

## KS3 PE:

### YEAR 7:

Within the foundation year, students are taught the fundamental skills in a range of sports that will be developed throughout year 7 and KS4. The aim is to provide students with a variety of activities available to them at OCA and the opportunities in the local area. In the first term, all students undergo base line of their fitness levels and starting abilities to enable appropriate groupings to assist with learning and progress for all.

### YEAR 8:

Students extend and enhance skills learnt in year 7 as they move into their exploration year at OCA. Students will continue to learn fundamental skills and techniques specific to the sports being taught. The sports taught may be the same as the previous year but to widen skill set and breadth of knowledge, new sports may also be introduced to some classes. There will be more opportunities for students to develop their social skills such as teamwork, communication, and leadership. For example, taking lead on small group warmups.

Dance: Every student in year 8 will experience a block of dance. This will be a scheme of learning delivered by the Performing Arts Department during their PE lessons. Students will participate and develop their dance skills and choreography over a course of 12 lessons and will have an opportunity to flourish with performances as well as building their collaboration skills with their peers in group sections and performances.

### YEAR 9:

This is the embedding year at OCA. Students will begin to experience more advanced techniques within the sports studied and a greater emphasis is placed on how students implement these with success and effect into competitive situations.

## KS3: SPORTS SCIENCE:

### YEAR 7:

Students will have one lesson per week that will look at a range of topics. The design of the sports science curriculum over the three years, is to provide students with an understanding of the human body systems. Moreover, the curriculum is aimed to teach students the importance of a healthy and active lifestyle whilst, providing them with the tools to execute this in their lives. Over the course of year 7, students will study schemes of learning for the following: diet and nutrition, skeletal system, muscular system, cardiovascular system, and the respiratory system.

### YEAR 8:

Students continue with one hour a week of sports science during their exploring year. Many of the topics are replicated in the second year of the sports science curriculum with concepts taught built on further and student knowledge enhanced. Additionally taught in year 8 is the topic of adolescence.

### YEAR 9:

During this year, students take a deeper look at how they can achieve a healthy, active lifestyle and understand the different aspects that can contribute to this. Over the course of year 9, students will learn about their mental wellbeing, factors that can effect a healthy active lifestyle, the impacts of recreational drugs and raise awareness of opportunities and ways to succeed in lifelong participation in sport.

## KS4:

All students will take part in one hour of active PE each week as well as having the opportunity to choose a qualification in sport or dance should they wish.

### Opportunities Include:

- Basketball
- Netball
- Hockey
- Football
- Rugby
- Handball
- Fitness
- Badminton
- Table Tennis
- Orienteering
- Gymnastics

## BTEC SPORT First Award Level 2.

The BTEC Sport Level 2 qualification is split into four units of work; three of which are coursework based and one is an online exam. There is still a practical element to the course which is relevant to two of the units and student's practical ability is assessed which contributes to their overall grade.

### YEAR 10:

In the first year of the programme, students will typically complete two units of the course which is divided into guided learning hours and hours designated to completing the assignments. To ensure students are equipped to complete the course successfully, they will have two hours of theory each week and one practical lesson per week. The two units usually covered in year 1 of the course are detailed below with a brief summary of each:

- Unit 2: Practical Sports Performance.

This unit is divided into three assignments in which the second assignment also has a practical element to it. Within this unit, students will develop their understanding of the rules, regulations, scoring systems, the roles and responsibilities of the officials, as well as showing an understanding of the different skills, tactics and components of fitness required in each of their chosen sports. Students will be expected to perform practically in their selected sports which further demonstrates their understanding of the elements mentioned. The final assignment will require students to assess their own performance in the sports and write reflectively on their ability.

- Unit 5: The Sports Performer in Action.

This unit of work closely links to the biological element of sport. Students will receive guided learning hours to develop their knowledge of the short- and long-term effects that exercise can have on the various body systems, and how the energy systems work and relate to sporting performance. Students will be expected to produce suitable pieces of work to reflect their level of understanding of these concepts in line with the assignments set out.

