PE Learning Journey

How can you progress in PE?

Study Sport at University in a range of Sport courses or related

Enter into Employment or Training in the Sports Industry

Take a gap year, travel and embrace the world

YEAR 13

Cam. Tec: Annual outdoor adventurous activities residential at Ilfracombe

Cam. Tec Unit 11 coursework: Physical Activity for Specific Groups

A Level content:
Paper 1: Environmental effects, injury, linear & angular motion, fluid mechanics and projectile motion.
Paper 2: Sports psychology
Paper 3: Contemporary issues

Further Sports Leadership opportunities

Cam. Tec Completion of Unit 4

A Level Assessment of practical performance/coaching

Cam. Tec Unit 4 exam: Working Safely in Sports

Apply for University through UCAS or alternative post 18 Sport courses

Final course results

A Level Completion of the EAPI (coursework)

Assist with extra curricular clubs, Sports Day & Swimming Gala for younger year groups.

Cam. Tec Unit 2 coursework: Sports coaching and leadership

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Pathways
A Level Physical Education
Cambridge Technical in Sport and Physical Activity (single/double award)

A Level content:
Paper 1: skeletal/muscular/CV/resp/energy systems, diet/ergogenic aids, training methods, biomechanical principles, levers and technology.
Paper 2: Skill Acquisition, personality, attitudes & goal setting
Paper 3: Sport & society

A Level/Cam. Tec trip to The University of Bath Human Performance Centre to support learning

Cam. Tec Complete Unit 3: Sports Organisation & Development

Opportunities to support the PE Department

Introduction to Course Units

Sports Leadership opportunities

YEAR 12

Academic PE pathways @HuishSixth

GCSE Paper 1 and 2 exam

Lifelong Love for PE / Sport and Physical Activity

Opportunity for participating in sporting activities during enrichment

Cam. Tec – undertake the NPLQ.

Work Experience opportunities in sport

Cam.Tech Unit 1 exam: Body Systems and Effects of Physical Activity

Become a sports ambassador

Sports day and transition day organisation

Cam.Nat Complete Sports Nutrition coursework

Opportunity to attend the annual **ski trip** (years 11, 12 & 13)

Apply to study A Level PE or Cam. Tec Sport and Activity @HuishSixth

Cam. Nat Start Technology in Sport coursework

GCSE/Cam. Nat trip to The University of Bath Human Performance Centre to support coursework

YEAR 11

Personalised pathways

Pathways
GCSE Physical Education
Cambridge National Sport Science
KS4 Core PE

KS4 Core Pathways:
1. **Competitive Sport** – a range of traditional sports taught mainly through games. Advanced skills/tactics and evaluating/improving explored. Develop well being, resilience, teamwork and problem solving.
2. **Fit for Life** – a range of fitness activities (inc. Cycle Fit, Pump, Boot Camp) to develop wellbeing and resilience, as well as OAA to develop problem solving and teamwork.
3. **Personal Growth** – developing leadership, character and wellbeing through traditional and alternative sports (inc. handball, VX Rock-it-ball and short tennis). Lifesaving, First Aid and OAA units taught. Students take on the role of performer, coach, official and captain.

PEP: Anaerobic/aerobic exercise, goal setting, principles of training, evaluation.

GCSE Paper 2: Socio-Cultural Issues and Sports Psychology theory taught

GCSE EAP started (coursework)

Cam. Nat Start Applying Principles of Training coursework

All pathways:
Fitness testing & designing a PEP – fitness room
Access to swimming pool (Water Polo, Aqua Zumba, Lifesaving/Personal Survival)
Mindfulness activities – coping with exam stress

All pathways:
In year 10, all students take part in a range of athletic activities to prepare them for sports day.

Cam.Nat. Reducing Risk in Sport exam

Further developing skills in OAA (inc. trust games & orienteering) – developing teamwork, confidence, resilience, and problem solving.

Explain the structure of the CV and respiratory systems.

Take part in gymnastic activities – vaulting.

YEAR 10

Personalised pathways

HRF: Intro to training methods, analysing HR zones, using normative data.

Maintain teams / clubs aiming for maximum participation

Swimming pool – develop basic lifesaving skills

GCSE Paper 1: Physical Factors Affecting Performance theory taught

Sports Leaders

Further leadership opportunity – students selected to undertake **Level 2 Sports Leaders Award**

Learn more complex skills, tactics, rules and E&I. Larger sided games. Independent officiating.

Take part in Athletic activities – sports day preparation

Greater leadership opportunity – students selected to undertake **Level 1 Young Leaders Award**

An introduction to OAA (inc. trust games & orienteering) – developing teamwork, confidence, resilience, and problem solving.

Swimming – stroke development

Take part in a range of athletic activities – sports day preparation

Maintain routines and standards within PE

Learn more complex skills, tactics, rules and E&I.

YEAR 9

Developing a more personalised curriculum

YEAR 8

Take part in a range of invasion games.

Apply to study GCSE PE or Cam. Nat Sport Science at KS4

Take part in a range of invasion games

Explain the ST & LT effects of exercise on the body.

Take part in gymnastic activities – trio/group balances, flight.

Activities tailored more towards the individual interest of the class in years 8 & 9.

HRF: understand HR zones, applying fitness components, independently take part in fitness tests.

Maintain teams / clubs aiming for maximum participation. Starting to think about Colours pathway.

Learn core skills, tactics, basic rules and E&I.

Take part in a range of invasion games

Swimming – stroke development

Take part in gymnastic activities – individual and paired balances and routines

Take part in a range of athletic activities – sports day preparation

Introduction to 'My Greatest Achievement' challenges

Focus on Physical Competency and Personal Development

Broad and balanced curriculum

Get involved in a range of **Extra curricular** activities – including the Super Saturday trip to **Exeter Chiefs** and a trip to **Wimbledon**

Learn routines and expectations within Huish Episcopi P.E. department

Engage in PE lessons to make new friendships

Understand the benefits of a warmup.

Take part in net and wall sports

Know the location of the major bones & muscles.

Take part in a range of striking and fielding activities

HRF: Carry out fitness testing and understand the components of fitness.

YEAR 7

Develop basic sport skills

Compete in sports events

Experience a range of new physical activities

Develop a love of being active

Fundamentals based curriculum

PRIMARY

On transition day, plan what extra-curricular activities you will sign up to in September

Represent your primary school at a variety of competitions held at Huish Episcopi Academy

Gain a basic awareness of how to control your body

Experience a range of fun games to engage in

Develop fundamental movement skills

Develop a curiosity about how your body moves

Developing a life-long interest and passion for sport and physical