



## Performance - Physical Education



### Curriculum Mapping

A Level PE

BTEC Level 3 Nationals in Sport and Sport and Exercise Sciences

Sports Apprenticeships

POST 16 EDUCATION



#### Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

Students will be introduced to and develop an understanding of the importance of fitness and the different types of fitness for performance in sport and physical activity. They will also develop an understanding of the body and fitness testing.

The examination element of this BTEC course refers to Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity.

The exam lasts for 1 hour and 30 minutes and has 60 marks.



### CREATING HEALTHY & ACTIVE FUTURES

#### Component 1: Preparing Participants to Take Part in Sport and Physical Activity

Students will explore the different types and provision of sport and physical activity available for different types of participants, barriers to participation and ways to overcome these barriers to increase participation in sport and physical activity. They will also research equipment and technological advances in a chosen sport or physical activity and how to prepare our bodies for participation in sport and physical activity.

#### Component 2: Taking Part and Improving Other Participants Sporting Performance

Students will investigate the components of fitness and their effect on performance, take part in practical sport, explore the role of officials in sport and learn to apply methods and sporting drills to improve other participants' sporting performance.

BTEC Tech Award in Sport Breakdown

Coursework – 60%  
Examination – 40%



In addition your child will develop social, emotional and intellectual skills, including improved:

- ✓ Leadership Skills
- ✓ Communication & Trust
- ✓ Tolerance
- ✓ Independence
- ✓ Co-operation
- ✓ Loyalty
- ✓ Fairness & Respect
- ✓ Acceptance of Responsibility

#### FairPlay



### STRIVING & THRIVING IN PE

#### In KS4 students will learn how to develop:

- ✓ a variety of tactics and strategies to overcome opponents in team and individual games
- ✓ their technique and improve their performance in other competitive sport working as a team
- ✓ to solve problems, either individually or as a group



BTEC Tech Award in Sport (2022)

KS4 Year 11

#### Assessed sports in KS3:

Netball  
Football  
Basketball  
Rugby  
HRF/Problem Solving  
Athletics  
Trampoline  
Gymnastics  
Badminton  
Table Tennis

### Options

KS4 Year 10

### DEVELOP SKILLS & EMBED KNOWLEDGE

#### A high-quality PE curriculum at Key Stage 3 will develop:

- ✓ physical literacy and will allow pupils to learn about themselves, the importance of a healthy lifestyle, self-expression, and concepts such as fair play and respect
- ✓ a range of important cognitive skills such as decision making and analysis, and social skills such as teamwork and communication.
- ✓ a lifelong love of sports and physical exercise.
- ✓ their leadership qualities and skills through sport.

KS3 Year 9

### BROADENING SPORTING EXPERIENCES

#### KS3 assessment : Hands, Head, Heart approach

Doing - Psychomotor (Hands)  
Thinking - Cognitive (Head)  
Feeling - Esteem/Effective (Heart)



PE aims to ensure that all students develop competence to excel in a broad range of physical activities.

Your Physical Education Journey starts here ...

KS3 Year 8

### CREATING A LOVE FOR PHYSICAL EDUCATION

KS3 Year 7



#### Assessed sports in KS3:

Netball  
Football  
Basketball  
Rugby  
HRF/Problem Solving  
Athletics  
Trampoline  
Gymnastics

Head, hands, heart

We aim to develop fundamental skills and competence to excel in a wide range of physical activities by providing a broad and balanced curriculum with opportunities for all to be enjoyed.

#### Students will learn how to develop:

- ✓ the basic skills/techniques for each sport
- ✓ how to use those skills in small-sided practices/games
- ✓ how to utilise those skills in a competitive game

Ambition - Courage - Honesty - Inspiration - Respect