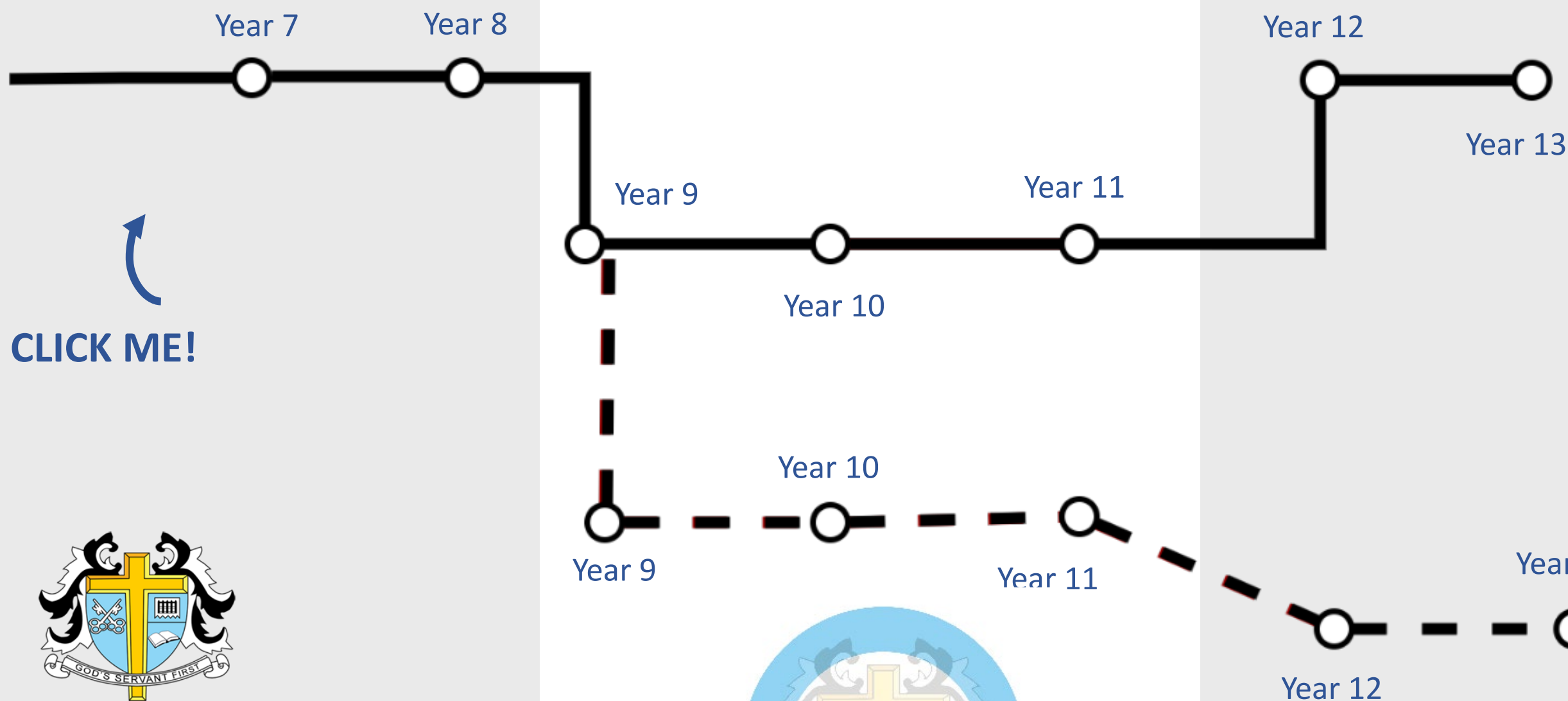


Key

 BTEC Sport

 Physical Education & Games

 Click to see plan




CLICK ME!



