



P.E. Learning Journey

The Rudheath Senior Academy

BTEC Level 3 in Sport / A- Level

Intent

CORE PE- The intent is to ensure that all students are able to be physically active for sustained periods of time and to develop competence and confidence to excel in a broad range of physical activities. The students will be given opportunities to compete at all levels and lessons will provide a foundation for a healthy, active and long life.

BTEC PE- The intent is to ensure that all students are ready for further education / careers in sport. The units chosen – Leading Sports Activity, Practical Sports Performance and Applying the Principles of Personal Training allow the students to develop their understanding of a variety of roles within sport and allow them to plan, perform and evaluate their own performances.

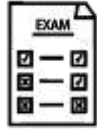
Unit 3 – Applying the Principles of Personal Training

Learners will be able to design a personal fitness training programme and know about the musculoskeletal and cardiorespiratory system and the effects on the body during fitness training. Learners will be able to implement and review a self-designed personal fitness training programme to achieve own goals and objectives.



Examination- RETAKE

The examination element of this BTEC courses refers to Unit 1 – Fitness for Sport and Exercise. The test lasts for 75 minutes and has 60 marks.



CORE PE- KS 4 students will develop their fitness through activities such as football, basketball, Zumba, fitness training and netball.

YEAR 11

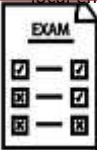
Unit 6 – Leading Sports Activities

Learners will develop an understanding of the attributes associated with successful sports leadership. Learners will also get the opportunity to plan, lead and review sporting activities.



Unit 2 – Practical Sports Performance

Learners will be able to understand the rules, regulations and scoring systems. In addition to this, learners will be able to practically demonstrate skills, techniques and tactics and be able to review their sports performance.



Unit 1 – Fitness for Sport and Exercise

In this Unit, learners will be able to know about the components of fitness and the principles of training, explore the different fitness training methods and investigate how fitness testing helps to determine fitness levels. THEY WILL TAKE THE EXAM IN DEC.

BTEC First Level 1-2 Award in Sport Breakdown
Coursework – 75%
Examination – 25%

YEAR 10

Fitness tracking JULY

Fitness

Your lessons will look at fitness and health taught in practical lessons, Fitness sessions, heart rate, training zones, and information on how this impacts on performance.

Rounders and Softball

You will be learning about bowling, batting, fielding, positioning and tactical play within this unit.

Athletics

Your lessons will be covering the three disciplines of athletics: Throws, Runs and Jumps. You will develop an understanding of the basic technique required for each event.

SPORTS PRESENTATION EVENING – JULY

Have you been lucky enough to win a medal in our annual awards night?

Fitness tracking- MARCH

YEAR 9

Summer Term

SPORTS DAY! JUNE/ JULY

Options



All England UK Open Badminton Championships

You will be given the opportunity to watch the world best badminton players in action at the NIA in Birmingham

Fitness

Your lessons will look at weight techniques and heart rate. How health impacts sports performance.

Basketball

You will build on skills taught earlier and apply them in competitive situations.

Dance/ Gymnastics

You will be developing the basic components of a routines, which focus on Balances, Rotations, Travel and Jumps

Indoor Cricket

Your lessons will look at developing batting, bowling, fielding and applying tactics within the game.

Rugby

You will develop an understanding of the game, whilst developing core skills such as passing, tackling.

Badminton

Your lessons will look at attacking shots and defensive shots, serving and the basic rules of the game.

Handball

You will learn about throwing technique, blocking, catching and both attacking/defensive tactics.

Dodgeball

You will learn how to dodge, duck and dive to avoid the dodgeball as well as exploring attacking and defensive strategies.

YEAR 8

Spring Term

Football

Your lessons will be tailored towards developing passing, shooting and both attacking/defensive aspects of the game.

Fitness tracking

To track and monitor your fitness levels you will complete 4 sets of Fitness tests. One in September (baseline), before further tests in December, March and July.

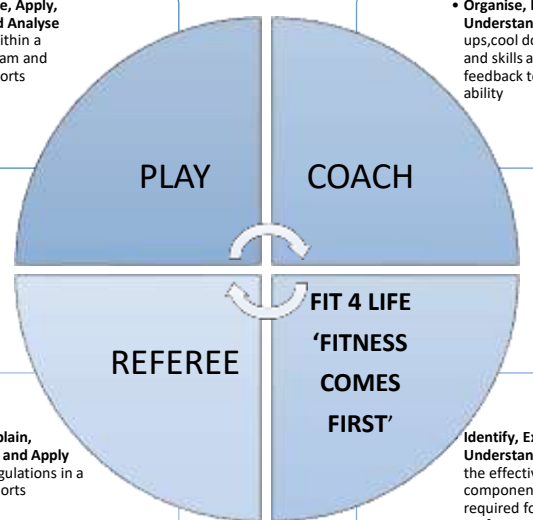
Autumn Term

YEAR 7

START

• Demonstrate, Apply, Perform and Analyse your skills within a variety of team and individual sports

• Organise, Lead and Understand warm-ups, cool downs, drills and skills and give feedback to peers on ability



• Identify, Explain, Understand and Apply rules and regulations in a variety of sports

Identify, Explain, Understand and Apply the effective use of the components of fitness required for successful performance

Basketball
You will be developing the core skills needed to compete in a game of Basketball, such as passing, dribbling, attacking, defending and shooting.

Netball

You will be learning about passing, footwork, shooting, positions, attacking and defending.