and stress, identifying which methods are suitable for a range of different clients. They will also be able to explain the impact of these modification techniques on the clients' physical, social and emotional well-being.</p>
					<p>OCR: R185 - practical sports performance and leadership, students learn how to train for an activity and maintaining a healthy physical, social and mental outlook. They learn to lead with confidence and appreciate the skills this develops which will help them outside of the school environment.</p>	<p>OCR: R184 - contemporary issues in sport, students learn about current issues which affect participation, barriers to overcome, the role of Governing Bodies, the importance of etiquette and positive sporting behaviour, as well as the impact on individuals, communities and the nation, of hosting major sporting events.</p>		
					<p>OCR: R186 - sport and the media, students learn about the impact of the media on increasing participation - and thus the health of the nation, and the impact on sports performers themselves, both socially and mentally</p>			