

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 nurture physically literate individuals with the physical competence, confidence, motivation, and knowledge to remain active for life. Our core principle in PE is to MOVE: M is movement. All PE lessons will be active and encourage a love of movement. O is for opportunities. Students will experience a broad range of activities, both within the curriculum and in addition to, with clubs and trips. V is for values. PE lessons encourage students to develop key values such as teamwork, leadership, communication and creativity. E is for everyone. PE is inclusive to all. A student will never be turned away from an opportunity or activity.</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**

At KS4, students will have developed more concrete opinions about their relationship with physical activity. They are afforded a greater deal of autonomy regarding the direction of their curriculum, and a greater emphasis is placed on the social benefits of physical activity. Through student voice, students opt on to one of two pathways – active performers, or healthy active lifestyles. Regardless of pathway, students will experience a host of new activities, such as yoga, boxercise, tchoukball or water polo. Regular physical activity throughout two years of GCSE’s is a vital principle of the Bottisham Village College curriculum.

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.**

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

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