Physical Education & Games Curriculum

St Thomas More High School

	Autumn Term	Spring Term	Summer Term
Topics	<p>Cross Country / Fitness for Sport</p> <ul style="list-style-type: none"> - Developing CV fitness <p>Football</p> <ul style="list-style-type: none"> - Sending/Receiving - Defending & Attacking - Rules & Regulations - Gameplay <p>Rugby</p> <ul style="list-style-type: none"> - Passing & Receiving - Basics of tackling - Rules & Regulations - Gameplay <p>Basketball</p> <ul style="list-style-type: none"> - Dribbling - Passing - Shooting - Gameplay 	<p>Volleyball</p> <ul style="list-style-type: none"> - Set & Dig - Serving - Rules & Regulations - Gameplay <p>Hockey</p> <ul style="list-style-type: none"> - Sending/Receiving - Defending & Attacking - Rules & Regulations - Gameplay <p>Table Tennis</p> <ul style="list-style-type: none"> - Basic strokes - Rules & Regulations - Gameplay <p>Handball</p> <ul style="list-style-type: none"> - Passing - Shooting - Defending as a team - Rules & Regulations - Gameplay <p>Orienteering</p> <ul style="list-style-type: none"> - Basic map reading - Compass work <p>Fitness for Health</p> <ul style="list-style-type: none"> - Cardiovascular - Circuit Training - Safety <p>International Rules</p> <ul style="list-style-type: none"> - Sports from around the world - Basic sending & receiving - Rules & Regulations - Gameplay 	<p>Athletics</p> <ul style="list-style-type: none"> - Track (Sprints, Middle distance) - Throws (Shot, Javelin, Discus) - Jumps (Long, High) <p>Tennis</p> <ul style="list-style-type: none"> - Grips & stance - Ground strokes - Rules & Regulations - Gameplay <p>Cricket</p> <ul style="list-style-type: none"> - Bowling - Batting - Fielding - Rules & Regulations - Gameplay <p>Striking & Fielding (Softball/Danish Long Ball)</p> <ul style="list-style-type: none"> - Tactics - Gameplay
NCC Codes	See our national curriculum coverage here		
Assessment	<p>Students are assessed at the end of each block of sports. They are assessed using our 'ME in PE' model that looks at four specific areas – Physical, Social, Leadership and Coaching and given an overall grade. This means that all pupils can achieve a higher level of success in PE, not just those are more able in terms of their physical performance</p> <p>A final overall end of year level is given out in the Summer</p>		
E/L	<p>All students are encouraged to attend extra-curricular clubs to improve their knowledge and understanding of these sports. There are clubs aimed at the more able/school representatives but also clubs where all students are welcomed.</p> <p>Students are often directed to relevant websites to learn more about the sports they study and to see how the sports are played at the highest level</p>		

