



PHYSICAL EDUCATION Academic Learning Journey



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

The Wadham PE Curriculum gives 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, ensuring our pupils are equipped with the knowledge, skills and confidence to commit to lifelong engagement in regular physical activity and sport to promote long, healthy, active lives.

The below journey gives a general plan, students should refer to their individual class programme of study. Cross country 'drop down' lessons will also take place throughout the year

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.

Year Group	Activity 1	Activity 2	Activity 3	Activity 4	Activity 5	Activity 6	Activity 7	Activity 8
Year 7	Rugby	Hockey	Netball	Dance	Football	Athletics	Striking & Fielding	Mini Tennis
Year 8	Mini Tennis	Rugby/Hockey	Netball/Football	HRF	Gym	Cricket/ Rounders	Athletics	Ultimate Frisbee
Year 9	Rugby	Badminton	Football	Basketball/Netball	Table Tennis	Aesthetics	Athletics	Rounders/Cricket
Year 10	Rugby/Hockey	Badminton	Netball	Football	Basketball	Table Tennis	Athletics	Softball/ Rounders
Year 11	Option 1	Football	Basketball	Football	Table Tennis	Basketball	Rounders	
	Option 2	Hockey	Netball	Volleyball	Badminton	Football	Softball	
	Option 3	Badminton	Football	Badminton	Netball	Revision	Revision	