

PE



Curriculum Aims, Delivery & Content



Bottisham Village College

Achievement through Inspiring, Caring, Enriching

<p>Curriculum aims Key Stage 3</p>	<p>The aim of the PE curriculum is to inspire pupils to lead and sustain a healthy active lifestyle and promote physical literacy which continues when they leave school.</p> <p>This is advocated across a broad range of activities. At KS3, students will experience a range of different opportunities to compete in physical activity, recognise and embed values such as fairness and respect for others and develop an appreciation of skilful and aesthetic performances.</p>
<p>Curriculum Content Year 7, 8 & 9</p> <p>At KS3, students will have 4 lessons of PE a fortnight.</p>	<p>At KS3, all students follow courses in athletic activities, fitness, games, gymnastics and swimming. Students are involved in planning, performing and evaluating and are assessed on performance, knowledge and understanding, decision making, coaching and feedback and leadership.</p>

**Curriculum aims
Key Stage 4**

By KS4, students are expected to have a greater input into the planning and evaluation of their learning, and should be refining the skills they have learned at KS3. Students are introduced to a number of new activities alongside those experienced at KS3. The knowledge and understanding gained by students will enable them to make a considered choice of which activities they wish to pursue into adulthood. Sports Leadership is also integrated into the activities to develop confidence and the ability to lead others.

The aim of GCSE Physical Education is to equip students with the knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and well-being. Students will be in a position to make informed decisions about further learning opportunities and career pathways.

The aim of BTEC Sport is to provide an engaging and relevant introduction to the world of sport. It incorporates all aspects of the industry. Students develop and apply their knowledge, while also developing a range of relevant, practical, communication and technical skills

**At KS4,
students will
have 4
lessons of
core PE a
fortnight.**

Core PE

All students take part in a range of activities that develops personal fitness and promotes an active, healthy lifestyle. Students are assessed on performance, knowledge and understanding, decision making, coaching and feedback and leadership.

BTEC Sport

BTEC Sport is very diverse in its approach. This course is 75% coursework and 25% online exam.

The coursework is completed via numerous assignments and they are very different in nature and can range from planning and carrying out a training programme to assessing a performer's practical performance

**Students
who choose
to study
GCSE PE/
BTEC Sport
will have an
additional 5
lessons a
fortnight.**

OCR GCSE Physical Education

Physical Training

- Fitness components and tests
- Training methods
- Training principals
- Preventing injury

Anatomy and Physiology

- Skeletal system
- Muscular system
- Cardiovascular system
- Respiratory system
- Short and long term effects of exercise on each system

Health, fitness and wellbeing

- Diet
- Drugs in sport

Sports Psychology

- Skills classification
- Mental feedback

Social and Cultural Issues in Sport

- Factors affecting participation
- Commercialisation
- Media