	Autumn Term	Spring Term	Summer Term
Topics	<p>Cross Country / Fitness for Sport</p> <ul style="list-style-type: none"> - Developing CV fitness - Pacing and tactics <p>Football</p> <ul style="list-style-type: none"> - Sending/Receiving - Defending & Attacking - Shooting - Tactics - Rules & Regulations - Gameplay <p>Rugby</p> <ul style="list-style-type: none"> - Passing & Receiving - Basics of tackling - Rucks & Mauls - 3 man scrums - Rules & Regulations - Gameplay <p>Basketball</p> <ul style="list-style-type: none"> - Dribbling - Passing - Shooting - Man-to-man defending - Rules & Regulations - Gameplay 	<p>Volleyball</p> <ul style="list-style-type: none"> - Set & Dig - Block - Serving - Rules & Regulations - Gameplay <p>Hockey</p> <ul style="list-style-type: none"> - Sending/Receiving - Defending & Attacking - Tactics - Rules & Regulations - Gameplay <p>Table Tennis</p> <ul style="list-style-type: none"> - Basic strokes - Development of spin - Variation of serves - Rules & Regulations - Gameplay <p>Handball</p> <ul style="list-style-type: none"> - Passing - Shooting - Attacking as a team - Defending as a team - Rules & Regulations - Gameplay <p>Fitness for Health</p> <ul style="list-style-type: none"> - Cardiovascular - Circuit Training - Basic weight training (free weights/body weight) - Gym safety <p>International Rules</p> <ul style="list-style-type: none"> - Sports from around the world - Basic sending & receiving - Tactics - Rules & Regulations - Gameplay 	<p>Athletics</p> <ul style="list-style-type: none"> - Track (Sprints, Middle distance) - Throws (Shot, Javelin, Discus) - Jumps (Long, High) - Development of technique <p>Tennis</p> <ul style="list-style-type: none"> - Grips & stance - Ground strokes - Serves - Volleys - Rules & Regulations - Gameplay <p>Cricket</p> <ul style="list-style-type: none"> - Bowling - Batting - Fielding - Tactics - Rules & Regulations - Gameplay <p>Striking & Fielding (Softball/Danish Long Ball)</p> <ul style="list-style-type: none"> - Tactics - Gameplay
NCC Codes w/link	See our national curriculum coverage here		
Assessment	<p>Students are assessed at the end of each block of sports. They are assessed using our 'ME in PE' model that looks at four specific areas – Physical, Social, Leadership and Coaching and given an overall grade. This means that all pupils can achieve a higher level of success in PE, not just those are more able in terms of their physical performance</p> <p>A final overall end of year level is given out in the Summer</p>		
E/L	<p>All students are encouraged to attend extra-curricular clubs to improve their knowledge and understanding of these sports. There are clubs aimed at the more able/school representatives but also clubs where all students are welcomed.</p> <p>Students are often directed to relevant websites to learn more about the sports they study and to see how the sports are played at the highest level</p> <p>Year 8 students are given a workbook in the Spring term based on GCSE PE topics that they can complete and return to the PE Department. This is particularly aimed at those thinking about studying GCSE PE from Year 9 onwards but anybody is welcome to try and complete the tasks.</p>		

Y7 & Y8	<p><u>Local Clubs</u></p> <p>Football – Catholic Utd Football Club - Catholic United Football Club (catholicutd.co.uk) Basketball – Southend Scorpions - Scorpions Basketball Academy Rugby – Westcliff Rugby Club - Westcliff Rugby Football Club – Westcliff Rugby Football Club (westcliffRFC.co.uk) Athletics – Southend Athletics - Home - Southend on Sea Athletic Club (southend-on-sea-athletic-club.co.uk) Cricket – Leigh-on-Sea Cricket Club - Leigh-on-Sea Cricket Club Home page (leighcricket.com) Tennis – Westcliff Lawn Tennis Club - Westcliff Lawn Tennis Club – WLTC</p> <p><u>Useful websites</u></p> <p>www.britishswimming.org Amateur Swimming Association www.badmintonengland.co.uk Badminton Association of England www.britishcycling.org.uk British Cycling http://www.british-gymnastics.org British Gymnastics http://www.teamgb.com/ The British Olympic Association www.britishvolleyball.org British Volleyball Association www.englandbasketball.co.uk English Basketball Association www.thefa.com The Football Association www.lta.org.uk The Lawn Tennis Association www.rfu.com The Rugby Football Union www.sportsleaders.org Sports Leaders UK www.sportofficialsuk.com Sports Officials UK www.ukathletics.net UK Athletics www.uksport.gov.uk UK Sport</p>
---------	---

	Autumn Term	Spring Term	Summer Term
Topics	Functions of the skeletal system Classification of bones Structure of the skeletal system Classification and roles of muscles Location and roles of key voluntary muscles Antagonistic muscles Fast and slow twitch muscle fibres Structure and function of cardiovascular system Arteries, capillaries and veins	Vascular shunting Components of blood and their significance for physical activity Respiratory system – composition of air; lung volumes Location and roles of principle components of respiratory system Structure and function of alveoli Energy sources; aerobic and anaerobic exercise and short term effects of exercise	Components of fitness Fitness tests – theory and practice Principles of training Application of principles of training to a PEP Methods of training
Exam Spec w/link	GCSE Physical Education 2016: Specification (pearson.com) (Component 1) 1.1 – 1.2	GCSE Physical Education 2016: Specification (pearson.com) (Component 1) 1.2 – 1.3	GCSE Physical Education 2016: Specification (pearson.com) (Component 1) 3.2 – 3.3
Assessment	Skeletal system test Location and roles of muscle test Structure of Cardiovascular system test	Respiratory system test <i>End of half term tests</i> <i>Past paper questions on each topic in class and for extended learning</i> <i>End of year exam</i>	Components of fitness related to different sports performers Methods of Training test
E/L	EXTENDED LEARNING TASKS CAN BE FOUND ON 'TEAMS' IN THE EXTENDED LEARNING FOLDER. THESE CAN BE COMPLETED AND HANDED IN AT ANY TIME TO THE TEACHER IN CHARGE OF THE CLASS		

