



## Curriculum Overview 2022-2023: Physical Education

Year Group	Autumn Term	Spring Term	Summer Term	Useful information / websites
Year 7 Core PE	Hand Eye Co-ordination, SAQ, Aesthetics, Health Related Fitness	Football, Basketball, Table Tennis/Badminton, Netball & Handball	Athletics, Cricket & Rounders	<a href="https://www.bbc.co.uk/teach/ks3-physical-education/zrqp47h">https://www.bbc.co.uk/teach/ks3-physical-education/zrqp47h</a>
Year 8 Core PE	Hand Eye Co-ordination, SAQ, Aesthetics, Health Related Fitness	Football, Basketball, Table Tennis/Badminton, Netball & Handball	Athletics, Cricket & Rounders	<a href="https://www.bbc.co.uk/teach/ks3-physical-education/zrqp47h">https://www.bbc.co.uk/teach/ks3-physical-education/zrqp47h</a>
Year 9 Examination Course	Exam Specification: OCR Cambridge Nationals in Sports Studies  Exam specification: Probationary Year (OCR Cambridge Nationals in Sports Studies) providing students with an overview/sample of the course units, students will also carry out 'Controlled Assessment Style' pieces of coursework throughout the year Autumn: R185 - Performance and Leadership Activities Spring/Summer: R187 - Increasing awareness of Outdoor and Adventurous Activities Spring/Summer: R184 - Contemporary Issues in Sport <i>*Opportunities for Leadership Qualifications throughout the year</i>			<a href="http://www.ocr.org.uk">www.ocr.org.uk</a> <a href="http://www.revisionworld.com">www.revisionworld.com</a> <a href="http://www.s-cool.co.uk">www.s-cool.co.uk</a>
Year 9 Core PE	Hand Eye Co-ordination, SAQ, Aesthetics, Health Related Fitness	Football, Basketball, Table Tennis/Badminton, Netball & Handball	Athletics, Cricket & Rounders	<a href="https://www.bbc.co.uk/teach/gcse-national-5-physical-education/zh92vk7">https://www.bbc.co.uk/teach/gcse-national-5-physical-education/zh92vk7</a>
Year 10 Examination Course	Exam Specification: OCR Cambridge Nationals in Sports Studies  R185: Performance and Leadership Activities Key Components of Performance, Applying Practice Methods to support an improvement in a sporting activity, Organising and Planning a Sports Session Part 1 <i>*Opportunities for Leadership Qualifications/Primary Events throughout the year</i>	R185: Organising and Planning a Sports Session Part 2, Leading a Sports Session, Reviewing own performance in Planning and Leading a Sports Activity Session	R185: Reviewing own performance in Planning and Leading a Sports Activity Session R187: Provision for different types of outdoor and adventurous activities in the UK	<a href="http://www.ocr.org.uk">www.ocr.org.uk</a> <a href="http://www.revisionworld.com">www.revisionworld.com</a> <a href="http://www.s-cool.co.uk">www.s-cool.co.uk</a>
Year 10 Core PE	Components of Fitness, Strength & Conditioning, Aesthetics	Attacking and Defensive Tactics	Athletics, Softball, Cricket & Rounders	<a href="https://www.bbc.co.uk/teach/gcse-national-5-physical-education/zh92vk7">https://www.bbc.co.uk/teach/gcse-national-5-physical-education/zh92vk7</a>
Year 11 Examination Course	Exam Specification: Pearson BTEC First Award in Sport  Unit 6: Leading Sports Activities			<a href="https://qualifications.pearson.com/en/qualifications/btec-firsts/sport-2012-ngf.html">https://qualifications.pearson.com/en/qualifications/btec-firsts/sport-2012-ngf.html</a> <a href="http://www.revisionworld.com">www.revisionworld.com</a>
		Unit 6: Leading Sports Activities Unit 3: Applying the Principles of Personal Training	Unit 3: Applying the Principles of Personal Training	



