



## Physical Education

### Topics covered at Key Stage 3

#### Year 7

Throughout year 7 we introduce students to life skills that they can transfer to other aspects of the school and wider community life. These are delivered through a variety of activities in mixed gender and mixed ability groups. The life skills are:

- Leadership
- Organisation
- Problem Solving
- Innovation
- Resilience
- Teamwork
- Communication

#### Year 8

We continue to build on prior knowledge from year 7 and focus on developing a deeper understanding of the life skills. Also, we begin to encourage the students to think about how they can use these skills not just within the academy but day to day life.

### Topics covered at Key Stage 4 (Years 9, 10 and 11)

We have recently introduced OCR Cambridge National Sport Science to run alongside our already established OCR GCSE PE course that we offer.

OCR GCSE PE	OCR Cambridge National Sport Science
<ul style="list-style-type: none"><li>• Applied Anatomy and Physiology</li><li>• Physical Training</li><li>• Socio-Cultural Influences</li><li>• Sport Psychology</li><li>• Health, Fitness and Well-being</li><li>• Practical Activity assessment</li><li>• Analysing and evaluating performance</li></ul>	<ul style="list-style-type: none"><li>• Reducing the risk of injuries</li><li>• Applying principles of training</li><li>• The body's response to physical activity</li><li>• Sports Nutrition</li></ul>

## Topics covered at Key Stage 5 (Years 12 and 13)

In the Sixth Form we offer OCR A Level PE.

- Applied anatomy and physiology
- Exercise Physiology
- Biomechanics
- Skill Acquisition
- Sports psychology
- Sport and society
- Contemporary Issues in Physical activity and sport
- Practical performance
- Evaluating and analysis of performance for Improvement (EAPI)