Games for Understanding

		Autumn Term					Spring Term					Summer Term				
Topics		Physical	Social	Leadership	Coaching		Physical	Social	Leadership	Coaching		Physical	Social	Leadership	Coaching	
		Cross Country	Fitness Levels Competitive	Motivation Commitment	Team Work Cooperation	Lead a warm up Use of terminology	Fitness	Fitness Levels Competitive	Commitment Motivation	Cooperation Team work	Lead a warm up Use of terminology	Athletics	Technique Competitive	Motivation Commitment	Empathy and Kindness Cooperation	Lead a warm up Use of terminology
		Football	Technique Decision making	Sportsmanship Communication	Teamwork Empathy and Kindness	Lead a warm up Tactics	Football	Technique Decision making	Sportsmanship Communication	Teamwork Empathy and Kindness	Lead a warm up Tactics	Cricket	Decision Making Technique	Respect Communication	Motivation Teamwork	Rules Use of terminology
		Basketball	Skill Development Decision making	Motivation Respect	Teamwork Communication	Technique Rules	Basketball	Skill Development Decision making	Motivation Respect	Teamwork Communication	Technique Rules	Tennis	Technique Skill Development	Sportsmanship Commitment	Communication Cooperation	Lead a warm up Use of terminology
		Rugby	Skill Development Competitive	Respect Sportsmanship	Teamwork Empathy and Kindness	Rules Tactics	Rugby	Skill Development Competitive	Respect Sportsmanship	Teamwork Empathy and Kindness	Rules Tactics	Strike & Field	Competitive Decision making	Motivation Respect	Team work Communication	Tactics Technique
		NC link	<ul style="list-style-type: none"> Use and develop a variety of tactics and strategies to overcome opponents in team and individual games Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs. 					<ul style="list-style-type: none"> Develop their technique and improve their performance in other competitive sports, [for example, athletics and gymnastics], or other physical activities [for example, dance] 					<ul style="list-style-type: none"> Develop their technique and improve their performance in other competitive sports, [for example, athletics and gymnastics], or other physical activities [for example, dance] 			
	Assessment	Attitude for Learning <ul style="list-style-type: none"> Kit marks Physical Social Leadership Coaching 					Attitude for Learning <ul style="list-style-type: none"> Kit marks Physical Social Leadership Coaching 					Attitude for Learning <ul style="list-style-type: none"> Kit marks Physical Social Leadership Coaching 				
	Extra Curricular	Football – Squad and recreational practices Basketball Rugby Fitness – Gym Tennis Athletics Cricket														

	Autumn Term	Spring Term	Summer Term
Topics	Lever system – first, second and third class levers Mechanical advantage in sport and physical activity Movement possibilities at joints Utilisation of movement in physical activity Joint classification and impact on movement axes Planes and axes – generalised movement patterns Long term effects of training on the musculo-skeletal system Long term effects of training on the cardio-respiratory system	Physical, emotional and social health Lifestyle choices Impact of lifestyle choices Sedentary lifestyles and consequences Balanced diet and the role of nutrients Dietary manipulation for sport Optimum weight	Identification and treatment of injury Injury prevention in physical activity Performance enhancing drugs Factors affecting participation in physical activity Participation rate trends – use of data An introduction to using a PEP to develop fitness, health and exercise and performance PARQs; warm ups and cool downs PEP Planning
Exam Spec w/link	GCSE Physical Education 2016: Specification (pearson.com) (Component 1) 2.1, 2.2, 3.4	GCSE Physical Education 2016: Specification (pearson.com) (Component 2) 1.1, 1.2, 1.3	GCSE Physical Education 2016: Specification (pearson.com) (Component 1) 3.5, 4.1 (Component 4)
Assessment	Joint classification test Long term effects of training question	Diet/Role of nutrients test <i>End of half term tests</i> <i>Past paper questions on each topic in class and for extended learning</i> <i>End of year exam</i>	Injury and PED's test Personal Exercise Programme (Component 4 – 10% of grade)
E/L	EXTENDED LEARNING TASKS CAN BE FOUND ON 'TEAMS' IN THE EXTENDED LEARNING FOLDER. THESE CAN BE COMPLETED AND HANDED IN AT ANY TIME TO THE TEACHER IN CHARGE OF THE CLASS		

