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PE
Curriculum Newsletter
YEAR 12

Contact

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Curriculum Intent

A high-quality Physical Education curriculum inspires all students to participate in a broad and balanced curriculum.

It should provide opportunities for students to become physically confident in a way which supports their health and fitness.

Opportunities to compete in sport and other activities, build character and help to embed values such as fairness and respect. We also aim to develop the social and emotional well-being of our students.

Year 12 Curriculum

At Key Stage 5 we offer two PE and Sport courses; A Level Physical Education and CTEC Sport and Physical Activity that can be chosen as a single option (worth 1 A Level) or the double option (equivalent to 2 A Levels).

A Level PE is split up in 3 main areas that correspond to the three exams undertaken at the end of year 13:

Physiological Factors affecting performance:

- Applied anatomy and physiology
- Exercise Physiology
- Biomechanics

In addition to the exam units, students are assessed in one practical sport over their two years and have to collect video evidence and keep a log of their competitive performances.

Finally, they have to complete their EAPI, Evaluating and Analysing performance for improvement - this is a live exam where students analyse a sports performer in an activity of their choice and then verbally explain the strengths and weaknesses of the performance they watch and produce a development plan of how that performer could improve a major area of weakness that the student identifies.

CTEC Sport and Physical Activity:

Both options of the course are assessed via coursework units and 1 exam.

The Single option (1 A Level) are taught and assessed in 3 units in Y12:

- Unit 1: Body Systems
- Unit 2: Sports Coaching and Activity Leadership
- Unit 12: Nutrition and Diet for Sport and Exercise

The Double option (2 A Levels) are taught and assessed in 6 units in Y12:

- Unit 1: Body Systems
- Unit 2: Sports Coaching and Activity Leadership
- Unit 13: Health and fitness testing for sport and exercise
- Unit 17: Sports Injuries and rehabilitation
- Unit 6: Group exercise to music
- Unit 7: Improving fitness for sport and physical activity

Assessment Points

In Year 12, students are assessed through a series of paper and physical exams that will count towards their final grade. These are, Anatomy, physiology and biomechanics exam (35%), skill acquisition, sports psychology and sport and society exam (35%), EAPI evaluation task (15%), practical performance or coaching in one chosen sport (15%).

Immerse Yourself

Study Rocket PE Topics

- Develop Skills
- Tests and Topics
- PE Revision at Home

OCR A-Level PE Revision

- Get Revising Quicker!
- Mock Exams
- Study Support and Videos

Through OCR, the students have access to a range of past papers and mark schemes to practice their exam technique.

- Revision videos
- OCR endorsed text book, such as A Level PE Book 1 and 2 by Honeybourne and Powell
- Google Classroom resources from lessons

Test Your Knowledge with Quizlet...

Quizlet's Y12 PE flashcards are a fantastic way to memorise relevant PE knowledge to help you with your studies. Click on the icon below to start!



Praise and Reward

Our rewards system can be broadly split into four categories: classroom level, subject level, school level and privilege rewards. We'll focus on classroom and subject rewards here - for more information about our rewards schemes, please see our website.

CLASSROOM LEVEL REWARDS

Awarded for: working hard, taking risks and rising to a challenge, making mistakes and learning from them, helping others, and taking pride in the school community.

Rewarded by: praise postcards, positive phone calls to parents/carers, positive text messages home, and lesson based prizes.

SUBJECT LEVEL REWARDS

Reward scheme: Star of the Week, Curriculum Awards (Subject/School Way, Participation, Working with Pride, Embracing the Whole Curriculum), High Flyer, Extra Mile, Most Improved.

Rewarded by: names displayed on reward boards, certificates, social media posts.

Broadening Horizons

Year 12 have many opportunities to get involved in broadening their horizons in sport, they can prepare for exams by using online revision tools and YouTube videos going through the content with sporting examples that the students can re-watch independently.

They can also looking for future opportunities when they move on from sixth form, such as career and/or university options.



University of Leeds - NHS Sports Volunteering

NHS sports volunteering project sees students deployed to the Newsam Centre (near to Seacroft Hospital) to deliver sports activities to service users as part of the NHS 'Recovery College' programme. This is a programme of activities and workshops for adults aged 18-65 who are currently undergoing hospital treatment for a range of mental health conditions. Click on the logo to find out more!

Wendy Suzuki - The Brain Changing Benefits of Exercise

What's the most transformative thing that you can do for your brain today? Exercise, says neuroscientist Wendy Suzuki. Get inspired to get active, as Suzuki discusses the science of how working out boosts your mood and memory, and protects your brain against neurodegenerative diseases like Alzheimer's. Click the image to watch the video!



Careers

Our courses provide the opportunity for further study at University in courses such as Sport & Exercise Science, Sports Coaching, Sports Management, Exercise & Health, Physical Education and medical disciplines such as physiotherapy, occupational therapy and dietician.

It can also assist in employment in the leisure industry in roles such as personal training, coaching, gym staff and sports massage as well as involvement within sports clubs. Click the logo below to hear from Jamie French, the course leader for physical education at Leeds Beckett University and a qualified UK Athletics Coach Education Tutor, he talks about the variety of subjects available to study within sport, the exciting facilities his students get to experience and how his research is helping athletes to get the most out of their performance.



The PE Way

We make Healthy Life choices, We show effort and determination, We participate in a safe manner, We solve problems, We are creative, Its about the we not the me, We are team players, We self-reflect and analyse, We are team players, We show good sportsmanship.



Have your say! ✨

At WPT we're always looking for feedback. If you have any thoughts/opinions on this Curriculum Newsletter, its content or the curriculum in general, please click on the title to fill out a short feedback form.