



Go to Sixth Form or College to study A Levels or other qualifications



Start a local apprenticeship



= Assessment

Physical Education Department



Take a gap year, travel the world and embrace new cultures

Continue your lifelong love of learning and personal development

Revise and prepare for GCSE examinations

Moderation Preparation – all practical lessons

February Mocks



Revise for Mocks

Participation in sport
Provision for participation
Performance – Media and Commercialisation



GCSE Exams

Autumn 1 Theory Chapter 4 – Psychology of sport and physical activity



Moderation of practical performances – March/April

Skill & Ability
Goal Setting (SMART)
Guidance & Feedback
Arousal (Inverted U)
Mental Preparation
Motivation

Revise for Mocks



December Mocks

Spring 1 Theory Chapter 5
Socio-cultural issues in physical activity and sport

External sport footage due in start of January
Spring 1

EXAM TECHNIQUE WALK THROUGH

YEAR 11

Autumn 1 Practical – Table Tennis

Autumn 2 Theory Chapter 4 – Psychology of sport and physical activity

Types of Practise
Information Processing
Technology in Sport

Coursework Hand In
Start of January
Spring 1

Football & Basketball to be assessed through extra-curricular clubs

EXAM TECHNIQUE WALK THROUGH



End of Year Test
Year 10 Mocks

Revise for Mocks and prepare mentally for examination period

Summer 2 Theory Chapter 1 – Health Training & Exercise

Obesity
Diet & Nutrition
Sedentary Lifestyle
Somatotypes

Summer 1 Theory Chapter 2 – Exercise Physiology

Training Thresholds
EPOC & Recovery
Preventing Injury
Altitude Training



Combined unit assessment



Mock moderation for practical PE

Summer 2 Practical – Athletics and revisit key practical components ready for mock moderation

Summer 1 Practical – Athletics

Begin Coursework – 10% of final grade

Spring 2 Theory Chapter 1 – Health, training and exercise

Effects of exercise
Warming Up
Cooling Down
Methods of Training
Principles of Training

YEAR 10

Start GCSE PE (60% Practical & 40% Theory)

Autumn 1 Practical – Table Tennis

Autumn 2 Practical – Badminton



Combined unit assessment

Spring 1 Practical – Handball

Spring 2 Practical – Netball

Summer 2 Boys Athletics
Cricket

Summer 1 Boys Athletics
Cricket

Autumn 1 Theory Chapter 1 - Health Training and exercise
Table Tennis

Fitness Components
Fitness Testing
Health and Fitness

Autumn 2 Theory Chapter 2 - Exercise Physiology & Chapter 3 Movement Analysis

Bones
Muscles
Antagonistic Pairs
Levers
Axes & Planes

Spring 1 Theory Chapter 2 - Exercise Physiology

Respiratory System
Cardiovascular System
Gaseous Exchange
Aerobic & Anaerobic

Continue to develop in different sports, focussing on self-evaluation

Summer 2 Girls Athletics
Rounders

Pick your GCSE's

GC SE PE taster lessons

Spring 2 Boys Netball
Gymnastics

Spring 1 Boys Fitness
Badminton

Autumn 2 Boys Rugby
Handball

Autumn 1 Boys Football
Table Tennis

YEAR 9

Continue to develop in different sports, focussing on tactics and strategies to overcome an opponent/team

Summer 1 Girls Athletics
Rounders

Spring 2 Girls Tag Rugby
Handball

Have in depth conversations about options with PE staff and parents

Spring 1 Girls Badminton
Fitness

Autumn 2 Girls Gymnastics
Table Tennis

Autumn 1 Girls Football
Netball

Summer 2 Boys Athletics
Cricket

Volunteer for open evening

Become a role model for the new Y7's

Autumn 1 Boys Football
Table Tennis

Autumn 2 Boys Rugby
Handball

Spring 1 Boys Fitness
Badminton

Spring 2 Boys Netball
Gymnastics

Summer 1 Boys Athletics
Cricket

Summer 2 Girls Athletics
Rounders

Summer 1 Girls Athletics
Rounders

Summer 1 Boys Athletics
Cricket

YEAR 8

Summer 2 Boys Athletics
Cricket

Autumn 1 Girls Football
Netball

Continue to attend extra-curricular & represent the school

Autumn 2 Girls Gymnastics
Table Tennis

Spring 1 Girls Badminton
Fitness

Spring 2 Girls Tag Rugby
Handball

Summer 1 Girls Athletics
Rounders

Summer 2 Girls Athletics
Rounders

Spring 2 Girls Tag Rugby
Handball

Spring 1 Girls Badminton
Fitness

Autumn 2 Girls Gymnastics
Table Tennis

Autumn 1 Girls Netball
Football

Join an extra-curricular Club

Y7 Baseline Assessment

Develop a thirst for reading

Build a solid foundation in education

Develop a lifelong love of learning

Develop your skills and understanding in a range of sports

Spring 2 Boys Netball
Gymnastics

Spring 1 Boys Fitness
Badminton

Autumn 2 Boys Rugby
Handball

Autumn 1 Boys Football
Badminton

Represent the school in a fixture

Join an extra-curricular Club

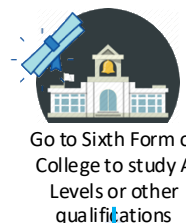


YEAR 7

OPA Transition Programme. Visit the school and meet your form tutor.