Autumn Term

Spring Term

Summer Term

Topics	<p>Lesson 1 – Cross County and Sport Education season</p> <p>Lesson 2 – Recreational competition</p> <table border="1" data-bbox="163 562 988 846"> <thead> <tr> <th>Lesson 1</th> <th>Physical</th> <th>Social</th> <th>Leadership</th> <th>Coaching</th> </tr> </thead> <tbody> <tr> <td>Cross Country</td> <td>Fitness Levels Competitive</td> <td>Motivation Commitment</td> <td>Teamwork Cooperation</td> <td>Lead a warm up Use of terminology</td> </tr> <tr> <td>Sport Education</td> <td>Fitness Levels Skill Development</td> <td>Communication Motivation Respect</td> <td>Motivation Communication Teamwork</td> <td>Rules Tactics Technique</td> </tr> <tr> <td>Football</td> <td>Technique Decision Making</td> <td>Sportsmanship Commitment</td> <td>Empathy and Kindness</td> <td>Use of Terminology</td> </tr> <tr> <td>Basketball</td> <td>Competitive</td> <td></td> <td>Cooperation</td> <td>Lead a warm up</td> </tr> <tr> <td>Rugby</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Lesson 1	Physical	Social	Leadership	Coaching	Cross Country	Fitness Levels Competitive	Motivation Commitment	Teamwork Cooperation	Lead a warm up Use of terminology	Sport Education	Fitness Levels Skill Development	Communication Motivation Respect	Motivation Communication Teamwork	Rules Tactics Technique	Football	Technique Decision Making	Sportsmanship Commitment	Empathy and Kindness	Use of Terminology	Basketball	Competitive		Cooperation	Lead a warm up	Rugby					<p>Lesson 1 – Sport Education and fitness</p> <p>Lesson 2 – Recreational Competition</p> <table border="1" data-bbox="1074 583 1938 804"> <thead> <tr> <th>Lesson 1</th> <th>Physical</th> <th>Social</th> <th>Leadership</th> <th>Coaching</th> </tr> </thead> <tbody> <tr> <td>Fitness</td> <td>Fitness Levels Competitive</td> <td>Motivation Commitment</td> <td>Teamwork Cooperation</td> <td>Lead a warm up Use of terminology</td> </tr> <tr> <td>Sport Education</td> <td>Fitness Levels Skill Development</td> <td>Communication Motivation Respect</td> <td>Motivation Communication Teamwork</td> <td>Rules Tactics Technique</td> </tr> <tr> <td>Football</td> <td>Technique Decision Making</td> <td>Sportsmanship Commitment</td> <td>Empathy and Kindness</td> <td>Use of Terminology</td> </tr> <tr> <td>Basketball</td> <td>Competitive</td> <td></td> <td>Cooperation</td> <td>Lead a warm up</td> </tr> <tr> <td>Rugby</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Lesson 1	Physical	Social	Leadership	Coaching	Fitness	Fitness Levels Competitive	Motivation Commitment	Teamwork Cooperation	Lead a warm up Use of terminology	Sport Education	Fitness Levels Skill Development	Communication Motivation Respect	Motivation Communication Teamwork	Rules Tactics Technique	Football	Technique Decision Making	Sportsmanship Commitment	Empathy and Kindness	Use of Terminology	Basketball	Competitive		Cooperation	Lead a warm up	Rugby					<p>Lesson 1 – Sport Education season</p> <p>Lesson 2 - Recreational Competition</p> <table border="1" data-bbox="2036 594 2887 747"> <thead> <tr> <th>Lesson 1</th> <th>Physical</th> <th>Social</th> <th>Leadership</th> <th>Coaching</th> </tr> </thead> <tbody> <tr> <td>Sport Education</td> <td>Fitness Levels Skill Development</td> <td>Communication Motivation Respect</td> <td>Motivation Communication Teamwork</td> <td>Rules Tactics Technique</td> </tr> <tr> <td>International</td> <td>Technique Decision Making</td> <td>Sportsmanship Commitment</td> <td>Empathy and Kindness</td> <td>Use of Terminology</td> </tr> <tr> <td>Rules</td> <td>Competitive</td> <td></td> <td>Cooperation</td> <td>Lead a warm up</td> </tr> <tr> <td>Strike & Field</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Ultimate Frisbee</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Lesson 1	Physical	Social	Leadership	Coaching	Sport Education	Fitness Levels Skill Development	Communication Motivation Respect	Motivation Communication Teamwork	Rules Tactics Technique	International	Technique Decision Making	Sportsmanship Commitment	Empathy and Kindness	Use of Terminology	Rules	Competitive		Cooperation	Lead a warm up	Strike & Field					Ultimate Frisbee				
