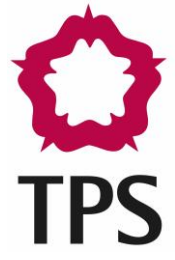


Practical performance in **three** different physical activities in the role of player/performer. One in a team activity, one in an individual and a third in either a team or in an individual activity.

AQA PE GCSE
Practical moderation

Breakfast revision clubs
AQA PE GCSE
Preparation for paper 1 and paper 2

TPS Physical Education Department LEARNING JOURNEY



Study PE further
A Level PE/ Level 3 BTECs/ NVQ/SVQs and Diplomas in: Physical Education; Sports and Exercise Science; Outdoor Leisure; Sports Coaching; Uniformed Public Services
Sport Apprenticeships as a Leisure Centre Assistant; Gym/Fitness Instructor; Personal Trainer; Lifeguard

AQA PE GCSE
Paper 1: Movement Analysis (AO1, 2 & 3)

Creating healthy & active futures

Structure and functions of the musculoskeletal system
AQA PE GCSE
Paper 1: Anatomy and physiology part 1 (AO1, 2 & 3)

Develop your technique and improve their performance in gymnastics, athletics, fitness, trampolining

Structure and functions of the respiratory system
Short term and long-term effects of exercise

Anaerobic and aerobic exercise
AQA PE GCSE
Paper 1: Anatomy and physiology part 2 (AO1, 2 & 3)

Planes and axes of movement
Become a Sports Captain

Take part in activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems,



Striving & thriving in PE

The relationship between health and fitness and the role that exercise plays in both
Effective use of warm up and cool down

The components of fitness, benefits for sport and how fitness is measured and improved
AQA PE GCSE
Paper 1: Physical training (AO1, 2 & 3)

The principles of training and their application to personal exercise/training programmes
How to optimise training and prevent injury

Evaluate your performances compared to previous ones and demonstrate improvement to achieve your personal best

Participate in Summer Sports Day

Participate in Spring Sports Day



Use and develop a variety of tactics and strategies to overcome opponents in basketball, netball, badminton, rugby, cricket, tennis, rounders, handball, volleyball, lacrosse, football



Mental preparation for performance

YEAR 10

AQA PE GCSE
Paper 2: Sports psychology (AO1, 2 & 3)

The use of goal setting and SMART targets to improve and/or optimise performance

Engagement patterns of different social groups in physical activity and sport
Ethical and socio-cultural issues in physical activity and sport

AQA PE GCSE
Paper 2: Sociocultural influences (AO1, 2 & 3)
Commercialisation of physical activity and sport



Participate in Spring & Summer Sports Day

Develop your technique and improve your performance in gymnastics, fitness and athletics



Achieve & Analysis in PE

YEAR 9

Start your AQA PE GCSE
Paper 2: Health, fitness and wellbeing (AO1, 2 & 3)
The consequences of sedentary lifestyles

Physical, emotional and social health fitness and wellbeing
Energy use, diet, nutrition and hydration



Attend PE trips and tours

Develop your technique and improve your performance in gymnastics, fitness and athletics

Evaluate your performances compared to previous ones and demonstrate improvement to achieve your personal best

Participate in Summer Sports Day



Respect & Responsibility in PE

Take part in OAA and the outdoor classroom which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group

Analyse your performances compared to previous ones and demonstrate improvement to achieve their personal best across all your sports and activities

Attend one or more extra-curricular sport and activity clubs

Participate in Summer Sports Day

YEAR 8

Use a range of tactics and strategies to overcome opponents in direct competition through basketball, netball, badminton, rugby, football, cricket, tennis, rounders



Become more competent, confident and expert in your techniques and apply them across different sports and physical activities

Participate in Spring Sports Day



Represent TPS at sports fixtures

Use a range of tactics and strategies to overcome opponents in direct competition through basketball, netball, badminton, rugby, cricket, tennis, rounders



Become more competent, confident and expert in your techniques and apply them across different sports and physical activities

YEAR 7

Welcome to PE



Enjoy and Explore PE

Develop your technique and improve your performance in gymnastics, fitness and athletics



Sign up to one or more extra-curricular sport and activity clubs



Year 7 Game Changer
You will explore the different skills and techniques needed in a variety of sports. You will test your fitness and understand the components of a fitness session