

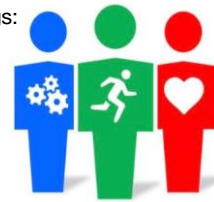
Biddenham International School: Core PE Curriculum

"To provide opportunities for **all** students to participate, experience and enjoy the world of PE"

Assessment in Core PE

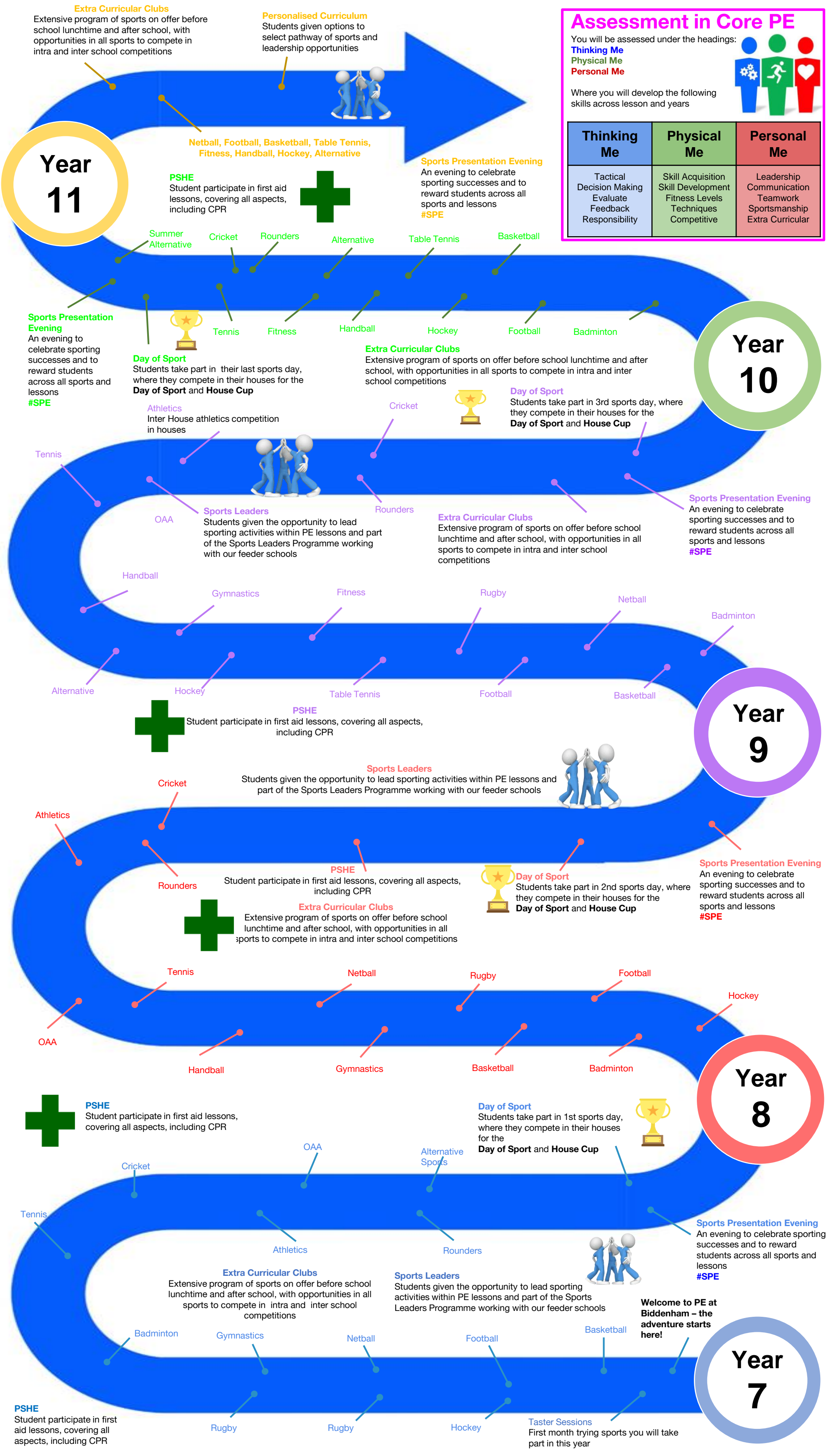
You will be assessed under the headings:

