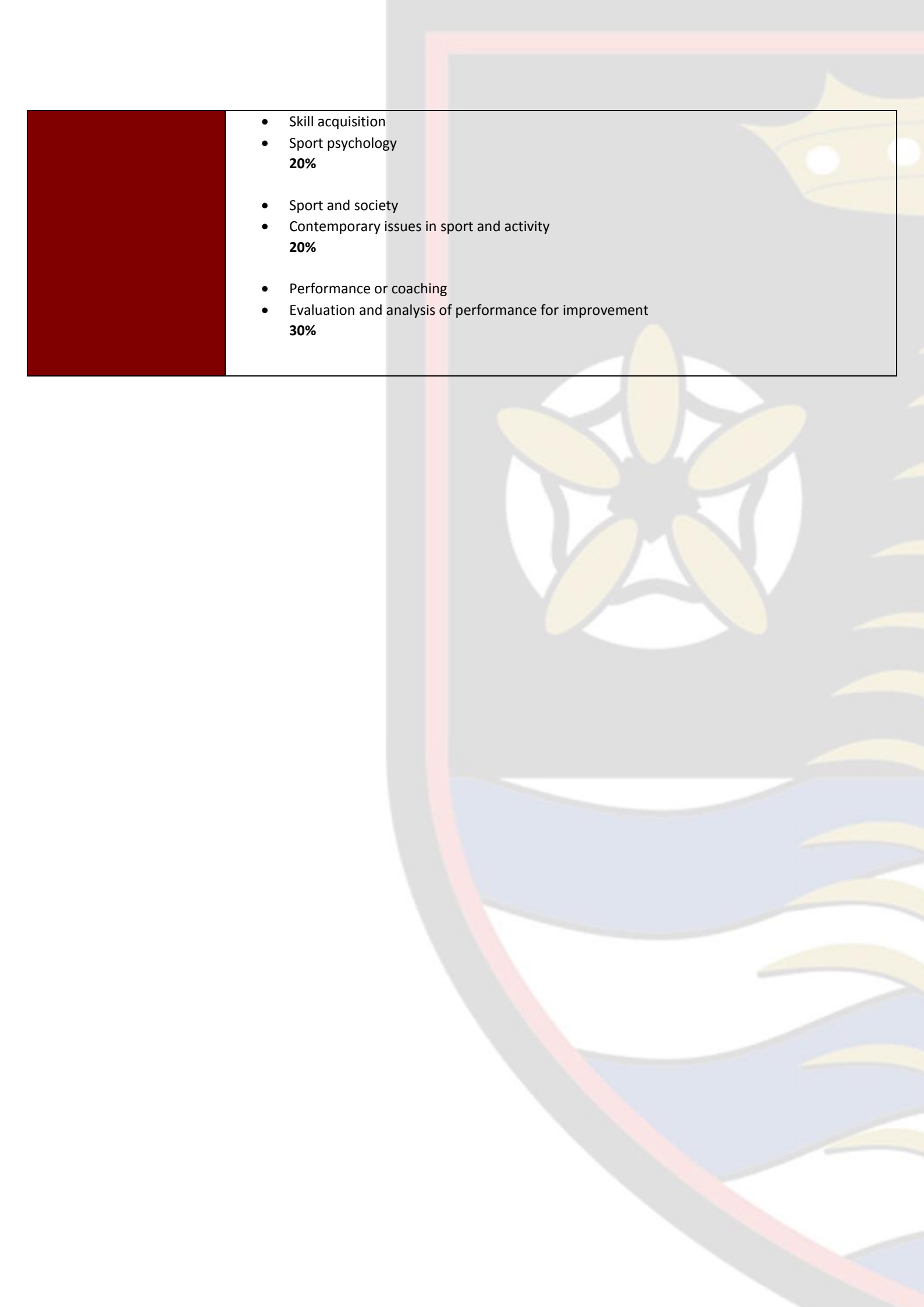


Blessed Robert Sutton

Physical Education

| | |
|---|--|
| <p>Topics taught in Year 7 to Year 11</p> | <p><u>Year 7-11 Core PE</u></p> <ul style="list-style-type: none"> • Rugby • Football • Futsal • Cricket • Rounders • Athletics • Netball • Handball • Trampolineing • Table tennis • Gymnastics • Dance • Fitness • Orienteering • Badminton • Volleyball • Leadership • Tchoukball • Ultimate Frisbee |
| <p>KS 4 GCSE PE (EDEXCEL)</p> | <ul style="list-style-type: none"> • Applied anatomy and Physiology • Movement analysis • Physical training • Health fitness and well being • Sport psychology • Socio cultural influences <p>60% Theory 40% Practical</p> |
| <p>KS4 BTEC Tech in Sport, Activity and Fitness (EDEXCEL)</p> | <ul style="list-style-type: none"> • The body for sport and activity • Technology for sport and activity • Principles of training • Nutrition • Psychology of sport <p>60% Coursework 40% Exam</p> |
| <p>KS5 A level PE (OCR)</p> | <ul style="list-style-type: none"> • Biomechanics • Applies anatomy and physiology • Exercise physiology <p>30%</p> |

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- Skill acquisition
 - Sport psychology
20%
 - Sport and society
 - Contemporary issues in sport and activity
20%
 - Performance or coaching
 - Evaluation and analysis of performance for improvement
30%