

Physical Education

The Physical Education Department of St Thomas More Catholic School aims to provide a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. Our curriculum provides opportunities for pupils to become physically literate in a way which supports their health and fitness. We aim to give pupils opportunities to compete in sport and other activities, which build character and help to embed values such as fairness and respect.

Key Stage 3 and 4 Curriculum PE

To ensure progression, the PE Department curriculum has been built around the three key concepts of Physical Education.

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| Motor competence - knowledge of the range of movements that become increasingly sport and physical activity-specific. | Rules, strategies and tactics - knowledge of the conventions of participation in different sports and physical activities. | Healthy participation - knowledge of safe and effective participation. |
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Overall, by the end of each Key Stage, pupils should increasingly be able to:

- develop competence to excel in a broad range of physical activities
- be physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

The table below shows you the activities pupils will study throughout Key Stages 3 and 4. Having developed their knowledge and competence in the three key concepts throughout Key Stage 3, the aim of Key Stage 4 is to ensure pupils tackle complex and demanding physical activities. They participate in a range of activities that develop personal fitness and promote an active, healthy lifestyle. A rota of activities is covered across the modules.

| | Module 1 | Module 2 | Module 3 |
|-----|---|---|--|
| KS3 | Invasion Games Dance, Gymnastics & OAA | Individual Games Health Related Exercise | Athletics Striking & Fielding Games |
| KS4 | Invasion Games OAA (Climbing) | Individual Games Health Related Exercise | Athletics Striking & Fielding Games |

Key Stage 4 Level 2 Qualifications

GCSE Physical Education

Students studying GCSE Physical Education at Key Stage 4 will build on the knowledge, understanding and skills established at Key Stage 3, developing their ability to apply their understanding of the factors underpinning physical activity and sports performance. Theoretical knowledge supports their ability to improve and optimise their own sporting performance in three chosen sports through the designing of a Personal Exercise Program. Assessment is in the form of two written exams making up 60% of the course, and performance in three practical sports plus a personal exercise programme for 40% of the overall grade.

BTEC Tech Award in Sport

Students studying the Tech Award in Sport will be equipped with the transferable skills and core knowledge they need to progress further into a career in sport. Theoretical knowledge of Sport as a whole including provision, barriers, equipment and components of fitness is combined with the demonstration of practical performance in sport. Assessment is in the form of two internal assignments and one external exam towards the end of the course.

The tables below show the courses pupils will study throughout Key Stage 4.

| | Module 1 | Module 2 |
|---|--|--|
| Year 10 GCSE PE | Component 2 - Health and Performance Topic 1 - Health Fitness and well-being Topic 2 - Sports Psychology Topic 3 - Socio-cultural issues | Component 1 - Fitness and Body Systems Topic 3 - Physical Training Personal Exercise Programme |
| Year 10 BTEC Tech Award in Sport | Component 1: Preparing participants to take part in sport and physical activity: A: Explore types and provision of sport and physical activity for different types of participants. B: Examine equipment and technology required for participants to use when taking part in sport and physical activity C: Be able to prepare participants to take part in sport and physical activity | Component 2: Taking part and improving other participants sporting performance A: Understand how different components of fitness are used in different physical activities C: Demonstrating one skill – video evidence (approx. 10 mins) and written response. |

| | Module 1 | Module 2 |
|---|--|--|
| Year 11 GCSE PE | Component 1 - Fitness and Body Systems Topic 1 - Applied anatomy and physiology | Component 1 - Fitness and Body Systems Topic 2 - Movement Analysis Revision and Exam Technique |
| Year 11 BTEC Tech Award in Sport | Component 2 - Taking part and improving other participants sporting performance B - Task 2: Video of sports skills in a given scenario (approx. 15 min video in isolated practices and competitive situations) B - Task 3: Rules, regulations and roles and responsibilities of officials Component 3 - Developing fitness to improve other participants' performance in sport and physical activity A - Explore the importance of fitness for sports performance B - Investigate fitness testing to determine fitness levels | Component 3 - Developing fitness to improve other participants' performance in sport and physical activity C - Investigate different fitness training methods D - Investigate fitness programming to improve fitness and sports performance External Moderation process |

Key Stage 5 Level 3 Qualifications

A-level Physical Education

Students studying A-level PE develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance. They understand how physiological and psychological states affect performance. They understand the key socio-cultural factors that influence people's involvement in physical activity and sport. They understand the role of technology in physical activity and sport. They refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas. They develop their ability to analyse and evaluate to improve performance. They understand the contribution which physical activity makes to health and fitness.

| Paper 1 | Paper 2 | Paper 3 | Paper 4 |
|---|---|--|---|
| -Physiological factors affecting performance. | -Psychological factors affecting performance. | -Socio-cultural issues in physical activity and sport. | - Practical performance or coaching. - Evaluating and analysing performance for improvement. |

The tables below show the topics pupils will study throughout Key Stage 5.

| | Module 1 | Module 2 |
|---------|---|---|
| Year 12 | Paper 1 - Anatomy & physiology Paper 1 - Exercise physiology Paper 2 - Skill acquisition Paper 3 - Sport and society | Paper 1 - Biomechanics Paper 2 - Sport psychology Paper 4 - Practical performance Paper 4 - EAPI |
| Year 13 | Paper 1 - Anatomy & physiology Paper 1 - Exercise physiology Paper 2 - Skill acquisition Paper 3 - Contemporary issues | Paper 1 - Biomechanics Paper 2 - Sport psychology Paper 4 - Practical performance Paper 4 - EAPI |

L3 BTEC Sport Extended Certificate

Students studying L3 BTEC Sport Extended Certificate develop advanced theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance. They develop an in-depth understanding of anatomy and physiology and the role of fitness training for health, sport and well-being. They refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas. They develop their ability to analyse and evaluate to improve performance. They gain a thorough understanding of professional development in the sports industry and how they can further their own career in sport, exercise and health.

| Unit 1 | Unit 2 | Unit 3 | Unit 7 |
|--------------------------|---|---|--------------------------------|
| - Anatomy and physiology | - Fitness training and programming for health, sport and well-being | - Professional Development in the Sports Industry | - Practical sports performance |

The table below shows the topics pupils will study throughout Key Stage 5.

| | Module 1 | Module 2 |
|----------------|---|--|
| Year 12 | Unit 1 - Skeletal system - Muscular system - Respiratory system Unit 7 - Examine rules and regulations. - Examine skills, techniques and tactics. | Unit 1 - Cardiovascular system - Energy systems - External examination Unit 7 - Develop skills, techniques and tactics - Self assess and reflect on practical performance - External verification |
| Year 13 | Unit 2 - Lifestyle factors - Screening processes - Nutrition Unit 3 - Career and job opportunities in the sports industry - Skills audit and career action plan | Unit 2 - Training methods - Training programme design - External examination Unit 3 - Undertake a recruitment activity and selection process - Review of recruitment activity and selection process - External verification |