



"Life in all its fullness"
John 10:10

Year 8:
Students will learn to value the verbal feedback from teachers, peers, selves give and utilise it to set targets. We need to develop young people who will make a difference in modern Britain and value society. We continue to foster a healthy lifestyle of exercise and develop a well balanced

Activities you will cover; Football, gymnastics, rugby, basketball, netball, handball, dance, fitness, badminton, table tennis, athletics, rounders, softball, cricket, tennis.



Year 7
Students will develop empathy, confidence, open mindedness, tolerance, independence, sportsmanship, listening skills and kindness through team work, problem solving and emotional intelligence.
We aim to foster a healthy lifestyle of exercise and a well balanced diet.

Activities you will cover; Football, gymnastics, rugby, basketball, netball, handball, dance, fitness, badminton, table tennis, athletics, rounders, softball, cricket, tennis.



Year 9
Students begin to develop greater understanding of the GCSE PE and BTEC sport courses. Developing a greater understanding of anatomy and physiology , reasons for and application of a warm up.

Activities you will cover; Football, trampolining, rugby, basketball, netball, handball, dance, fitness, badminton, table tennis, athletics, rounders, softball, cricket, tennis.



Year 10
Core PE – we continue to develop students healthy active lifestyle. explore the understanding of the importance of exercise and wellbeing.

Activities you will cover; Football, trampolining , rugby, basketball, netball, handball, dance, fitness, badminton, table tennis, athletics, rounders, softball, cricket, tennis.



GCSE PE – edexcel (pearsons)

Year 10: Components of Fitness, Fitness tests, Warm ups and Cool Downs, Benefits of PA- Physical/emotional/Social, Lifestyle choices, Sedentary Lifestyles, Diet and nutrition, Functions of the skeleton- classification of bones and structure. Movement at joints and classifications.
Roles of muscles- antagonistic muscles and muscle fibres, Structure and function of the CV systems- arteries, veins capillaries, Components of the blood, Respiratory system- components of the respiratory system, Energy sources- aerobic and anaerobic, Lever systems- mechanical advantage in sport, Planes and axes of movement, Smart targets, Principles of Training, Methods of Training

Year 11: Long and short term effects on the CV/muscular/respiratory of PA, Injuries/ treatment and prevention, Performance enhancing drugs, Classification of skills, Forms of practice, Types of guidance, Mental preparation, Factors affecting PA, Participation rate trends, Commercialisation and media, Sporting behaviours, Deviance in sport

Year 11
Core PE – we continue to develop students healthy active lifestyle. explore the understanding of the importance of exercise and wellbeing.

Activities you will cover; Football, trampolining , rugby, basketball, netball, handball, dance, fitness, badminton, table tennis, athletics, rounders, softball, cricket, tennis.

GCSE and BTEC courses continue as per year 10 information

BTEC Sport – Pearsons

Unit 1: Fitness for Sport and Exercise Level: 1 and 2 Unit type: Mandatory Guided learning hours: 30 Assessment type: External	Unit 2: Practical Performance in Sport Level: 1 and 2 Unit type: Mandatory Guided learning hours: 30 Assessment type: Internal
Unit 3: Applying the Principles of Personal Training Level: 1 and 2 Unit type: Mandatory Guided learning hours: 30 Assessment type: Internal Synoptic	Unit 6: Leading Sports Activities Level: 1 and 2 Unit type: Optional specialist Guided learning hours: 30 Assessment type: Internal



- Key Skills developed in PE**
1. Ask questions – to improve understanding
 2. Provide skill development – to show detailed knowledge
 3. Make comparisons – to identify similarities & differences
 4. Show empathy – to see other’s point of view
 5. Develop evaluations – to present reasoned arguments
 6. Express opinions – to give my own thoughtful ideas



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