PHYSICAL EDUCATION LEARNING JOURNEY

@ MAYFIELD GRAMMAR SCHOOL

CAREER IN SPORT AND PHYSICAL ACTIVITY

FINAL A-LEVEL EXAM

- Commercialisation
- Ethics, violence and drugs in sport
- Sport and the Law
- Technology in sport
- Development of elite performers

SPORT AND SOCIETY

- Goal setting
- Stress management
- Leadership
- Self-efficacy
- Social Facilitation
- Group dynamics
- Aggression
- Motivation
- Anxiety
- Arousal
- Attitudes
- Personality

SPORT PSYCHOLOGY

- Preparation and training methods
- Injury prevention
- Cardio-respiratory system
- Diet and Nutrition

ANATOMY AND PHYSIOLOGY

COURSEWORK EVALUATION

YEAR 13

YEAR 12

A-LEVEL PE

PRACTICAL SPORT COMPLETED OUTSIDE SCHOOL

ANATOMY AND PHYSIOLOGY

- Energy Systems
- Biomechanics
- Neuro-muscular system

SKILL ACQUISITION

- Skill continuums
- Transfer of learning
- Types and methods of practise
- Theories of learning
- Information processing model and memory
- Factors affecting the efficiency of the information processing model

SPORT AND SOCIETY

- Pre-Industrial
- Industrial and post-industrial
- Post WW2
- Equal opportunities
- Concepts of Physical activity and sport

COURSEWORK ANALYSIS

FINAL GCSE EXAM

BIOMECHANICS

- Levers, planes, axis, types of movement

SOCIO-CULTURAL

- Social groups, commercialisation, drugs in sport, spectator behaviour
- Pathway of air, gaseous exchange, blood vessels, structure of the heart, cardiac cycle, mechanics of breathing, aerobic and anaerobic, effects of exercise

MUSCULO-SKELETAL

- Bones, function of skeleton, muscles, synovial joints, antagonistic pairs
- Training plan

ATHLETICS

HEALTH AND FITNESS

- Health triangle, sedentary lifestyle, obesity, somatotypes, diet

COURSEWORK COMPLETE

YEAR 11

NETBALL

CARDIO-RESPIRATORY SYSTEM

COURSEWORK EVALUATION SECTION

- Skill classification, goal setting, information processing, guidance and feedback, arousal, aggression, motivation

SPORT PSYCHOLOGY

COURSEWORK ANALYSIS SECTION

- Component of fitness strength and weakness
- Components of fitness, fitness testing, principles of training, types of training, intensities, injury prevention, seasons, warm up and cool down

PHYSICAL TRAINING

TRAMPOLINING

GCSE PE

CORE PE

LIFELONG PARTICIPATION IN PHYSICAL ACTIVITY

TABLE TENNIS

NETBALL

TRAMPOLINING

CRICKET/ ROUNDERS

Year 11 - securing knowledge of rules and participation requirements across a range of activities

BASKETBALL

CHEERLEADING

SHORT TENNIS

YEAR 11

CRICKET

ATHLETICS

Year 10 - further development of basic and advanced skills and tactics across a range of activities

TRAMPOLINING

NETBALL

FOOTBALL

TABLE TENNIS

CHEERLEADING

BASKETBALL

YEAR 10

CRICKET

- Throwing, catching, basic batting, small sided games

NETBALL

- Marking the ball, shooting

RUGBY

- Pass and tackle in open play, rules of touch rugby

DANCE

- Advanced motif development and independent choreography
- Service, volley shot, rallying

NETBALL

- Chest pass and dodging in a game, marking a player

RUGBY

- Basic passing, basic tackling, offside rule

DANCE

- Motif development and application of choreographic devices

ROWING

- 4 stages of a stroke, % Gold

ATHLETICS

- Shot Put, Long Jump, 800m

OAA

- Advanced Orienteering

YEAR 9

TRAMPOLINING

- **Introduction to PE** Rules and Expectations
- Seat landing ½ twist out, front landing, back landing

ATHLETICS

- Javelin, Long Jump, 100m

SHORT TENNIS

TRAMPOLINING

- Seat Landing, twists, routine 2

YEAR 8

- **Introduction to PE** Rules and Expectations

ATHLETICS

- Introduction to runs, jumps and throws

OAA

- Teamwork, problem solving, basic orienteering

PICKLEBALL

- Forehand and backhand shot

GYMNASTICS

- Basic travel and Balance

DANCE

- Motifs and basic choreographic devices

NETBALL

- Chest pass, dodging, footwork, positions

TRAMPOLINING

- Straight jumping, basic shapes, basic routine

YEAR 7

- **Introduction to PE** Rules and Expectations