Long Term Learning Plan - PE (including GCSE/BTec)

Subject: PHYSICAL EDUCATION	
Introduction	*98% of students value PE as a subject with 80% understanding the importance on their physical and mental well being. As a subject we want to create happy, healthy and confident individuals who have a range of skills relevant to their lives outside of the school environment. - Resilience - Teamwork - Leadership - Problem solving - Physical competence and fitness - **Confidence** Recent work by HoD with DTSA/Sport England have found that the biggest barrier for students engaging in physical activity outside of their lessons is confidence. Confidence is linked to competence and understanding. We have been through a review and transition process and have action planned improvement using the EEF implementation plan. EEF-Park Implementation-Plan (1).docx
"Magic and Gift" of the subject	The sports industry is large and diverse with numerous career opportunities in the South West. We look to develop physical skills alongside resilience, teamwork and leadership. We take an holistic approach to assessment incorporating the head, heart, hands model. Within this framework students are challenged to develop their thinking, evaluative and strategic skills alongside their physical skills and resilience. Students will discover the effects of exercise on their bodies and the benefits of leading a healthy and active lifestyle. Students will learn about the components of fitness and the different training methods a professional athlete would use. We encourage students to reflect upon and evaluate their own fitness and challenge them to make improvements. ● Statistics based on DSTA survey of over 600 students (mixed years and gender)(April 2020). EEF-Park Implementation-Plan (1).docx https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239086/SECONDARY_national_curriculum_-_Physical_education.pdf
Careers (salaries)	PE teacher Personal Trainer Physio Sports psychologist Nutritionist

	Sports development officer Coach Lifeguard Outdoor Ed instructor
Notable high profile alumni (Park School and "famous")	Adam Tobin – Elite Gymnast Ryan Owen – Elite Gymnast Dean, Emily and Jack Bale – GB Shooter Andrew Cotton – Professional Surfer Flynn Elworthy – Exeter Chiefs Alex Byrne – Exeter City Football Phil Norman - Olympic Athlete
Degrees and Best Universities (Global?)	Exeter University University of Bath Loughborough University
Post 16 Courses and Destinations	*BTec level 3 @ Petroc* *Exeter College – A-Level PE / BTecs* *Public school Scholarships (West Buckland/Kelly/Shebbear)* *Ilfracombe Academy* *Bideford College* *Parkwood Leisure - apprenticeships.* *Armed Forces (Careers)*
GCSE/BTec Specification	**<u>GCSE - AQA</u>** Paper 1 – *The human body and movement in physical activity and sport* Written Exam: 1 hour 15 minutes 78 marks 30% GCSE Paper 2 – *Socio-cultural influences and well-being in physical activity and sport* Written Exam: 1 hour 15 minutes 78 marks 30% GCSE Practical performance (3) - 3 x performance in a 2/1 split of individual and team activities - Analysis and evaluation of performance Assessed by teachers (Moderated by AQA) 100 marks 40% GCSE **<u>BTec (Pearson)</u>** BTec Level 2 First in Sport Unit 1 - Exam - Fitness for sport and exercise Unit 2 - Practical performance in sport Unit 3 - Principles of Personal training Unit 6 - Leading Sports Activities

Assessment Objectives and Percentages in Examination

Assessment objective weightings for GCSE Physical Education

Assessment objectives (AOs)	Component weightings (approx %)			Overall weighting (approx %)
	Paper 1	Paper 2	Paper 3	
AO1	13	12	0	25
AO2	10	10	0	20
AO3	7	8	0	15
AO4	0	0	40	40
Overall weighting of components	30	30	40	100

BTec Sport - Level 2

This qualification is taught over 120 guided learning hours (GLH). It has mandatory and optional specialist units.

These units include:

- three mandatory units (totalling 90 GLH)
- one optional specialist unit (totalling 30 GLH).

This BTEC First Award has units that your centre assesses (internal) and an examination that Pearson sets and marks (external).

Pearson BTEC Level 1/Level 2 First Award in Sport			
Unit	**Mandatory units**	**Assessment method**	**GLH**
1	Fitness for Sport and Exercise	External	30
2	Practical Performance in Sport	Internal	30
3	Applying the Principles of Personal Training	Internal Synoptic	30
	Optional specialist units		
4	The Mind and Sports Performance	Internal	30
5	The Sports Performer in Action	Internal	30
6	Leading Sports Activities	Internal	30

Year by Year Intent	Cycle by Cycle Intent - Clear Areas of Knowledge (big topics), Skills and Assessment Objectives (linked to GCSE Spec), Cross Curricular Links and Opportunities (where is this topic/knowledge delivered elsewhere in the school (and is that department more "expert").	Where will this cycle be revisited/ where has it been taught before (interleaving)?

