

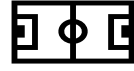
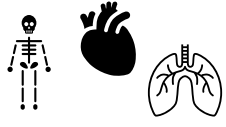
Physical Education



Unit 19
Sports and exercise
psychology

Unit 18
Practical skills in
sport and physical
activities

Level 3 Sports Leadership optional during KS5



12

Unit 1 Body
systems and the
effects of physical
activity

Unit 2 Sports
coaching and
activity leadership

Unit 3 Sport
organisation and
development

13

2.3 Health,
fitness and
well-being



2.2 Sports
Psychology



2.1c Ethical and
socio-cultural issues
in physical activity
and sport



2.1b
Commercialisation
of physical activity
and sport



2.1a
Engagement
patterns of
different social
groups



11

**Continuation of
core PE through
Y10 and Y11 as
well as optional
GCSE PE**

GCSE PE students follow a two-year practical programme working towards their practical assessment in 3 sports along with embedding theory knowledge through practical



10

1.1a The
structure and
function of the
skeletal system

1.1b The
structure and
function of the
muscular system

1.1c
Movement
analysis

1.1d
Cardiovascular
and
respiratory
systems

1.1e Effects
of exercise
on body
systems

1.2a
Components
of fitness

1.2c
Preventing
injury

2.1b
Principles of
training

Develop self
and peer-
evaluation

Develop leadership

Extra-curricular opportunities and
opportunities to participate for the school



Develop
leadership



Develop more advanced skills and
introduction of new activities

Refining skills and embedding knowledge

Activities to include; Volleyball, basketball, fitness, OAA, badminton, handball, table tennis, football, athletics, tennis and rounders



Develop
evaluation

9

Extracurricular
opportunities

Understanding components of
fitness and how to train them



Develop knowledge
of rules



Extracurricular
opportunities

Understanding
fitness testing



8

Broadening experiences and developing skills

Activities to include; Volleyball, basketball, badminton, fitness, handball, sportshall athletics, rugby, football, athletics, tennis and rounders

First school
sports day

Develop knowledge in sports and
introduction to new activities

Learn skills to become a
leader in sport



Opportunities to
represent school teams

PE
expectations



Creating a love for physical education

Activities to include; Fundamentals, fitness, badminton, football, OAA, sportshall athletics, basketball, athletics, tennis and cricket

Opportunities to
join extracurricular
clubs

Introduce new
sports and learn
core skills

Importance of
warm up

Introduction to
Head, Heart and
Hands

7



Primary School

Students will have varied experience of Physical Education at Primary School. Opportunities are offered for all our feeder primary schools to take part in sports events at AGS throughout KS2.

