

Curriculum Guide – Physical Education



Year 7 Physical Education



Course Description	Course Content	Assessment
<p>The course allows students to continue to develop their fundamental skills and develop more complex skills applying within a wide range of physical activities in more challenging situations.</p> <p>Students will undertake a variety of different roles within each physical activities these include performer, coach and leader.</p> <p>Students will also analyse their own and their peers performance suggesting ways to improve.</p>	<p>1 hour of directed PE time per week.</p> <p>This is based around 4 strands: Performance, Evaluation, Leadership, Health and Fitness. The variety of activities covered within the KS3 curriculum are; swimming, athletics, invasion games and creative composition. Activities are suited to the name of the pathway and group once accurate baseline assessments have been completed.</p>	<p>Students are baselined specific pathways: Discoverer, Explorer and Pioneer.</p> <p>Assessment criteria information is gathered throughout the term for different roles completed within the units. For example students will fulfil the role as a performer, leader and coach across the programme of study.</p> <p>Students are constantly encouraged to assess their own and peer's performance and improve their literacy and communication skills within the subject.</p> <p>Students will always follow the 'WINNING FORMULA'</p>
Extra-Curricular Opportunities	Important Information	Use Websites
<p>We strongly encourage students to explore various enrichment opportunities for a minimum of 1 hour a week through our vast programme of clubs and practices. These are operated before, during and after the academy day.</p> <p>Extra-Curricular Program</p>	<p>Students are strongly encouraged to participate in activities that may not feature directly within their program of study.</p> <p>Not only with this enhance the learning experience of the learner but also give students the opportunity to meet new people from other classes and year groups developing their holistic education.</p> <p>SWB Academy is included within all SSAW (Wolverhampton Sports Partnership) competitions across all age groups and abilities. SWB Academy also enters regional and National football competitions.</p>	<p>www.swbacademy.org.uk</p> <p>www.bbc.co.uk/sport</p> <p>www.skysports.com</p> <p>www.livingforsport.com</p> <p>www.thisgirlcan.co.uk</p>

Year 8 Physical Education



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<p>The course allows students to continue to develop their fundamental skills and develop more complex skills applying within a wide range of physical activities in more challenging situations.</p> <p>Students will undertake a variety of different roles within each physical activities these include performer, coach and leader.</p> <p>Students will also analyse their own and their peers performance suggesting ways to improve.</p>	<p>1 hour of directed PE time per week.</p> <p>This is based around 4 strands: Performance, Evaluation, Leadership, Health and Fitness. The variety of activities covered within the KS3 curriculum are; swimming, athletics, invasion games and creative composition. Activities are suited to the name of the pathway and group once accurate baseline assessments have been completed.</p>	<p>Students are baselined specific pathways: Discoverer, Explorer and Pioneer.</p> <p>Assessment criteria information is gathered throughout the term for different roles completed within the units. For example students will fulfil the role as a performer, leader and coach across the programme of study.</p> <p>Students are constantly encouraged to assess their own and peer's performance and improve their literacy and communication skills within the subject.</p> <p>'WINNING FORMULA'</p>
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Year 9 Core Physical Education



Course Description	Course Content	Assessment
<p>The course gives students the option to select a pathway dependent on their own personal interests and desires. These pathways include; healthy & active, creative and competitive.</p> <p>This pathway will be followed for the full academic year.</p>	<p>1 Hour of directed time each week on the selected pathway.</p> <p>Students will have the opportunity to complete a 7 week module to in different areas of their selected pathways.</p> <p>Students will have access to a variety of facilities to support their selected pathways ensuring variety occurs throughout.</p> <p>Student voice will be important throughout the process to ensure pathways are.</p>	<p>Students will always be assessed on their attitude to learning. Learners are expected to follow the departmental 'Winning Formula' to maximise the lifelong learning that occurs at this phase.</p> <p><i>I AM RESILIENT</i> <i>I AM COOPERATIVE AND A GOOD TEAM PLAYER</i> <i>I HAVE A POSITIVE OUTLOOK</i> <i>I AM REFLECTIVE</i> <i>I AM RESPECTFUL</i></p>
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Year 10 Core Physical Education



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Year 11 Core Physical Education



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Year 9 Option VCERT



Course Description	Course Content	Assessment
<p>Year 9 VCERT Qualification</p> <p>This QCF qualification provides learners with an understanding of the sports sector in order to either start a career in sport, leisure or fitness, or to progress within employment in the sector.</p>	<p>2/3 hours of directed PE time per week (Timetable depending).</p> <p>VCERT Course Unit Breakdown</p> <ul style="list-style-type: none"> • Unit 1: Principles of health and fitness • Unit 2: Health Lifestyles • Unit 3: Preparing and planning for Health and Fitness (Externally assessed exam) • Unit 4: Develop a personal Health and Fitness program. <p>Learners will be expected to meet the set criteria for every unit and assignment to a Pass, Merit or Distinction standard depending on the level of work completed.</p> <p>Throughout the 4 units (as above) learners will have a minimum of 3 assignments to complete before signing off the unit.</p>	<p>VCERT</p> <p>4 units of assignment based coursework and an onscreen externally assessed exam unit.</p> <p>External Examinations have 2 opportunities to meet the highest grade possible.</p> <p>Interval assessments will be creative, engaging and purposeful to meet the highest possible criteria possible.</p>
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Year 10 BTEC Sport



