

Quality of Education: Curriculum is planned and sequenced so that new **knowledge** and **skills** build on what has been taught before and towards its clearly defined end points.



SUBJECT: Physical Education CURRICULUM PROGRESSION PATHWAYS CL: Mrs L. Bunning / Mrs M. Duncan				
KS3 (Level 1)	KS4 (Level 2)	KS5 (Level 3)	Further Education and training	Careers
<p>Core Physical Education</p> <p>Students study at least 8 activities which include Football, Netball, Badminton, Cross Country, Fitness, Gymnastics & Rugby, Cricket, Rounders and Athletics. They develop their skills & understanding of the games along with their own physical fitness.</p> <p>Fitness comprises of some fitness tests to gauge a starting point and they will complete a variety of circuits designed to work different areas of the body with the aim of improving cardiovascular fitness & muscular endurance. Students will understand the need for warm-up and why exercise is good for their health.</p>	<p>Year 9 A understand the rules, regulations and scoring systems for selected sports. Practically demonstrate skills, techniques and tactics in selected sports and be able to review sports performance. Know about the components of fitness and the principles of training. Explore different fitness training methods and investigate fitness testing to determine fitness levels</p> <p>Year 10 Design a personal fitness training programme. Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training. Implement a self-designed personal fitness training programme to achieve own goals and objectives and review a personal fitness training programme.</p> <p>Year 11 Investigate personality and its effect on sports performance. Explore the</p>	<p>Year 12 Explore the structure of the skeletal, muscular, cardiovascular, respiratory and energy systems as well as additional factors which affect sport and exercise performance. Understand the interrelationships between these body systems. Understand the career and job opportunities in the sports industry. Explore own skills using a skills audit to inform a career development action plan. Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway. Reflect on the recruitment and selection process and individual performance.</p> <p>Year 13 Learners explore client screening and lifestyle assessment, fitness training methods and fitness</p>	<p>Apprenticeship in Sport Sector</p> <p>Teacher Training and Education</p> <p>Level 3 National Foundation Diploma / National Diploma in Sport.</p> <p>Higher National Diploma</p> <p>Specialist employment training.</p> <p>Community Sports Leaders Award</p> <p>Higher Sports Leaders Award</p> <p>Health and Safety Executive (HSE) First Aid qualifications</p> <p>Duke of Edinburgh</p>	<p>Health and Fitness Instructor,</p> <p>PE Teacher</p> <p>Physiotherapist</p> <p>Sports Coach,</p> <p>Leisure Centre Assistant,</p> <p>Nutritionist</p> <p>Referee</p>

Core knowledge and skills mapped across the curriculum

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	<p>influence that motivation and self-confidence have on sports performance and know about arousal and anxiety, and the effects they have on sports performance.</p>	<p>programming to support improvements in a client's health and well-being. Learners gain an understanding of the requirements of fitness testing and learn how to safely conduct a range of fitness tests for different components of fitness.</p>	<p>Award scheme.</p>	
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