- Thinking Me**
- Physical Me**
- Personal Me**



Where you will develop the following skills across lesson and years

Thinking Me	Physical Me	Personal Me
Tactical Decision Making Evaluate Feedback Responsibility	Skill Acquisition Skill Development Fitness Levels Techniques Competitive	Leadership Communication Teamwork Sportsmanship Extra Curricular



Year 11

Year 10

Year 9

Year 8

Year 7

Extra Curricular Clubs
Extensive program of sports on offer before school lunchtime and after school, with opportunities in all sports to compete in intra and inter school competitions

Personalised Curriculum
Students given options to select pathway of sports and leadership opportunities

Netball, Football, Basketball, Table Tennis, Fitness, Handball, Hockey, Alternative

PSHE
Student participate in first aid lessons, covering all aspects, including CPR

Sports Presentation Evening
An evening to celebrate sporting successes and to reward students across all sports and lessons
#SPE

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Day of Sport
Students take part in their last sports day, where they compete in their houses for the **Day of Sport and House Cup**

Extra Curricular Clubs
Extensive program of sports on offer before school lunchtime and after school, with opportunities in all sports to compete in intra and inter school competitions

Day of Sport
Students take part in 3rd sports day, where they compete in their houses for the **Day of Sport and House Cup**

Athletics
Inter House athletics competition in houses



Sports Presentation Evening
An evening to celebrate sporting successes and to reward students across all sports and lessons
#SPE

Sports Leaders
Students given the opportunity to lead sporting activities within PE lessons and part of the Sports Leaders Programme working with our feeder schools

Extra Curricular Clubs
Extensive program of sports on offer before school lunchtime and after school, with opportunities in all sports to compete in intra and inter school competitions

PSHE
Student participate in first aid lessons, covering all aspects, including CPR

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PSHE
Student participate in first aid lessons, covering all aspects, including CPR

Extra Curricular Clubs
Extensive program of sports on offer before school lunchtime and after school, with opportunities in all sports to compete in intra and inter school competitions

Day of Sport
Students take part in 2nd sports day, where they compete in their houses for the **Day of Sport and House Cup**



PSHE
Student participate in first aid lessons, covering all aspects, including CPR

Day of Sport
Students take part in 1st sports day, where they compete in their houses for the **Day of Sport and House Cup**



Sports Presentation Evening
An evening to celebrate sporting successes and to reward students across all sports and lessons
#SPE

Extra Curricular Clubs
Extensive program of sports on offer before school lunchtime and after school, with opportunities in all sports to compete in intra and inter school competitions

Sports Leaders
Students given the opportunity to lead sporting activities within PE lessons and part of the Sports Leaders Programme working with our feeder schools

Welcome to PE at Biddenham – the adventure starts here!

PSHE
Student participate in first aid lessons, covering all aspects, including CPR

Taster Sessions
First month trying sports you will take part in this year

Biddenham International School: GCSE PE (AQA)

Moderation

Learners will prepare all practical videos/sports and coursework in preparation for Moderation by AQA.

Examination

There are two papers for GCSE PE, both of which are 1hr 15mins.
Paper 1 covers Applied Anatomy & Physiology, Movement Analysis and Physical Training.
Paper 2 covers Socio-Cultural Influences, Sports Psychology & Health, Fitness & Well-Being.



Course Breakdown

Examination: Paper 1 and Paper 2 - 60%
Practical Assessment: 3 Sports - 30%
1 Individual Sport
1 Team Sport
1 either Individual or Team Analyse and Evaluate (Coursework) - 10%

Coursework

Including Analyse and evaluate own/other performance. Evaluate 2 strengths and 2 weaknesses of performance. - Produce an action plan which aims to improve the quality and effectiveness of the 2 weaknesses identified

Health and Fitness

Learners will understand the impact of obesity on health and wellbeing and sport. Learners will know about the 3 somatotypes for different sports performers. Learners will develop an understanding of the main components of a balanced diet, including the effects of these components and hydration on performers.

Health and Fitness

Learners will understand the benefits of participating in physical activity to health, fitness and well-being. Learners will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle.