### YEAR 11:

In the second year of the BTEC Sport programme, students will continue to have two theory-based lessons and one practical lesson per week. The two units covered in the second year of the programme are outlined below:

- Unit 1:

This is the external examination unit. Students will receive up to 30 hours of guided learning hours to learn and understand concepts such as; the components of fitness, the principles of training, the methods of training, exercise intensity and the fitness tests. Students will sit their examination usually in the January. The exam is an online examination.

- Unit 3:

This unit has four assignments with a practical element incorporated. For this unit, students are required to plan, prepare and carry out their own training programme which is tailored to the sports they selected in unit 2. Students will develop knowledge of factors to consider when planning a training programme and how to reflect upon their programme to issue suitable changes to ultimately, achieve their goals and improve fitness levels / performance.

At the end of the two-year programme, students will have received grades for each of the four units which will equate to an overall grade they obtain. Unlike the GCSE which is graded from 1-9, the BTEC qualification is graded as follows:

Unclassified.	
Level 1 Pass	Equates to a grade 3.
Level 2 Pass	Equates to a grade 4/5.
Level 2 Merit	Equates to a grade 6.
Level 2 Distinction	Equates to a grade 7.
Level 2 Distinction*	Equates to a grade 8.

### GCSE PE:

Students on this course will have three lessons each week. This is divided into practical and theory-based lessons which is typically two practical and one theory. This is subject to change over the course of the two years to accommodate for which component the students are studying. The programme is split into four components over the course of the two years. Below is the outline and summary of each of the four components:

#### **Component 1: Fitness and Body Systems.**

*Written examination: 1 hour 45 minutes (36% of the qualification); scored out of 90 marks. \*Examination is sat in May/June of year 11.*

**Content overview**

- Topic 1: Applied anatomy and physiology
- Topic 2: Movement analysis
- Topic 3: Physical training
- Topic 4: Use of data

**Assessment overview**

The assessment consists of multiple-choice, short-answer, and extended writing questions.

Students must answer all questions.

Calculators can be used in the examination.

**Component 2: Health and Performance.**

*Written examination: 1 hour 15 minutes (24% of the qualification); scored out of 70 marks. \*Examination is sat in May/June of year 11.*

**Content overview**

- Topic 1: Health, fitness and well-being
- Topic 2: Sport psychology
- Topic 3: Socio-cultural influences
- Topic 4: Use of data

**Assessment overview**

The assessment consists of multiple-choice, short-answer, and extended writing questions.

Students must answer all questions.

Calculators can be used in the examination.

**Component 3: Practical Performance.**

*Non-examined assessment: Internally marked and externally moderated (30% of the qualification); marked out of 105 marks (35 marks per activity). \*Moderations to take place between Jan-March of year 11.*

**Content overview**

- Skills during individual and team activities
- General performance skills

**Assessment overview**

The assessment consists of students completing **three** physical activities from a set list.

One must be a **team** activity.

One must be an **individual** activity.

The final activity can be a **free** choice.

Students must participate in three **separate** activities.

Students will be assessed against set assessment criteria found in the *Pearson Edexcel Level 1/Level 2 GCSE (9–1) in Physical Education practical performance assessment criteria* document on our website.

Each activity can last up to 12 hours. These will be assessed by the teacher and moderated by Pearson.

**Component 4: Personal Exercise Programme (PEP).**

*Non-examined assessment: Internally marked and externally moderated (10% of the qualification); scored out of 20 marks.*

**Content overview**

- Aim and planning analysis
- Carrying out and monitoring the PEP
- Evaluation of the PEP

**Assessment overview**

The assessment consists of students producing a Personal Exercise Programme (PEP), and will require students to analyse and evaluate their performance.

These will be assessed by the teacher and moderated by Pearson.