PRIMARY SCHOOL



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GCSE Exams

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YEAR 11

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Autumn 2 Theory Chapter 4 – Psychology of sport and physical activity

Types of Practise
Information Processing
Technology in Sport

Coursework Hand In
Start of January
Spring 1

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Combined unit assessment



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Year 10 Mocks



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Warming Up
Cooling Down
Methods of Training
Principles of Training

YEAR 10

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Autumn 1 Practical – Table Tennis

Autumn 2 Practical – Badminton



Combined unit assessment

Spring 1 Practical – Handball

Spring 2 Practical – Netball

Summer 2 Boys
• Rounders/Softball
• Option
Girls
• Tag Rugby
• Options
Mixed
• Athletics
• Options

Summer 1 Boys
• Athletics
• Cricket
Girls
• Rounders
• Athletics
Mixed
• Rounders
• Cricket/Softball

Autumn 1 Theory Chapter 1 - Health Training and exercise Table Tennis

Fitness Components
Fitness Testing
Health and Fitness

Autumn 2 Theory Chapter 2 - Exercise Physiology & Chapter 3 Movement Analysis

Bones
Muscles
Antagonistic Pairs
Levers
Axes & Planes

Spring 1 Theory Chapter 2 - Exercise Physiology

Respiratory System
Cardiovascular System
Gaseous Exchange
Aerobic & Anaerobic

Continue to develop in different sports, focussing on self-evaluation

Continue to develop in different sports, focussing on tactics and strategies to overcome an opponent/team

Summer 2 Boys
• Rounders/Softball
• Option
Girls
• Tag Rugby
• Options
Mixed
• Athletics
• Options

Have in depth conversations about options with PE staff and parents

Volunteer for open evening

Become a role model for the new Y7's

Spring 2 Boys 1
• Handball
• Basketball
Girls
• Gymnastics
• Fitness
Boys 2
• Basketball
• Tag Rugby

Autumn 2 Boys 1
• Rugby
• Fitness
Girls
• Basketball
• Table Tennis
Boys 2
• Gymnastics
• Handball

Autumn 1 Boys 1
• Football
• Badminton
Girls
• Netball
• Football
Boys 2
• Table Tennis
• Fitness

Summer 2 Boys
• Rounders/Softball
• Option
Girls
• Tag Rugby
• Options
Mixed
• Athletics
• Options

YEAR 8

Autumn 1 Boys
• Football
• Badminton
Girls
• Netball
• Football
Mixed
• Table Tennis
• Fitness

Continue to attend extra-curricular & represent the school

Join an extra-curricular Club

Autumn 2 Boys
• Rugby
• Fitness
Girls
• Basketball
• Table Tennis
Mixed
• Gymnastics
• Handball

Spring 1 Boys
• Table Tennis
• Gymnastics
Girls
• Badminton
• Handball
Mixed
• Netball
• Football

Spring 2 Boys
• Handball
• Basketball
Girls
• Gymnastics
• Fitness
Mixed
• Basketball
• Tag Rugby

Summer 1 Boys
• Athletics
• Cricket
Girls
• Rounders
• Athletics
Mixed
• Rounders
• Cricket/Softball

Summer 1 Boys
• Athletics
• Cricket
Girls
• Rounders
• Athletics
Mixed
• Rounders
• Cricket/Softball

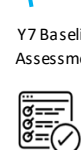
Develop your skills and understanding in a range of sports

Spring 2 Boys
• Handball
• Basketball
Girls
• Gymnastics
• Fitness
Mixed
• Basketball
• Tag Rugby

Spring 1 Boys
• Table Tennis
• Gymnastics
Girls
• Badminton
• Handball
Mixed
• Netball
• Football

Autumn 2 Boys
• Rugby
• Fitness
Girls
• Basketball
• Table Tennis
Mixed
• Gymnastics
• Handball

Autumn 1 Boys
• Football
• Badminton
Girls
• Netball
• Football
Mixed
• Table Tennis
• Fitness



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PRIMARY SCHOOL

welcome