# ASTON MANOR ACADEMY



Year 11 Core PE	Components of Fitness, Strength & Conditioning, Aesthetics	Attacking and Defensive Tactics	Athletics, Softball, Cricket & Rounders	<a href="https://www.bbc.co.uk/teach/gcse-national-5-physical-education/zh92vk7">https://www.bbc.co.uk/teach/gcse-national-5-physical-education/zh92vk7</a>
Post 16 Sports Academy Pathways (Working in Partnership with Aston Villa FC Foundation and Aston Manor Academy Basketball Club)				
Year 12 BTEC Level 3 National Extended Diploma in Sport	Exam Specification: BTEC Level 3 National Extended Diploma in Sport & BTEC Level 3 National Extended Diploma in Sports, Coaching and Development			
Year 12 BTEC Level 3 National Extended Diploma in Sports, Coaching and Development	Unit 19: Development and Provision of Sport and Physical Activity (Controlled Assessment) Unit 22: Investigating Business in the Sport & Active Leisure Industry (Controlled Assessment) Unit 4: Sports Leadership (Coursework and Practical Moderation)  Unit A: Careers in the Sport and Active Leisure Industry (Coursework and Practical Moderation) Unit B: Health, Wellbeing in Sport (Coursework) Unit 1: Sport Development (Coursework) <i>*Maths/English Retakes throughout the year</i> <i>*Leadership Opportunities throughout the year</i>	Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing (Controlled Assessment) Unit 3: Professional Development in the Sports Industry (Coursework and Practical Moderation) Unit 9: Research Methods in Sport (Coursework and Practical Moderation)  Unit 1: Sport Development (Coursework) Unit C1: Developing Coaching Skills (Coursework and Practical Moderation) Unit 2: Self Employment in Sport and Physical Activity (Coursework and Practical Moderation)	Unit 7: Practical Sports Performance (Coursework and Practical Moderation) Unit 11: Research Project in Sport (Research Based Task)  Unit 2: Self Employment in Sport and Physical Activity (Coursework and Practical Moderation) Unit 10: Technical and Tactical Skills in Sport (Coursework and Practical Moderation)	<a href="https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html">https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html</a> <a href="https://www.brianmac.co.uk/">https://www.brianmac.co.uk/</a> <a href="https://www.teachpe.com/a-level-pe-revision">https://www.teachpe.com/a-level-pe-revision</a>  <a href="https://qualifications.pearson.com/en/qualifications/btec-nationals/sports-coaching-and-development-2019.html">https://qualifications.pearson.com/en/qualifications/btec-nationals/sports-coaching-and-development-2019.html</a> <a href="https://www.brianmac.co.uk/">https://www.brianmac.co.uk/</a> <a href="https://www.teachpe.com/a-level-pe-revision">https://www.teachpe.com/a-level-pe-revision</a>
Year 13 BTEC Level 3 National Extended Diploma in Sport	Exam Specification: BTEC Level 3 National Extended Diploma in Sport & BTEC Level 3 National Extended Diploma in Sports, Coaching and Development			
Year 13 BTEC Level 3 National Extended Diploma in Sports, Coaching and Development	Unit 1: Anatomy and Physiology (Exam) Unit 23: Skill Acquisition in Sport (Coursework and Practical Moderation) Unit 8: Coaching for Performance (Coursework and Practical Moderation)  Unit E: Research Project in Sport (Research Project) Unit 12: Practical Sports Application (Coursework and Practical Moderation) Unit 5: Anatomy and Physiology in Sport (Coursework)	Unit 25: Rules, Regulations and Officiating in Sport (Coursework and Practical Moderation) Unit 6: Sports Psychology (Coursework)  Unit 5: Anatomy and Physiology in Sport (Coursework) Unit 3: Sports Psychology (Coursework)	Unit 6: Sports Psychology (Coursework and Practical Moderation) Unit 5: Application of Fitness Testing (Coursework and Practical Moderation)  Unit 9: Fitness Training (Coursework and Practical Moderation) Unit D1: Applied Coaching Skills (Coursework and Practical Moderation)	<a href="https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html">https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html</a> <a href="https://www.brianmac.co.uk/">https://www.brianmac.co.uk/</a> <a href="https://www.teachpe.com/a-level-pe-revision">https://www.teachpe.com/a-level-pe-revision</a>  <a href="https://qualifications.pearson.com/en/qualifications/btec-nationals/sports-coaching-and-development-2019.html">https://qualifications.pearson.com/en/qualifications/btec-nationals/sports-coaching-and-development-2019.html</a> <a href="https://www.brianmac.co.uk/">https://www.brianmac.co.uk/</a> <a href="https://www.teachpe.com/a-level-pe-revision">https://www.teachpe.com/a-level-pe-revision</a>

ALL DIFFERENT · ALL EQUAL · ALL ACHIEVING



# ASTON MANOR ACADEMY



	<i>*Leadership Opportunities throughout the year</i>			
--	--	--	--	--

ALL DIFFERENT · ALL EQUAL · ALL ACHIEVING