	Lesson 1	Physical	Social	Leadership	Coaching																																																																																								
Cross Country	Fitness Levels Competitive	Motivation Commitment	Teamwork Cooperation	Lead a warm up Use of terminology																																																																																									
Sport Education	Fitness Levels Skill Development	Communication Motivation Respect	Motivation Communication Teamwork	Rules Tactics Technique																																																																																									
Football	Technique Decision Making	Sportsmanship Commitment	Empathy and Kindness	Use of Terminology																																																																																									
Basketball	Competitive		Cooperation	Lead a warm up																																																																																									
Rugby																																																																																													
Lesson 1	Physical	Social	Leadership	Coaching																																																																																									
Fitness	Fitness Levels Competitive	Motivation Commitment	Teamwork Cooperation	Lead a warm up Use of terminology																																																																																									
Sport Education	Fitness Levels Skill Development	Communication Motivation Respect	Motivation Communication Teamwork	Rules Tactics Technique																																																																																									
Football	Technique Decision Making	Sportsmanship Commitment	Empathy and Kindness	Use of Terminology																																																																																									
Basketball	Competitive		Cooperation	Lead a warm up																																																																																									
Rugby																																																																																													
Lesson 1	Physical	Social	Leadership	Coaching																																																																																									
Sport Education	Fitness Levels Skill Development	Communication Motivation Respect	Motivation Communication Teamwork	Rules Tactics Technique																																																																																									
International	Technique Decision Making	Sportsmanship Commitment	Empathy and Kindness	Use of Terminology																																																																																									
Rules	Competitive		Cooperation	Lead a warm up																																																																																									
Strike & Field																																																																																													
Ultimate Frisbee																																																																																													
NC link	<ul style="list-style-type: none"> Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis] Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance] Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 																																																																																										
	Assessment	<p>Attitude for Learning</p> <ul style="list-style-type: none"> Kit marks Physical Social Leadership Coaching 	<p>Attitude for Learning</p> <ul style="list-style-type: none"> Kit marks Physical Social Leadership Coaching 	<p>Attitude for Learning</p> <ul style="list-style-type: none"> Kit marks Physical Social Leadership Coaching 																																																																																									
Extra Curricular		<p>Football – Squad and recreational practices</p> <p>Cricket</p> <p>Basketball</p> <p>Rugby</p> <p>Fitness – Gym</p> <p>Athletics</p> <p>Tennis</p>																																																																																											

