

# PE - Key Stage 3

Key Stage

# 3



Linking in with GCSE learning and the different aspects of how body systems work together for us to move.

## Skills

Students will acquire basic skills and perform with consistency and accuracy. They will also develop complex skills and apply them under pressure in games activities.

## Risk taking



## Leadership

Leading others in warm-ups, drills and group choreography. Taking on the role of captain, coach and official.



## Outdoor and adventurous activities



## Tactical knowledge

Developing an understanding of strategies for outwitting opponents

*Linking to competitive sports such as: Football, Rugby, Hockey and more...*

## META-THINKING



### Strategy planning

The ability to approach new learning experiences by actively attempting to connect it to existing knowledge or concepts and hence determine an appropriate way to think about the work.



## Year 8 and 9 Sports Tour to Dublin

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*Linking to Gymnastics, Trampolining and Dance*

## Analysis

Observing and analysing and giving feedback to others to improve performance



# PE - Key Stage 3



## Knowledge & Understanding

Of rules in different sports, how to work out and exercise safely, key skeletal and muscular groups and types of training

## Determination & Resilience

Demonstrating an eagerness to try hard and overcome any obstacles that present themselves.



## REALISING

## Speed and accuracy -

Working with speed and accuracy when using key terms for body parts

## Enquiring



## Health & Fitness

How to live a healthy, active lifestyle



## Netball trip to watch International Teams



## Annual Sports Days



## Empathetic

Working together in a team



## Extra-Curricular opportunities

Making the most of the many clubs on offer during lunch times and after school.



Positively respond to failure

## Local and national competitions

Our students are provided with a wide variety of opportunities to take part in various international competitions in an array of sports



## Sports Award Evening

We recognise the wide variety of sporting achievements both inside and outside of school at our biennial Sports Awards evening.

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# Core PE - Key Stage 4

Key Stage

# 4

## PE in Year 10 and 11

At the end of Year 9, students will choose their GCSE options. PE is a mandatory option for all students, however, they also have the option to study GCSE PE using the Edexcel Syllabus.



### Core PE

In Year 10 and 11, students will cover a range of activities including Games, Athletics, Orienteering, Dance, Fitness and more.



The focus in these lessons is on enjoyment and developing a desire for life long physical activity.



### META-THINKING

#### Self-regulation

The ability to monitor, evaluate and self-correct

### CREATING

Adapting rules and practices to create new versions of games.



## Annual Sports Days



### Extra-Curricular activities

Students are provided with a variety of sports clubs, both during lunchtime and after school.

### Perseverance



Local competitions including Netball, Football and Rugby tournaments. Player of the match after each game to provide students with a sense of achievement.

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# GCSE PE



## GCSE PE

As part of GCSE PE, students will develop skills in three different activities of choice, including a combination of team and individual sport.



Year 10 Ski Trip to Italy



## Meta-cognition

The ability to knowingly use a wide range of thinking approaches and to transfer knowledge from one circumstance to another.

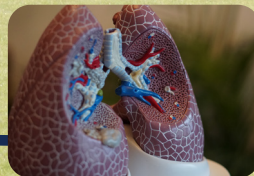


As part of GCSE PE, students will explore a variety of topics linking to the human body and cultural issues surrounding sport, including:



## Big picture thinking

- Musculoskeletal System
- Cardiovascular System
- Respiratory System
- Movement Analysis
- Physical Training
- Drugs in Sport
  - Injuries
- Health & Well-Being
- Sports Psychology
- Socio-Cultural Issues



Develop a Personal Exercise Programme to improve personal fitness for chosen sports



## CREATING

### Originality

The ability to conceive something entirely new

## GCSE assessment:

Students are assessed in 4 components for GCSE:

1. Exam 1 - 1h45m - 36% of final grade
2. Exam 2 - 1h15m - 24% of final grade
3. Practical performance - 30% of final grade
4. Coursework - 10% of final grade

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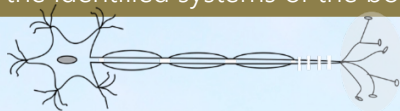
# A Level PE

Key Stage

5

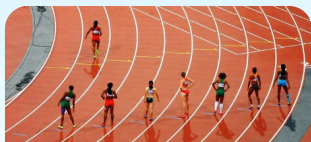
## Applied Anatomy & Physiology

Students will develop an understanding of the anatomical/structural and physiological/functional roles performed in the identified systems of the body.



## Exercise Physiology & Applied Movement Analysis

Studying the importance of diet and nutrition pre-, during and post-physical activity, as well as fatigue and recovery.



## Skill Acquisition

Students are required to show an understanding of the nature and development of skills in sport.

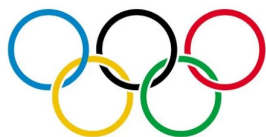
## PRACTICE

The ability to train and prepare through repetition of the same processes in order to become more proficient.



## Sport Psychology

Studying the role that sports psychology has in facilitating optimal sporting performance of an individual athlete, sports teams and individuals in the teams.



## Sport in Society

Developing an understanding of the dynamic relationship between sport and society. Students will also understand the parallels between societal changes and sport.



## Loughborough University trip



## Sport Leaders UK

Students have the opportunity to earn a Leadership Level 2 Qualification.



## Recreational PE

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## A Level assessments:

1. Scientific Principles of Physical Education - 2h30m - 40% of A Level
2. Psychological and Social Principles of Physical Education - 2h - 30% of A Level
3. Coursework - 30% of A Level