Year 11: Key intent of this year	**Exams - What Final Exams/NEAs will they take (and key topic area if appropriate)**	Paper 1 – *The human body and movement in physical activity and sport* Written Exam: 1 hour 15 minutes 78 marks 30% GCSE Paper 2 – *Socio-cultural influences and well-being in physical activity and sport* Written Exam: 1 hour 15 minutes 78 marks 30% GCSE Practical performance (3) - 3 x performance in a 2/1 split of individual and team activities - Analysis and evaluation of performance Assessed by teachers (Moderated by AQA) 100 marks 40% GCSE
	Cycle 14 – **Sect. 2 – Movement analysis (Lever systems, planes and axes)** **Sect 1-6 recap sessions.** Core – OPTIONS BLOCK Invasion games / Problem solving / Dance / Yoga / Net and Wall / Fitness (NDLC)	Cycle aims to finish the course content and revisit as much of the previous content as possible. Student's progress in each topic area will be tracked using a tracking document to ensure that they can focus their revision and additional study on the key areas.
	Cycle 13 – **Section 1 – Anatomy and Physiology (skeletal, muscular, cardiovascular, respiratory, Aerobic and anaerobic, short term and long term effects of exercise)** Core Invasion games / Gymnastics / Net and Wall / Fitness	Opportunities to revisit during cycle 14
Year 10: Key intent of this year	**Cycle 12 – Sect. 6 – Health, fitness and well-being (health, fitness and well-being, Sedentary lifestyle, Diet and Nutrition, Somatotypes)** **Sect. 3 – Physical training (components of fitness, Fitness testing, Principals of training, target training zones, training methods, preventing injuries)** **Analysis of Performance**	Touched upon during Yr 9 options block Sect. 3 – cover as part of the Year 9 Option PE program. **AoP** – completed a small version as part of the Year 9 Option PE program.

	Practical – Athletics / Climbing Core – Net and Wall / Athletics / Striking and fielding / Fitness	
	Cycle 11 – Sect. 4 – Sports Psychology (arousal, aggression, personality types and motivation) **Sect. 5 – Sport, Society and Culture (Influences, Commercialisation, Technology, Sporting behaviour, Performance-enhancing drugs, spectator behaviour, Health, Fitness & wellbeing, Sedentary lifestyle, Diet and Nutrition, Somatotypes)** Core – OPTIONS BLOCK Invasion games / Problem solving / Dance / Yoga / Net and Wall / Fitness (NDLC)	Opportunities to revisit during cycle 14
	Cycle 10 – Sect. 4 – Sports Psychology (learning skills, goal setting, guidance and feedback, information processing, arousal, aggression, personality types and motivation) **Plus Practical (from Football, Netball, Hockey, Badminton)** Core Invasion games / Gymnastics / Net and Wall / Fitness	Opportunities to revisit during cycle 14
Year 9: Key intent of this year	**Cycle 9 –PE Option = Look at how to evaluate strengths and weaknesses in performance. Analysis of performance.** **Complete a small version of the GCSE analysis of performance on themselves.** Core – Net and Wall / Athletics / Striking and fielding **Theory** - Cardio-respiratory system	**Opportunities to revisit during cycle 12**
	Cycle 8 - PE Option = Principles of training - how the principles of training can be applied to bring about improvements in fitness, application of the principles to sporting examples. **Methods of training – suitably of methods to a variety of sports.** Core	**Opportunities to revisit during cycle 12**

	Invasion games / Problem solving / Gymnastics / Net and Wall / Fitness **Theory** - Methods of training	
	Cycle 7 - PE Option = The relationship between health and fitness. Components of fitness, Understand and justify why the components of fitness may or may not be needed when performing certain physical activities and sports. Fitness testing – protocols, purpose and limitations. Core Invasion games / Problem solving / Gymnastics / Net and Wall / Fitness **Theory** - Components of fitness and testing	**Opportunities to revisit during cycle 12**
Year 8: Key intent of this year	Cycle 6 – Net and Wall / Athletics / Striking and fielding **Theory** - Basic information processing	Work building on learning from year 7 alongside developing new concepts.
	Cycle 5- Invasion games / Problem solving / Gymnastics / Net and wall / Fitness **Theory** - Respiratory system	Work building on learning from year 7 alongside developing new concepts.
	Cycle 4 – Invasion games / Problem solving / Gymnastics / **Theory** - Cardiovascular system	Work building on learning from year 7 alongside developing new concepts.
Year 7: Key intent of this year	Cycle 3 – Net and Wall / Athletics / Striking and fielding **Theory** - Cardiovascular system	Building on previous learning from Primary.
	Cycle 2 - Invasion games / Problem solving / Gymnastics / Net and wall **Theory** - Components of fitness	Building on previous learning from Primary.
	Cycle 1 – Invasion games / Problem solving / Gymnastics **Theory** - W-Up/Cool-down / Muscular system	Building on previous learning from Primary.