Course Description	Course Content	Assessment
<p>Year 10 The Edexcel BTEC Level 1/Level 2 First Award in Sport</p> <p>Has been designed to provide an engaging and stimulating introduction to the world of sport. The qualification builds on learning from Key Stage 3 for those who wish to explore a vocational route throughout Key Stage 4. Over the 3 years the qualification includes both theory and practical lessons, coursework and an external exam.</p>	<p>During this year, students will cover one and a half of the four units that they will eventually have to complete.</p> <p>The units are</p> <p>Unit 1 – Fitness for Sport and Exercise. Components of fitness, Fitness testing, Principles of training, Methods of training</p> <p>Unit 2 – Practical Sports Performance. This compromises of 2 sports (team and individual) where the skills, techniques and tactics are reviewed and performed in isolated and conditioned practices.</p> <p>Unit 5 – Training for Personal Fitness. Participating in a 6 week, Fitness program, reviewing the 6 week fitness program</p> <p>Unit 6 – Leadership in sport Attributes of a good sports leader, Planning and leading a sports activity, reviewing a sports activity.</p>	<p>BTEC Level 2</p> <p>An onscreen externally assessed exam unit with 3 units of assignment based coursework which is internally assessed.</p>
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Year 11 GCSE Physical Education



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<p>GCSE Physical Education (Edexcel): EDEXCEL GCSE in Physical Education.</p> <p>The course allows students to develop their knowledge and practical skills in a range of physical activities. They will examine the effects of exercise and how training can improve performance. Students will find ways to improve their own performances in a variety of roles. They will identify ways to develop and maintain a healthy and active lifestyle through participation in physical activity. Student doing the course will appreciate the benefits of promoting 'sport for all'.</p> <p>Unit 1 – Theory (40% of total GCSE) Healthy, active lifestyle Your healthy, active body</p> <p>Unit Two – Practical (60% of total GCSE) 2.1 Practical performance 2.2 Analysis of performance</p>	<p>Students will explore the requirements for a balanced diet (micro and macro nutrients) and use this information to explain their importance in physical activity. Students will describe the different body types and explain the effect each can have on participation and performance. Students will review how optimum weight varieties and explain key terms in this area. Students will explain the effects of smoking and alcohol on general health and on physical activity.</p> <p>Know about different categories of drugs and the effects they may have on health, wellbeing and physical performance and why some performers might risk using them. Identify risks associated with participation in physical activities and explain how to reduce these. Understand the immediate and short-term effects of participation in exercise and physical activity on the Cardiovascular system. Explain how rest and Diet can impact the Cardiovascular system</p> <p>Explain the immediate & short-term effects of participation in exercise and physical activity on the Respiratory system. Identify how recreational drugs will impact the respiratory system.</p>	<p>GCSE Edexcel Theory 60% Examination 19th May 2017 5PE01 01 (1hour 30) 5PE03 01 (1 hour)</p> <p>Practical 40% 4 Sports in total from a range directed by PE teachers. Including Personal Exercise Plan written coursework.</p>
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	<p>developing their holistic education.</p> <p>SWB Academy is included within all SSAW (Wolverhampton Sports Partnership) competitions across all age groups and abilities. SWB Academy also enters regional and National football competitions.</p>	
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Sixth Form BTEC National Level 3 Diploma in Sport



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<p>The course is new for 2016 and the focus is on improving, monitoring and evaluating sporting performance. In addition, there is an additional focus on sport coaching and leadership.</p> <p>The course is suitable for students who are aiming to go on to university and study a sports related degree or progress onto higher training apprenticeships within the sport and leisure industry, an interest in sport is essential.</p>	<p>Lessons will be a mixture of practical and theory. Pupils will cover various areas in sport performance, sport analysis and sport coaching. This course consists of a variety of units completed over two years, including:</p> <ul style="list-style-type: none"> • Anatomy and Physiology • Sports Leadership • Sport Psychology • Sports performance analysis • Coaching for performance • Practical Sports performance • Fitness training and programming for health sport and well-being • Professional development in the sports industry • Sports Injury management • Rules, regulations and officiating in a sport 	<p>Pupils will study 9 units over two years.</p> <p>Unit 1 –externally assessed via an exam.</p> <p>Unit 2 – externally assessed via a controlled assessment.</p> <p>All other units will be assessed via coursework assignments.</p>
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<p>We strongly encourage students to explore various enrichment opportunities for a minimum of 1 hour a week through our vast programme of clubs and practices. These are operated before, during and after the academy day.</p> <p>We also provide a range of leadership development opportunities both in and out of the academy.</p>	<p>The course will consist of elements that analyse at performance in sport, so students will be taking part in practical activities as part of the course.</p> <p>The external units can only be taken twice per the course and students need to achieve at least a Pass for these.</p>	<p>www.swbacademy.org.uk</p> <p>www.bbc.co.uk/sport</p> <p>www.skysports.com</p> <p>www.thisgirlcan.co.uk</p> <p>www.qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html#tab-3</p>