



## PHYSICAL EDUCATION Academic Learning Journey



### Curriculum Vision & Intent: *"Learning to move- moving to learn"*

The Wadham PE Curriculum exceeds the expectations of the National Curriculum. Students are given the opportunity to succeed in broad range of physically demanding sports and activities. With opportunities to communicate, collaborate and compete with and against their peers, as well as against themselves.

The curriculum focus is to develop physical literacy to ensure our pupils are equipped with the skills and confidence to commit to lifelong engagement in regular physical activity and sport to promote long, healthy, active lives.

### GCSE Physical Education- (OCR) Assessment Objectives

- Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance.
- Understand how the physiological and psychological state affects performance in physical activity and sport.
- Perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/ or compositional ideas.
- Develop their ability to analyse and evaluate to improve performance in physical activity and sport.
- Understand the contribution which physical activity and sport make to health, fitness and well-being.
- Understand key socio-cultural influences which can affect people's involvement in physical activity and sport.

	Group	Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6	Activity 7	Activity 8
Year 7	BOYS	Rugby	Hockey	Dance	Football	Netball	Athletics	Striking & Fielding	Mini Tennis
	GIRLS	Hockey	Rugby	Netball	Dance	Football	Athletics	Mini Tennis	Striking & Fielding
Year 8	BOYS	Rugby	Mini Tennis	HRF	Gym	Hockey/Football	Cricket	Athletics	Ultimate Frisbee
	GIRLS	Mini Tennis	Hockey/Football	Netball	HRF	Gym	Rounders	Athletics	Ultimate Frisbee
Year 9	BOYS	Rugby	Football	Badminton	Basketball	Hockey	Table Tennis	Athletics	Cricket
	GIRLS	Hockey	Rugby	Netball	Table Tennis	Badminton	Football	Athletics	Rounders
Year 10	BOYS	Rugby	Badminton	Cross Country	Football	Basketball	Table Tennis	Athletics	Cricket
	GIRLS	Hockey	Netball	Cross Country	Badminton	Table Tennis	Athletics	Basketball	Rounders
Year 11	Option 1	Rugby (Tag)	Basketball	Table Tennis	Volleyball	Badminton	Rounders	Tennis	
	Option 2	Hockey	Capture the Flag	Dodgeball	Basketball	Netball	Softball	Ultimate Frisbee	
	Option 3	Ultimate Frisbee	Netball	Football	Badminton	Football	Revision	Revision	