PHYSICAL EDUCATION LEARNING JOURNEY

@ Mayfield Grammar School

CAREER IN SPORT AND PHYSICAL ACTIVITY

FINAL A-LEVEL EXAM

TECHNOLOGY

DRUGS IN SPORT

COMMERCIALISATION

INJURY PREVENTION

SPORT AND THE LAW

YEAR 13 MOCK EXAMINATIONS

VIOLENCE

AGGRESSION

RESPIRATORY SYSTEM

ETHICS

COURSEWORK

CARDIO-VASCULAR SYSTEM

ATTITUDE

YEAR 13 PREPARATORY EXAMINATIONS

ATTRIBUTION

LEADERSHIP

DEVELOPMENT OF ELITE

SOCIOLOGY OF SPORT

CONCEPTS OF PE AND SPORT

SOCIOLOGY OF SPORT

EMERGENCE OF SPORT

YEAR 13

PRACTICAL SUBMISSION DEADLINE

TRAINING PREPARATION

GROUP DYNAMICS

SOCIAL FACILITATION

PRACTICAL SPORT COMPLETED OUTSIDE SCHOOL

YEAR 12

A-LEVEL PE

ENERGY SYSTEMS

SKILL

PRACTISE

THEORIES OF LEARNING

GUIDANCE AND FEEDBACK

BIOMECHANICS

INFORMATION PROESSING MODEL

EFFICIENCY OF IPM

PERSONALITY

ACHIEVEMENT MOTIVATION THEORY

MOTIVATION

AROUSAL

YEAR 12 PREPARATORY EXAMINATIONS

MUSCULO-SKELETAL SYSTEM

ANXIETY

STRESS MANAGEMENT

SELF EFFICACY

GOAL SETTING

DIET

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

CARDIO-RESPIRATORY SYSTEM

YEAR 11

COURSEWORK COMPLETE

NETBALL

HEALTH AND FITNESS

Health triangle, sedentary lifestyle, obesity, somatotypes, diet

MUSCULO-SKELETAL

Bones, function of skeleton, muscles, synovial joints, antagonistic pairs

COURSEWORK

Analysis and evaluation sections

SPORT PSYCHOLOGY

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

CYCLING

PHYSICAL TRAINING

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

TRAMPOLINING

GCSE PE

CORE PE

YEAR 10

TRAMPOLINING

NETBALL

FOOTBALL

TABLE TENNIS

CHEERLEADING

ADAPTIVE GAMES

CRICKET

Throwing, catching, basic batting, small sided games

NETBALL

Marking the ball, shooting

GCSE TASTER

Types of training, 6 muscles

RUGBY

Pass and tackle in open play, rules of touch rugby

DANCE

Advanced motif development and independent choreography

LIFELONG PARTICIPATION IN PHYSICAL ACTIVITY

TABLE TENNIS

NETBALL

TRAMPOLINING

CULTURAL SPORTS

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

COURT GAMES

CHEERLEADING

INVASION GAMES

YEAR 11

ROUNDERS

ATHLETICS

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

YEAR 9

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

TRAMPOLINING

Introduction to PE Rules and Expectations

ATHLETICS

Seat landing ½ twist out, front landing, back landing

TABLE TENNIS

Javelin, Long Jump, 100m

Service, volley shot, rallying

YEAR 8

TRAMPOLINING

Seat Landing, twists, routine 2

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