

Subject: Physical Education

Teachers: Mrs Goodall, Mrs Martin, Mrs Dainty

Exam Board: OCR

NEWPORT GIRLS' HIGH SCHOOL

KS5 CURRICULUM OVERVIEW

Curriculum Intent & Organisation

Students in Year 12 have a one-hour core PE lesson per week. Students have full access to the Physical Education curriculum which is differentiated to meet pupils' learning needs and styles. The Physical Education curriculum is designed to be challenging and appropriate to each pupil's stage of development.

- To be active physically, demonstrating knowledge and understanding mainly through physical activity.
- To promote health awareness and the value of adopting a healthy lifestyle.
- To provide high quality coaching and teaching within PE lessons and after-school clubs.
- Staff to deliver high quality PE lessons.
- To increase the amount of inter-school competitive sport opportunities for students.
- To increase the amount of intra-school competitive sport opportunities for students.
- To instil a sense of good sportsmanship, and encourage recognition of other pupils' contribution.
- To develop leadership skills, responsibility and self-awareness.

AS Physical Education – OCR Specification.

Students in the Sixth Form have the opportunity to study AS PE. Our AS Physical Education course develops knowledge, understanding and skills relevant to physical education. Students gain understanding of the scientific and socio-cultural factors that underpin physical activity, and demonstrate their ability as either performer or coach.

Examination Information

Option subject examined end of Year 13 by two examination papers, a practical performance and an EAPI coursework.

Facilitating Subject?

Yes

Impact of Prior Learning from KS4

At NGHS we listen to the student voice and develop the KS5 curriculum around what the students enjoy doing or something new they would like to try, this is usually based on judgements made in KS4. If students have completed any summer camps or coaching/ refereeing courses over the summer, we try our best to utilise this and get them involved in extra-curricular clubs and fixtures as they are able to share their knowledge and support other students.

Prior learning from KS4 PE will benefit students going into their AS PE course as they will have a basic knowledge and understanding of many of the topic areas, such as Anatomy and physiology, Skills classification and coaching points for a variety of sports.

Equipment Required for this course

CORE PE

- Appropriate sports attire
- Trainers
- Shin pads
- Gum guards.

AS PE

- Text book
- Folder
- Appropriate sports attire

Curriculum Implementation – Areas of Focus Year 12 – Core PE

Autumn Term

Spring Term

Summer Term

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<ul style="list-style-type: none"> • Class choice 	Class choice	Class choice
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Curriculum Implementation – Areas of Focus Year AS PE		
Autumn Term	Spring Term	Summer Term
<ul style="list-style-type: none"> • Year 12 PAPER 1 – Applied Anatomy and Physiology <ul style="list-style-type: none"> - Skeletal and Muscular Systems - Cardiovascular and respiratory systems PAPER 2 - Skills Acquisition <ul style="list-style-type: none"> - Classification of skills - Types and methods of practice - Transfer of skills - Learning theories - Stages of learning, guidance and feedback. Performance in Physical Education: <ul style="list-style-type: none"> - Understanding what is required for the EAPI. - Review the practical performance criteria for their chosen sport. - To practise observing a performer and making notes on the strength and weaknesses of the performer’s skills and physical attributes. - Start recording training sessions and competition in their practical log books. 	<ul style="list-style-type: none"> • Year 12 PAPER 1 – Applied Anatomy and Physiology & Exercise Physiology <ul style="list-style-type: none"> - Cardiovascular and respiratory systems - Diet and Nutrition and their effect on physical activity and performance. PAPER 2 - Skills Acquisition & Sports Psychology <ul style="list-style-type: none"> - Individual differences - Group and Team dynamics Performance in Physical Education: <ul style="list-style-type: none"> - Building on knowledge for the EAPI. - Starting to link theory such as movement analysis, skill classification and feedback. - To practise observing a performer and developing their notes on the strength and weaknesses of the performer’s skills, tactics/compositional ideas and physical attributes. - Begin to collect evidence for the student’s individual practical performances. - Continue to record training sessions and competition in their practical log books. 	<ul style="list-style-type: none"> • Year 12 PAPER 1 - Exercise Physiology <ul style="list-style-type: none"> - Diet and Nutrition and their effect on physical activity and performance. - Summer of seminars PAPER 2 – Summer of seminars Performance in Physical Education: <ul style="list-style-type: none"> - Practise/ Mock EAPI’s. - Develop notes on action plans i.e. training programmes. - To continue to practise observing a performer and developing their notes on the performance. - To continue to collect evidence for the student’s individual practical performances- review the footage and give feedback. - Continue to record training sessions and competition in their practical log books.

