

Wadebridge School Physical Education Learning Journey

Unit 2: Coursework Completion (21 guided Hours) January start – Submission in April.

Unit 2: Coursework Resubmission (June – if required)

Unit 2: design of a health & fitness programme

Year 11

Throughout the Core PE programme the wider community and surrounding areas are used along with utilising links with community clubs and associations to introduce and engage pupils to different activities and opportunities which promote participation and involvement in continued physical activity.

Partners: WADEBRIDGE SPORTS & LEISURE CENTRE, THE POINT AT POLZEATH, RCUF Rowing Club, RFU, ARENA Connecting School Sport Pathways, NCFE Health and Fitness Course accreditation.

Pupils leave Wadebridge School with the skills and understanding needed to lead a healthy and active lifestyle.

The VCERT gives pupils enhanced Health and Fitness understanding allowing them to progress to level 3 courses in Sport and PE.

Activities: Golf, Dodgeball, Rowing, Dance, Table Tennis, Handball, Mountain Biking.

External Exam Summer series, NCFE Exam—Unit 1 and Unit 2 40% course component 90 minutes.

Sports Leaders

The KS4 Core PE Programme includes the Sport Leaders UK level 1 course. Pupils develop leadership skills and heavily support the primary sports programme through delivering sports events and inter school competitions.

Unit 2: Impact of lifestyle on health & fitness

Unit 2: Testing and developing fitness

Unit 2: Analysing health & fitness

Year 10

Pupils meeting expectations can: explain why the key skills are required to make a performance successful in a variety of different activities; have knowledge of effective performance and use this to improve their and others' performances in some activities.

Pupils meeting expectations have: a sound ability to perform key skills in a good range of sports or activities which vary in their demands; and are able to apply tactics and strategies with some success, in a range of activities.

Pupils meeting expectations are: engaged in all compulsory and some additional competitive sporting opportunities; and are involved as a participant but also may take on leadership or officiating roles.

Unit 1: Syllabus Revision

Unit 1: Syllabus Revision

Unit 1: Health & Fitness

Year 10 Exams Unit 1/2 Mock Exam

Close links allow developments within the Core Curriculum as well as engagement with National PE programmes and initiatives.

YOUTH SPORT TRUST

Unit 1: Muscular System

Unit 1: Respiratory System

Unit 1: Cardiovascular System

Unit 1: Training Effects

Year 9

Pupils meeting expectations can: explain ways in which physical activity can lead to physical, emotional and social benefits; and identify ways in which diet and sleep patterns may contribute to a healthy active lifestyle.

Pupils meeting expectations can describe the health-related components of fitness and have a reasonable level of them to take part in some activities.

Pupils meeting expectations are: engaged in all compulsory and some additional competitive sporting opportunities; and are involved as a participant but also may take on leadership or officiating roles.

Pupils meeting expectations are: on finishing lessons, sometimes feel they have pushed myself to work harder than usual; and understand how stamina/cardiovascular endurance can impact on performance.

Pupils meeting expectations have: a sound ability to perform key skills in a good range of activities; and in some activities are able to apply tactics and strategies with some success.

Pupils meeting expectations are: engaged in all compulsory and some additional competitive sporting opportunities; and are involved as a participant but also may take on leadership or officiating roles.

Unit Progress Check exams with Dedicated Improvement and Reflection Time (DIRT)

ARENA Connecting School Sport Pathways

Our Arena Sports Partnership allows engagement with inter-school competition and is the route to the Cornwall School games. The Core PE Programme supports pupils developing skills allowing them to engage with the school games at all levels.

CORNWALL SCHOOL GAMES

Unit 1: Joints & movement

Unit 1: Skeletal System

Vocational Certificate: Health & Fitness

Core PE Lessons

Year 8

Pupils meeting expectations can: explain ways in which physical activity can lead to physical, emotional and social benefits; and identify ways in which diet and sleep patterns may contribute to a healthy active lifestyle.

Pupils meeting expectations can describe key skills which are required to make a performance successful in some different activities; and have some understanding of basic tactics and strategies that I can use in competitive game situations.

Pupils meeting expectations are: able to take part in physical activities for the duration of the activity or lesson; and when the lesson is finished, sometimes feel they have pushed themselves to work harder than usual.

Pupils meeting expectations have: some ability to perform key skills in a small range of sports or activities; and attempt to apply tactics and strategies with inconsistent outcomes.

Pupils meeting expectations can identify ways in which physical activity can lead to physical, emotional and social benefits.

Bike Ability Level 3 is delivered in the Year 7 Core PE Programme

Unit 1: Joints & movement

Unit 1: Skeletal System

Vocational Certificate: Health & Fitness

Core PE Lessons

Year 7

Pupils meeting expectations can: explain ways in which physical activity can lead to physical, emotional and social benefits; and identify ways in which diet and sleep patterns may contribute to a healthy active lifestyle.

Pupils meeting expectations can describe key skills which are required to make a performance successful in some different activities; and have some understanding of basic tactics and strategies that I can use in competitive game situations.

Pupils meeting expectations are: able to take part in physical activities for the duration of the activity or lesson; and when the lesson is finished, sometimes feel they have pushed themselves to work harder than usual.

Pupils meeting expectations have: some ability to perform key skills in a small range of sports or activities; and attempt to apply tactics and strategies with inconsistent outcomes.

Pupils meeting expectations can identify ways in which physical activity can lead to physical, emotional and social benefits.

Out of School Hours Learning Expectations

Above
3+ Hours of physical activity beyond PE lessons of varying intensities.

Meeting
1-3 hours of physical activity beyond PE lessons that raises the heart rate significantly

Below
No physical activity outside PE lessons that raises heart rate significantly.

All Year groups

The 5 Key Areas of Assessment in PE

Applying understanding of what makes a performance effective	Be physically active for sustained periods of time	Develop competence to excel in a broad range of physical activities	Developing understanding to lead healthy active lives	Engage in competitive sports and activities
--	--	---	---	---