

Physical Education
Recstudents are targeted as future GCSE students. With changes to the 5 year plan.
the GCSE PE course more enDuring baseline testing at Y7 all HAPS are placed in the mixed group. These difficult than ever before, we can gradually introduce some theoretical elements early on and give these students double units in key assessed sports such as trampolining, netball, handball and badminton.

Year 7- Focus- Creating a love for Physical Education
Baseline testing and grouping
Focus on good basic motor skill development such as throwing, catching, ready position, static balance and dynamic balance, travelling, turning, stopping etc
Swimming and personal survival skills
Gymnastic strength and flexibility
SAQ training
Introduction to skills in striking and fielding, invasion games, net/wall games
Early challenge of gender based stereotypes eg boys trampolining/girls muay thai
Lots of individual contact time on ball

Year 9 Focus – Developing and practicing skills and introducing GCSE theoretical concepts.
Introduction to GCSE Training theory
Introduction of advanced skills
Refereeing larger sided games/External leadership opportunities
Analysing own and others performance
Double units of GCSE practical sports
GCSE options guidance and preparation

Year 11 Focus- Exam technique and preparing students for post 11
Final practical assessments
Exam technique and practice
Sociocultural factors
Sports psychology
Health Fitness and well being
Targeted revision guidance



Physical Education Intents
Why Physical Education?
To improve the mental, physical and social well-being of our students.
To develop in them a lifelong love of physical activity and sport.
To prepare students well for future study in this area.

Year 8 Focus – Broadening sporting Experiences and an introduction to basic GCE concepts.
Improved knowledge of rules
Combining skills under more pressure
Development of swimming strokes
Knowing the anatomical names of muscles and bones
Explaining the immediate effects if exercise
Practicing skills to improve them
Warming up independently
Small sided versions of games

Year 10 –Focus Practical Skill mastery and Theoretical Repetition
Advanced skill mastery in the practical element
Advanced tactics and strategies in full game situation
Knowledge of body systems and applied anatomy
Fitness testing and training theory
PAE coursework preparation and completion
Planes and axes
Movement analysis
Introduction to exam technique

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Physical Education

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Year 11 Focus- Exam technique & preparing students for post 16

- Final practical assessments
- Exam technique and practice
- Sociocultural factors
- Sports psychology
- Health Fitness and well being
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