



## Key concepts/Big ideas: Physical Education

All core lessons have an overarching concept that spirals throughout the five years of study. Within the year different topic content is taught via multiple disciplines of sport and physical activity specifically designed for the designated groupings.

Core PE Year 7 -11	<b><u>Character Building</u></b>	<b><u>Community Sense</u></b>	<b><u>Game Sense</u></b>	<b><u>Fit for Life</u></b>	<b><u>My Personal Best</u></b>
Year 10 Sport Studies	Outdoor and Adventurous Activities.		Developing Sports performance.	How to be a Sports leader.	
Year 11 Sport Studies	Current World Issues and the impact they have on Sport.		National and International Sports Development.	The role of technology in Sport.	
Y12 A Level PE	Physical Factors affecting performance.	Psychological Factors affecting performance.	Socio-cultural issues in sport + how sport has been shaped.	Effective performance in Sport	Evaluating and Improving performance in Sport.
Y13 A Level PE					
Y12 L3 OCR Technical	Body Systems and the effects of Physical Activity.		Becoming a good Coach/Leader.		Sports Organisation in the UK.
Y13 L3 OCR Technical	The mind of the athlete and how it effects performance.		Effective participation in Sport.		How the body moves and how to get the best out of it.