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<ul style="list-style-type: none">• Year 13 <p>PAPER 1 - Exercise Physiology & Biomechanics</p> <ul style="list-style-type: none">- Training Methods- Biomechanical Principles- Newtons law of motion, force and use of technology.- Biomechanical Principles Stability and lever systems.- <p>PAPER 2 – Sports Psychology and The Emergence and Evolution of sport from the industrial revolution.</p> <ul style="list-style-type: none">- Goal setting in sport- Emergence and evolution of modern sport- Sport in the 21st century- Global sporting events <p>Performance in Physical Education:</p> <ul style="list-style-type: none">- Practise/ Mock EAPI's.- Develop notes on action plans i.e. training programmes.- Independently, practise observing a performer and developing their notes on the performance- must include theory links.- To continue to collect evidence for the student's individual practical performances- review the footage and give feedback.- Continue to record training sessions and competition in their practical log books.	<ul style="list-style-type: none">• Year 13 <p>PAPER 1 – Revision of all topic areas</p> <p>PAPER 2 – Revision of all topic areas</p> <p>Performance in Physical Education:</p> <ul style="list-style-type: none">- Practise/ Mock EAPI's.- Independently, practise observing a performer and developing their notes on the performance- must include theory links.- To continue to collect evidence for the student's individual practical performance videos- review the footage and give feedback.- Continue to record training sessions and competition in their practical log books.	<ul style="list-style-type: none">• Year 13 <p>PAPER 1 – Revision of all topic areas</p> <p>PAPER 2 – Revision of all topic areas</p> <p>Performance in Physical Education:</p> <ul style="list-style-type: none">- Finalise EAPI's.- Finalise and submit student's individual practical performance videos.- Collect in and sign off practical log books for evidence.
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Impact / Outcomes

Learning will be assessed throughout the course by:

- Baseline assessment in Autumn half-term 1.
- Students will peer-assess during performance-based lessons.
- Assessment is continuous and is based on:
 - Development of skills practically.
 - Their ability to make and apply decisions in changing game / choreographic situations.
 - Their development of physical and mental capacity to excel and challenge themselves to improve further.
- -Their evaluation skills in order to continue to improve.

Learning will be assessed throughout the AS Physical Education course by:

- End of unit assessments
- End of year examinations
- Mock Examinations
- Homework, providing detailed feedback.
- Peer and self-assessed work.
- Verbal feedback in lessons.

Homework / Self Study

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Homework will be given for both papers. EAPI will be ongoing throughout the course.
Homework will be in the form of additional reading, tasks, revision and examination questions.
Homework will not be given every week, to mirror the work carried out by EPQ students.
Independent study time should be spent revising topics covered and further reading into the subject area.
It is imperative that students stay up to date on current affairs in sport.

Ways to support learning

- Tips to help students achieve including E-learning, suggested websites. Including parental support, revision guides recommendation etc.
- Ensure that they have full PE kit to be able to participate in indoor and outdoor sports in all weathers (layers for the winter, sun protection for the summer).
- Make sure that if they are injured that a note is provided to explain the injury, how long they will be unable to participate, a supporting doctors / physio note if a longer-term injury and PE kit for them to change into so that they can still take on a role during the lesson.
- Encourage students to participate in the extra-curricular opportunities that exist for PE.

AS Physical Education

- Students have access to all class materials on teams.
- Students will be given Tips to help students achieve including E-learning, suggested websites. Including parental support, revision guides recommendation etc.
- Ensure they have all kit and equipment for both theory and practical lessons to ensure their best performance in every lesson.
- Students are encouraged to partake in extra curricular clubs to strengthen knowledge and performance for EAPI.

Field Work / Extension / Enrichment Opportunities

- Regular fixtures in a wide array of sports
- New 2019- Year 11 and Sixth Form netball weekend.
- Tibberton Friday night netball club.
- Rugby Ready Course
- Leading extra-curricular clubs.

- The summer of seminars gives students to discuss topics across both paper 1 and paper 2 with athletes who have reached elite status in their sporting discipline. This is an incredible opportunity, that no other school in the area are providing.

Next Steps

Throughout the PE curriculum we promote the value of adopting a healthy lifestyle and staying active therefore most of our students understand the importance of exercise in whatever form. Thus, we aim to keep students engaged in sport by ensuring it is as enjoyable as possible.

University and career opportunities:

- University sport teams/ clubs
- Degree in Sports and Exercise Science
- Physiotherapy
- Teaching
- Coaching
- Performance analysis

- We aim to promote life long learning for our students and develop a knowledge and understanding of the important role AS PE can have as they move on to University and beyond.

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- Teaching
- Coaching
- Performance analysis

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If you have any questions about this Learning Overview, please contact the named Teacher above.