



<p>Curriculum Aims</p> <p>For students to develop a rich understanding of physical education focussing on a range of topics including; Anatomy and Physiology, Training Methods and Principles, Socio-Cultural Issues in Sport and Sports Psychology.</p>	<p>What will you see in PE lessons?</p> <p>Students engaging in a range of lessons designed to develop them as independent and well-rounded learners.</p> <p>Students will be involved in the practical and theoretical side of sport throughout the course with a 1-2 split respectively.</p>	<p>What will you see in PE books?</p> <p>Clear and concise notes and tasks used to develop a deep understanding of the content.</p> <p>Students are regularly encouraged and required to apply their knowledge to working/practical examples to show a thorough understanding of the theory.</p>
<p>Curriculum Content and sequencing</p> <p>Year 10</p> <ul style="list-style-type: none"> • Components of Fitness • Fitness Testing and Data • Methods of Training • Musculo-Skeletal System • Biomechanics • Cardio-Respiratory System <p>Year 11</p> <ul style="list-style-type: none"> • Sports Psychology • Commercialisation in Sport • Socio-Cultural Issues in Sport • Engagement Patterns • Health and Well-Being 	<p>What formative assessment will you see in PE?</p> <p>Students regularly receive both written and verbal feedback.</p> <p>Students are encouraged to engage in self and peer assessment to feedback to other members of the class.</p> <p>Students will receive half termly unit summative assessments to continuously measure progress throughout the course.</p>	<p>What is the faculty currently reading and discussing and why?</p> <p>Hodder Education PE Review Magazine and Journals.</p> <p>An excellent read for sharing good practice and keeping up to date with current affairs in sport across the UK.</p>

Key Stage 4

<p>Curriculum Aims</p> <p>For students to develop a rich understanding of Sports science focussing on a range of topics including; Sports Injuries, Principles of Training, Sports Nutrition and Technology in Sport.</p>	<p>What will you see in Sport Science lessons?</p> <p>Students engaging in a range of lessons designed to develop them as independent and well-rounded learners.</p> <p>Students will be involved in the practical and theoretical side of sport science throughout the course with a 1-2 split respectively.</p> <p>Students are required to complete practical work as evidence for their assignments.</p>	<p>What will you see in Sport Science books?</p> <p>Clear and concise notes and tasks used to develop a deep understanding of the content.</p> <p>Students are regularly encouraged and required to apply their knowledge to working/practical examples to show a thorough understanding of the theory.</p> <p>Students are required to complete theory tasks as evidence for assignments including Presentations, Leaflets and Posters.</p>
<p>Curriculum Content and sequencing</p> <p>Year 10</p> <ul style="list-style-type: none"> Reducing the Risk of Sports Injuries (Exam Unit) Applying the Principles of Training (Assignment 1) <p>Year 11</p> <ul style="list-style-type: none"> Sports Nutrition (Assignment 2) Technology in Sports (Assignment 3) 	<p>What formative assessment will you see in PE?</p> <p>Students regularly receive both written and verbal feedback.</p> <p>Students are encouraged to engage in self and peer assessment to feedback to other members of the class.</p> <p>Students will receive half termly unit summative assessments in the exam unit to continuously monitor progress.</p>	<p>What is the faculty currently reading and discussing and why?</p> <p>Hodder Education PE Review Magazine and Journals.</p> <p>An excellent read for sharing good practice and keeping up to date with current affairs in sport across the UK.</p>