	Autumn Term	Spring Term	Summer Term
Topics	Sporting behaviours Deviance in sport Classification of skills Forms of practice – theory and practical application Types of guidance – theory and practical application Mental preparation for performance; types of feedback Revision for Mocks	Participation rate trends – use of data Commercialisation and the media Advantages and disadvantages of commercialisation Completion of PEP's Review and Revise – <ul style="list-style-type: none"> • Structure of the skeletal system • Classification and roles of muscles • Structure and function of cardiovascular system • Location and roles of principle components of respiratory system • Components of fitness • Principles of training • Methods of training 	Review and Revise – <ul style="list-style-type: none"> • Vascular shunting • Components of blood and their significance for physical activity • Lever system – first, second and third class levers • Mechanical advantage in sport and physical activity • Joint classification and impact on movement axes • Long term effects of training on the musculo-skeletal system • Long term effects of training on the cardio-respiratory system • Physical, emotional and social health • Lifestyle choices • Impact of lifestyle choices • Identification and treatment of injury • Injury prevention in physical activity • Performance enhancing drugs
Exam Spec w/link	GCSE Physical Education 2016: Specification (pearson.com) (Component 2) 3.3, 2.1, 2.3	GCSE Physical Education 2016: Specification (pearson.com) (Component 2) 3.4, 4.1	GCSE Physical Education 2016: Specification (pearson.com)
Assessment	Practice and guidance exam questions <i>End of year exam</i>	Commercialisation test Personal Exercise Programme (Component 4 – 10% of grade) <i>End of half term tests</i> <i>Past paper questions on each topic in class and for extended learning</i>	Past paper exams to be used throughout lessons
E/L	EXTENDED LEARNING TASKS CAN BE FOUND ON 'TEAMS' IN THE EXTENDED LEARNING FOLDER. THESE CAN BE COMPLETED AND HANDED IN AT ANY TIME TO THE TEACHER IN CHARGE OF THE CLASS		

	Autumn Term	Spring Term	Summer Term
Topics	Lesson 1 – Competitive competition Lesson 2 – Recreational competition/Off site activities* *In lesson 2, students will have the opportunity to experience an off-site activities for a range of sports and physical activities <ul style="list-style-type: none"> • Bouldering wall • Swimming • Golf • Skateboarding • Cycling 	Lesson 1 – Competitive competition Lesson 2 – Recreational competition/Off site activities* *In lesson 2, students will have the opportunity to experience an off-site activities for a range of sports and physical activities <ul style="list-style-type: none"> • Bouldering wall • Swimming • Golf • Skateboarding • Cycling 	Lesson 1 – Competitive competition Lesson 2 – Recreational competition/Off site activities* *In lesson 2, students will have the opportunity to experience an off-site activities for a range of sports and physical activities <ul style="list-style-type: none"> • Bouldering wall • Swimming • Golf • Skateboarding • Cycling
NC Link	<ul style="list-style-type: none"> • Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs. • Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group 	<ul style="list-style-type: none"> • Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs. • Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group 	<ul style="list-style-type: none"> • Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs. • Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group
Assessment	Attitude for Learning <ul style="list-style-type: none"> • Kit marks • Physical • Social • Leadership • Coaching 	Attitude for Learning <ul style="list-style-type: none"> • Kit marks • Physical • Social • Leadership • Coaching 	Attitude for Learning <ul style="list-style-type: none"> • Kit marks • Physical • Social • Leadership • Coaching
Extra Curricular	Football – Squad and recreational practices Cricket Basketball Rugby Fitness – Gym Athletics Tennis		

Games - Useful Links

Football – Catholic Utd Football Club - [Catholic United Football Club \(catholicutd.co.uk\)](http://catholicutd.co.uk)

Basketball – Southend Scorpions - [Scorpions Basketball Academy](http://scorpionsbasketballacademy.com)

Rugby – Westcliff Rugby Club - [Westcliff Rugby Football Club – Westcliff Rugby Football Club \(westcliffRFC.co.uk\)](http://westcliffRFC.co.uk)

Athletics – Southend Athletics - [Home - Southend on Sea Athletic Club \(southend-on-sea-athletic-club.co.uk\)](http://southend-on-sea-athletic-club.co.uk)

Cricket – Leigh-on-Sea Cricket Club - [Leigh-on-Sea Cricket Club Home page \(leighcricket.com\)](http://leighcricket.com)

