

THE P.P.E. FACULTY



GCSE PE ROADMAP

We seek to nurture, develop and enable students' creativity and confidence with artistic, physical and technical capability. Through performance and participation, they enhance skills in communication, expression and reflection. We seek to cultivate emotional and cultural understanding and promote a healthy, active lifestyle.

PROCESS

YEAR 10

Muscular Skeletal

- Develop understanding of the classification of bones and joints.
- Developing knowledge of different muscles and how muscles work together.

Movement Analysis

- Develop understanding of the basic principles of movement.
- Understanding the effect of movement on their own performance in physical activity and sport.

Health, Fitness and Well Being

- Develop knowledge and understanding of the benefits of participating in physical activity.
- Linking physical activity and sport to health, fitness and well being.

Sports Psychology

- Develop knowledge and understanding of the psychological factors.
- Understanding how psychology affects performers and their own performance.

Socio-Cultural Influences in Sport

- Developing knowledge and understanding of socio-cultural factors on physical activity and sport.
- Understanding how sport impacts society.

Physical Training

- Develop knowledge and understanding of the principles of training and the different methods of training.
- Plan, monitor, evaluate personal exercise and training programmes.

GCSE Exam

- Component 1 - 36%
- Component 2 - 24%
- Practical - 30% (across 3 sports all equally weighted.)
- PEP controlled assessment - 10%

YEAR 11

Physical Training

- Develop knowledge and understanding of the principles of training and the different methods of training.
- Plan, monitor, evaluate personal exercise and training programmes.

Cardio-Respiratory

- Develop knowledge and understanding of the cardiovascular system applied to performance and the structure.
- Understanding the functions within cardiovascular fitness.

Aerobic / Anaerobic Exercise

- Develop knowledge and understanding of the different training zones that are used for different training methods.
- Understanding how to use heart rate to calculate the different training zones.

PEP Controlled

- To develop an understanding planning different principles of training.
- Understanding when to use the most appropriate training method and intensity.
- 10% of the final grade.

Routes Post 16

- A Level PE/BTEC Sport Level 3
- Post 16 Extra-curricular
- Applying sport skills to Level 1/2 qualifications
- Pursuing an interest in various sports

PRODUCT

ANATOMY, PHYSIOLOGY, HEALTH & PERFORMANCE, PEP, PRACTICAL