

PE Theory Learning Journey

Skills

Year 11 "Becoming KS5 Ready"

- To have a assured understanding of how the physiological and psychological state affects performance in physical activity and sport
- To have a assured ability to analyse and evaluate to improve performance in physical activity and sport
- To understand securely the contribution which physical activity and sport make to health, fitness and well-being
- To have a assured understanding of key socio-cultural influences which can affect people's involvement in physical activity and sport.
- To have a secure skill base and tactics knowledge in a range of different physical activities and select three sports to progress and play competitively
- Conscious and consistent use of the correct structure and key terminology in extended writing.
- PD - 21

Year 10 "Developing into Independent Learners"

- To have a secure understanding of how the physiological and psychological state affects performance in physical activity and sport
- To have a secure ability to analyse and evaluate to improve performance in physical activity and sport
- To understand securely the contribution which physical activity and sport make to health, fitness and well-being
- To have a secure understanding of key socio-cultural influences which can affect people's involvement in physical activity and sport.
- To have a secure skill base and tactics knowledge in a range of different physical activities and select three sports to progress and play competitively
- Conscious and consistent use of the correct structure and key terminology in extended writing.
- PD - 21

Year 9 "Developing Skills to Enhance Learning"

- To develop an understanding of how the physiological and psychological state affects performance in physical activity and sport
- To develop their ability to analyse and evaluate to improve performance in physical activity and sport
- To understand securely the contribution which physical activity and sport make to health, fitness and well-being
- To develop an understanding of key socio-cultural influences which can affect people's involvement in physical activity and sport.
- Practicing and consolidating the structure of extended writing answers.
- To develop skills and tactics knowledge in a range of different physical activities and select three sports to progress and play competitively.
- To develop leadership skills and apply them to sports coaching.
- PD - 21

Year 8 "Taking Responsibility for Learning"

Year 7 "Transition to High School"

Knowledge

Future Education, Employment & Training

KS5 Study

A01.2 Injury prevention
PD - 4, 8

Revision of full course and interleaving topics
2 assessments per half term

Bridging Work and A Level/BTEC
Sport Taster sessions
PD - 27, 28

A02.3 Diet and Nutrition
PD - 4, 8

A02.3 Health, fitness and Wellbeing
PD - 4, 8

A01.1 Movement analysis
PD - 4, 8

AEP Coursework (Analysis of performance)
PD - 4, 8, 14, 27, 28

Year 11

A02.2 Guidance and Feedback
PD - 6, 8, 27

A02.2 Guidance and Feedback
PD - 6, 8, 27

A01.1 Recap of long- and short-term effects of exercise
PD - 4, 8

A01.2 Warm and Cool down
PD - 4, 8

A02.2 Sport Psychology skilful movement and Classifications
PD - 6, 8, 27

A01.2a Components of Fitness
PD - 4, 8

A01.2b Principles of training
PD - 4, 8

A02.2 Goal setting and Mental Preparation
PD - 6, 8, 27

A01.1 Introduction to Movement analysis
PD - 4, 8

A01.1 Long term effects of exercise on the body
PD - 4

Year 10

Sports Leaders Award Level 1
PD - 1, 2, 3, 6, 7, 8, 9, 10, 13, 14, 15, 16, 27, 28

A01.1 Short term effects of exercise on the body systems
PD - 4, 8

A01.1 The structure and function of the cardiorespiratory system/ Aerobic and Anaerobic Exercise
PD - 4, 8

A02.1 Commercialization
PD - 6, 8, 13, 14, 17, 18, 19

A02.1 Ethical/Sociocultural issues in Physical Activity
PD - 6, 7, 8, 12, 13, 14, 16, 17, 1, 19, 22, 23, 24, 27

A02.1 Engagement Patterns
PD - 6, 7, 8, 13, 14, 17, 18, 19

A01.1 The structure and function of the muscular system
PD - 4, 8

A01.1 The structure and function of the Skeletal system
PD - 4, 8

Research project promoting proactive study, use of examples and development of discussion.
PD - 6, 7, 8, 13, 14, 16, 17, 18, 27, 28

Year 9

Year 8

Year 6 Induction

Year 7

Skills

Year 13

"Are you Fit for FEET?"

- ✓ Assured knowledge and understanding of specialist and technical terminology that underpin performance and involvement in physical activity and sport.
- ✓ Assured application of knowledge and key terminology to sporting examples.
- ✓ Assured knowledge of the topics to analyse and evaluate the factors that underpin performance and involvement in physical activity and sports.
- ✓ To be able to construct and develop an assured argument including the opinions of their own within an extended answer.
- ✓ Analyse and evaluate performance in a chosen sport and create an action plan to improve performance with assured connections to theoretical concepts.
- ✓ Develop an understanding of rules, regulations and sporting techniques and develop an understanding of a variety of sports analysis methods.
- ✓ Gain a knowledge of the job roles within the sports industry including interview technique.
- ✓ PD-21



Year 12

"Introduction to A-Level Mindset"

- ✓ Secure knowledge and understanding of specialist and technical terminology that underpin performance and involvement in physical activity and sport.
- ✓ Secure application of knowledge and key terminology to sporting examples.
- ✓ Secure knowledge of the topics to analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.
- ✓ Analyse and evaluate performance in a chosen sport and create an action plan to improve performance.
- ✓ To be able to construct and develop an argument including the opinions of their own within an extended answer.
- ✓ Independent reading and research to develop a wider understanding of sporting context.
- ✓ PD-21



Knowledge

Future Education, Employment & Training

BTEC Sport Level 3 Unit 3: Professional development in the sports industry
PD – 1, 2, 3, 6, 8, 10, 14, 15, 16, 21, 23, 26, 27, 28

1.2.c. Injury prevention and the rehabilitation of injury
PD – 4, 27

2.2 Sports Psychology
PD – 6, 8, 27

1.3 Biomechanics
PD – 8, 27, 28

1.1.d. Environmental effects on body systems
4, 27

BTEC Sport Level 3 Unit 7: Practical Sports Performance
PD – 3, 4, 6, 10, 21, 27

A Level practical and EAPI Completion (Analysis of performance)

3.2 Contemporary issues in physical activity and sport
PD – 6, 7, 8, 12, 13, 14, 16, 17, 18, 19, 22, 23, 24, 27

BTEC Sport Level 3 Unit 1 and 2 external resits

1.1.c. Energy for exercise
PD – 4

A Level EAPI preparation (Analysis of performance)
PD – 4, 8, 14, 27, 28

Year 13

Year 1 practical evidence collated logbook/ video

A Level EAPI preparation (Analysis of performance)
PD – 4, 8, 14, 27, 28

1.2.b. Preparation and training methods
PD – 4, 27

1.2.a Diet and Nutrition
PD – 4, 8

1.3 Biomechanics
PD – 8, 27, 28

3.1 Sport and society
PD – 6, 7, 8, 12, 13, 14, 16, 17, 18, 19, 20, 22, 23, 24

1.1.b. Cardiovascular and respiratory systems
PD – 4, 8

Introduction to NEA
(SharePoint/spec)

1.1.a. Skeletal and muscular systems
PD – 4, 8

Year 12

Assessment of prior knowledge and skills accumulated during KS3 & KS4