Tennis – Westcliff Lawn Tennis Club - [Westcliff Lawn Tennis Club – WLTC](http://westcliffLawnTennisClub.co.uk)

	Autumn Term	Spring Term	Summer Term
Topics	<p>COMPONENT 01 (1.1)</p> <p>Joints, movements & muscles</p> <p>Functional roles of muscles & types of contraction</p> <p>Analysis of movement</p> <p>Skeletal muscle contraction</p> <p>Muscle contraction during exercise of differing intensities and during recovery</p> <p>Cardiovascular system at rest and during exercise of differing intensities and during recovery</p> <p>Respiratory system at rest and during exercise of differing intensities and during recovery</p> <p>Energy for Exercise</p> <p>Diet & Nutrition</p> <p>Ergogenic aids</p> <p>COMPONENT 03 (3.1)</p> <p>Pre-industrial Britain</p> <p>Post 1850 industrial Britain</p> <p>Influence of Public Schools</p>	<p>COMPONENT 01 (1.3)</p> <p>Biomechanical principles</p> <p>Levers</p> <p>Analysis through the use of technology</p> <p>COMPONENT 03 (3.1)</p> <p>Sport in 20th Century Britain</p> <p>Sport in 21st Century Britain</p> <p>COMPONENT 01 (1.1)</p> <p>Exercise at altitude</p> <p>Exercise in the heat</p> <p>COMPONENT 01 (1.2)</p> <p>Acute and chronic injuries</p> <p>Injury prevention</p> <p>Responding to injuries and medical conditions in a sporting context</p> <p>Rehabilitation of injury</p> <p>COMPONENT 03 (2.3)</p> <p>The modern Olympic Games</p> <p>Hosting Global Sporting Events</p>	<p>COMPONENT 06</p> <p>Evaluating and Analysing Performance for Improvement</p> <p>COMPONENT 02 (2.1)</p> <p>Skill Classification</p> <p>Types & Methods of Practice</p> <p>Transfer of Skills</p> <p>COMPONENT 01 (1.3)</p> <p>Biomechanical principles</p>
Exam Spec w/link	OCR A Level Physical Education Specification H555	OCR A Level Physical Education Specification H555	OCR A Level Physical Education Specification H555
Assessment	<p>Joint Test</p> <p>CV Test</p> <p>Energy System extended questions</p> <p><i>End of year exam</i></p>	<p>Altitude test</p> <p>Injuries</p> <p><i>End of half term tests</i></p> <p><i>Past paper questions on each topic in class and for extended learning</i></p>	<p>EAPI First draft</p>

Physical Education – Year 13

BTEC Sport – Year 9

BTEC Sport - Year 10

BTEC Sport – Year 11

BTEC Sport – Year 12

BTEC Sport – Year 13

Useful Links

Y9 – Y11	<p>Free Apps – PE GCSE Revision Guide / Discover Human Body / Human Anatomy & Physiology</p> <p>Mr Wnuk PE - Quizzes (google.com)</p> <p>https://damianedwardspe.dudaone.com/services</p> <p>(3463) Damian Edwards - PE - YouTube</p> <p>(3463) Edexcel GCSE Physical Education -Revision Series 2022 - YouTube</p> <p>(3463) Are athletes really getting faster, better, stronger? David Epstein - YouTube</p>
Y12 & Y13	<p>(3463) Flip Teach - YouTube</p> <p>(3463) Mike Tyler - YouTube</p> <p>(3463) OCR A-level PE - YouTube</p> <p>Dynamic Learning - Login (dynamic-learning.co.uk)</p> <p>(3463) Heart Dissection GCSE A Level Biology NEET Practical Skills - YouTube</p> <p>(3463) Cycling's Greatest Fraud: Lance Armstrong National Geographic Documentary - YouTube</p> <p>(3463) The Physics behind Figure Skating Spins - YouTube</p> <p>(3463) Cycling's speed secrets The Economist - YouTube</p> <p>(3463) Free Body Diagrams - Sports Biomechanics - YouTube</p> <p>(3463) Are athletes really getting faster, better, stronger? David Epstein - YouTube</p>

