any career path you choose to take. Management, healthcare, or exercise and health. Physical Education can also complement further study in biology, beyond A Level, the study of Physical Education can lead on to university degrees in sports science, sports use of drugs and also the influence that modern technology is having on physical activity and sport.

Studying A Level provides students with the exciting opportunity to gain a deeper understanding of PE. Stimulating, demonstrating their ability as either performer or coach.

Studying GCSE

This is ME

Social ME

Thinking ME

Physical ME

Year 10 My PB:

Physical Outcomes:

Skills and understand the importance of developing good healthy lifestyle behaviours.

The physical and personal skills covered in KS3 form the basis of learning in Year 10 and Year 11 and are developed as drivers of change for others.

Through PE students will develop their confidence and competence in applying techniques to a breadth of sports and adapted sports activities.

Leadership and employability skills for our students.

A Level

1. Component 01: Sports influences

- Ancient and modern cultures
- The role of sport in culture.
- The impact of migration
- The economic, social and political impacts of sport
- The role of sport in relation to nationhood
- The role of sport in social change
- The role of sport in social injustices

2. Component 02: Psychological factors affecting performance

- Performance for Improvement (EAPI)
- Motivation: What is motivation? How do we develop it?
- Goal-setting and improvement
- Self-Motivation
- Communication
- Effective Teamwork
- Self-Efficacy
- Self-Awareness

3. Component 03: Cognitive skills and applied sports science

- Biomechanics
- Sports and society
- Sociology
- Biochemistry
- Physiology
- Nutrition
- Psychology
- Applied anatomy and physiology

- Applied sport science

4. Component 04: Physical outcomes

- Physical competence skills, abilities and techniques developed and applied to performance to tackle different ways and how training plans can be made to optimise performance.
- Learners will also develop their knowledge and understanding of the physiological adaptations that can occur due to diet and training.
- Learners will develop their understanding of performance and that of others. In many areas of this course are completed. Students have 4 hours teaching time per week, plus homework. Students have access to the facilities at all times and are assessed by exam and coursework.

Content overview

Year 7

- Session 1: Introduction and overview of the course
- Session 2: Anatomy and physiology
- Session 3: Nutrition
- Session 4: Psychology
- Session 5: Applied anatomy and physiology
- Session 6: Applied sport science
- Session 7: The role of sport in culture
- Session 8: The impact of migration
- Session 9: The economic, social and political impacts of sport
- Session 10: The role of sport in relation to nationhood
- Session 11: The role of sport in social change
- Session 12: The role of sport in social injustices

Year 8

- Session 13: Ancient and modern cultures
- Session 14: The role of sport in culture
- Session 15: The impact of migration
- Session 16: The economic, social and political impacts of sport
- Session 17: The role of sport in relation to nationhood
- Session 18: The role of sport in social change
- Session 19: The role of sport in social injustices

Year 9

- Session 20: Ancient and modern cultures
- Session 21: The role of sport in culture
- Session 22: The impact of migration
- Session 23: The economic, social and political impacts of sport
- Session 24: The role of sport in relation to nationhood
- Session 25: The role of sport in social change
- Session 26: The role of sport in social injustices

Year 10

- Session 27: Ancient and modern cultures
- Session 28: The role of sport in culture
- Session 29: The impact of migration
- Session 30: The economic, social and political impacts of sport
- Session 31: The role of sport in relation to nationhood
- Session 32: The role of sport in social change
- Session 33: The role of sport in social injustices

Year 11

- Session 34: Ancient and modern cultures
- Session 35: The role of sport in culture
- Session 36: The impact of migration
- Session 37: The economic, social and political impacts of sport
- Session 38: The role of sport in relation to nationhood
- Session 39: The role of sport in social change
- Session 40: The role of sport in social injustices

Exam assessment component, they can also develop a believes in me model for their students. In many areas of this course are completed. Students have 4 hours teaching time per week, plus homework. Students have access to the facilities at all times and are assessed by exam and coursework.

Achieving a silver award at the end of Year 10, will see the girls take on extra leadership responsibilities in Year 9, will see the girls take on year 08. Girls Active will have a Bronze/Silver/Gold/Platinum scale. The girls are assessed using a Bronze/Silver/Gold/Platinum scale. The girls are assessed using a Bronze/Silver/Gold/Platinum scale. The girls are assessed using a Bronze/Silver/Gold/Platinum scale. The girls are assessed using a Bronze/Silver/Gold/Platinum scale.