



ACADEMIC & CORE PE PATHWAY

Taunton Preparatory School

&

Taunton School Senior



CHALLENGE • NURTURE • INSPIRE





Whole School Core PE Pathway

Years 1 & 2

2 x single sessions

<p>Movement Patterns and 'Invasion'</p> <p>Activities</p> <ul style="list-style-type: none"> • 1 x swim • 1 x PE 	<p>Focus</p> <ul style="list-style-type: none"> • To develop ABC's • To develop running/jumping/throwing skills • To communicate with peers in game based activities
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Years 3 - 6

1 x double session

<p>Movement Development; ABC</p> <p>Activities</p> <ul style="list-style-type: none"> • Gymnastics • Swimming • Racquet • Athletics' 	<p>Focus</p> <ul style="list-style-type: none"> • Develop ABC and apply to range of activities • Use running/jumping/throwing in isolation and combination • Apply and develop a broad range of skills in different activities • Communicate, collaborate and compete with peers • Start to develop self-evaluation
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Years 7 and 8

1 x double session

<p>Skill Development</p> <p>Activities</p> <ul style="list-style-type: none"> • Swimming • HRF • Squash • Badminton • Table Tennis • Invasion (Football, Basketball) • Gym/Dance • Athletics • Tennis 	<p>Focus</p> <ul style="list-style-type: none"> • To develop ABC's with increasing control and fluency • To select and apply appropriate skills in a range of activities • To develop observational skills needed for effective analyse • To set self-targets • To start to develop leadership skills
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Years 9 and 10

1 x double session

<p>Skill Development & Game related play</p> <p>Activities</p> <ul style="list-style-type: none"> • FMS Screening • Gymnastics • Racket sports (Badminton, Tennis, Table Tennis, Squash) • Games for understanding (volleyball, handball, basketball, football) • Swimming based activities • Health and Fitness (Strength & Conditioning, Circuits, SAQ & Athletics) 	<p>Focus</p> <ul style="list-style-type: none"> • To refine ABC and manage own body weight • To refine sport related skills and develop the concept of attacking and defensive principles • To develop specific areas of own HRF using FMS • To continue to develop analytical skills in a range of activities • To continue to develop leadership skills
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Year 11

1 x double session

<p>Lifelong participation in sport & activity Activities</p> <ul style="list-style-type: none"> • Individual activities e.g climbing and rackets • Invasion based activities • Striking and fielding activities • Health and Fitness (Strength & Conditioning, Circuits, SAQ and athletics) 	<p>Focus Students split by aim:</p> <p>CHALLENGE</p> <ul style="list-style-type: none"> • To stretch students in a range of activities and extend current skills and understanding <p>NURTURE</p> <ul style="list-style-type: none"> • To build confidence and self-esteem through a range of specific activities <p>INSPIRE</p> <ul style="list-style-type: none"> • To increase enjoyment and motivation in sport and promote an active lifestyle <p>GCSE Film Evidence</p>
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Contributors:

TPS: Shaun Winsor

Taunton Senior School: Emma Pike/Vicky Stancer



Whole School Academic PE Pathway

Years 10 and 11

Year 10 - IGCSE PE. BTEC Level 2 First Award in Sport. 4 periods. Assessed 1-9.

Year 11 – IGCSE PE, 50% theory/50% coursework. 4 periods. Assessed 1-9.

Topics	Assessment
<p>Each topic has the following assessment objectives:</p> <ul style="list-style-type: none"> • AO1 is to demonstrate knowledge and understanding of the theoretical principles that underpin performance in physical activity and sport. • AO2 is to apply the knowledge and understanding of the theoretical principles to a variety of physical activities and sports including the analysis and evaluation of performance. • AO3 is to demonstrate the ability to select and perform appropriate skills to produce effective performance in practical activities: <ul style="list-style-type: none"> - Anatomy and physiology - Health, fitness and training - Skill acquisition and psychology - Social, cultural and ethical influences <p>Four practical sports are assessed through lessons and the use of Core PE lessons to gain video evidence to support grade</p>	<ul style="list-style-type: none"> • Theory paper – 50% - 1 hour 45 min • Coursework – made up from 4 physical activities – 50% internally assessment and externally moderated

Years 12 and 13

OCR A Level – 8 periods.

Topics	Assessment: A* - E
<ul style="list-style-type: none"> • Physiological factors affecting performance (Applied anatomy and physiology, Exercise Physiology and Biomechanics) • Psychological factors affecting performance (Skill acquisition, Sports psychology) • Socio-cultural issues in physical activity and sport (Sport and society, contemporary issues in physical activity and sport) • Performance in physical education (performance or coaching, evaluation and analysis of performance for improvement (EAPI)) 	<ul style="list-style-type: none"> • Physiological Factors affecting performance – 30% - 2 hr written paper • Psychological factors affecting performance – 30% - 1 hr written paper • Socio-cultural issues in physical activity and sport – 20% - 1 hr written paper • Performance in physical education – 30% - non exam assessment, practical and EAPI



Pearson BTEC Level 3 Extended Diploma in Sport and Exercise Sciences – 25 periods.

Topics	Assessment
<p>Mandatory credits are:</p> <ul style="list-style-type: none"> Anatomy for sport and exercise, Sport and exercise physiology, sport and exercise psychology, research methods for sport and exercise science, research project in sport and exercise science, fitness testing for sport and exercise <p>Optional modules are:</p> <ul style="list-style-type: none"> Sports biomechanics in action, exercise health and lifestyle, sports nutrition, instructing physical activity and exercise, sports injuries, sports coaching, practical individual sports and practical team sports, applies sport and exercise physiology, applied sport and exercise psychology, work experience in sport, organising events, rules and regulations. <p>Throughout each unit skills such as researching, referencing, team work, leadership, communication skills will be developed. Work will be a mixture of practical workshops and theory based lessons.</p>	<p>This course is the equivalent to 3 A Levels and is all internally assessed coursework. This course consists of 6 mandatory units and then 12 optional units. All units are worth 10 credits, making a total of 180 credits.</p> <p>Overall points will equate to the possible grades at the end of Year 2, marks will be from PPP – D*D*D*</p>

Contributions:

Taunton Senior School: Emma Pike / Vicky Stancer / Clare Rogers / Dave Tarr / Hayley Mortimer / Rachel Lewis