Sport Psychology

Learners will understand the psychological factors that can affect performers. Learners will also develop knowledge of the characteristics and classification of skilful movements, along with goal setting, guidance and feedback, and mental preparation.

Ethical Issues

Learners will understand the ethics in sport including sportsmanship, gamesmanship and etiquette. The effects of drugs in sport and why performers take them will be understood along with reasons for hooliganism and strategies to combat it

Socio-cultural Influences

Learners will develop their knowledge and understanding of the engagement patterns of different social groups and factors/barriers affecting participation in Sport.

Year
11

Year
10

Cardio-Respiratory

Learners will develop knowledge and understanding of the structure and function of the cardio-respiratory system. This includes gaseous exchange, breathing, lung volumes, blood vessels and the cardiac cycle.

Movement Analysis

Learners will develop knowledge and understanding of the body systems, bones, muscles and movement planes that are important to physical activity.

Commercialisation

Learners will develop an understanding of commercialisation in sport, along with the positive/negative influences of media on participation and performances in sport. Learners will also understand the positive and negative impacts of technology.

Physical Training

Learners will develop their knowledge and understanding of the components of fitness required for physical activities and how each can be measured (fitness tests).

Course Begins

Aerobic and Anaerobic Exercise

Learners will develop knowledge of the difference between aerobic and anaerobic exercise. Learners will know the short and long-term effects of exercise on the body systems and the best recovery process from vigorous exercise.

Anatomy & Physiology

Learners will develop knowledge and understanding of bones, muscles and joints that are important to physical activity.

Physical Training

Learners will be able to apply training principles to training programmes, along with knowing how to optimise training and prevent injury. Learners will understand what altitude training is and how-to warm-up and cool-down safely.

Year
9

Biddenham International School: BTEC Sport Extended Certificate



BTEC Sport - 4 units

- Unit 1: Anatomy and Physiology** (exam 33%)
- Unit 2: Fitness Training and Programming** (exam 33%)
- Unit 3: Professional Development in the Sports Industry** (coursework x2 = 17%)
- Unit 6: Sports Psychology** (coursework x3 = 17%)



Unit 1 and 2 Exams 1st Attempt
January

Unit 1 and 2 Results
Additional lesson on either/ both units as required

Unit 1 and 2 Exams 2nd Attempt
May/ June
If required

Unit 1 and 2 Exam preparation
Techniques, exam structure, note preparation practice papers

Unit 2- Evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved

Unit 6 - Coursework 3
Report on psychological skills that could be used to improve performance

Unit 6 - Explore psychological skills that could be used to improve performance



Year 13

Unit 1- Exam Preparation

Make connections between muscular and all other systems, cardiovascular and respiratory systems, energy and cardiovascular systems



Unit 1- Energy Systems

Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors affecting, short and long term effects

Unit 6 - Coursework 2

Report on group dynamics in team sports and its effect on performance.



Unit 2- Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests

Unit 3- Coursework 1

Select a career outlining job opportunities, producing a PSA and CDAP for future development, follow a set scenario by exam board

Unit 6 - Examine the impact of group dynamics in team sports and its effect on performance..

Unit 3- Reflect on the recruitment and selection process and your individual performance

Unit 3- Coursework 2

Complete a job recruitment activity, conduct and interview and reflect on performance, based on scenario set by the exam board



Unit 3- Explore own skills using a skills audit to inform a career development action plan

Unit 1- Respiratory System

Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors affecting, short and long term effects

Unit 3- Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway

Unit 1- Cardiovascular System

Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors affecting, short and long term effects

Unit 2- Be able to develop a fitness training programme with appropriate justification

Unit 6 - Examine the impact of group dynamics in team sports and its effect on performance.

Unit 3- Understand the career and job opportunities in the sports industry

Unit 2- Demonstrate knowledge and understanding of the effects of lifestyle choices on an individual's health and well-being including government/NHS recommendations

Unit 6 - Understand how personality, motivation and competitive pressure can affect sport performance.

Unit 6 - Coursework 1
Report on personality, motivation and competitive pressure can affect sport performance.

Unit 1- Muscular System
Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors affecting, short and long term effects

Unit 2- Apply knowledge and understanding of fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods to an individual's needs and goals

Unit 1- Skeletal System:
Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors affecting, short and long term effects

Year 12

