

NLC PHYSICAL EDUCATION LEARNING JOURNEY

NEXT STEPS:
ONTO HIGHER EDUCATION,
APPRENTICESHIP OR FULL TIME
EMPLOYMENT



YEAR 11



EXTERNAL ASSESSMENT - 1 HOUR 30 MINUTES WRITTEN EXAM PAPER

LEARNING AIM A:
Understand the principles of training and fitness.

LEARNING AIM A:
Investigate the impact of sport and activity on the body systems.

COMPONENT 1: UNDERSTAND THE BODY AND THE SUPPORTING TECHNOLOGY FOR SPORT AND ACTIVITY

LEARNING AIM B:
Understand the importance of nutrition for sports activities.

COMPONENT 2: THE PRINCIPLES OF TRAINING, NUTRITION AND PSYCHOLOGY

LEARNING AIM B:
Explore common injuries in sport and activity and methods of rehabilitation.

LEARNING AIM C:
Explore physiological effects and practices involved with sport and activity.

LEARNING AIM C:
Understand the use of technology for sport and activity performance.

YEAR 10

Year 9 pupils should tackle more complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle. They are introduced to the theory behind the functions and composition of the body systems and can understand how exercise impacts on these systems.

The aim is to enable students to master the skills within their PE lessons and embed concepts covered in Key Stage 3 as well as building and developing skills required for KS4. This gives students a strong knowledge and skill base allowing them to push themselves further in year 10 and build independence for their BTEC coursework and external assessment.

- FOOTBALL
- RUGBY
- GYMNASTICS
- TENNIS
- NETBALL
- BASKETBALL
- BADMINGTON
- CRICKET
- ROUNDERS
- HANDBALL
- FITNESS
- ATHLETICS

YEAR 9



- ATHLETICS
- FITNESS
- HANDBALL
- FOOTBALL
- CRICKET
- BADMINGTON
- BASKETBALL
- NETBALL
- TENNIS
- GYMNASTICS
- RUGBY
- ROUNDERS

Year 8 pupils should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and understand the long-term health benefits of physical activity.

The broad range of activities studied aims to give the students a taster of the skills needed when studying BTEC Sport and allows them to make informed choices when choosing their option subjects.



YEAR 8

YEAR 7

Year 7 pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities.

- FOOTBALL
- RUGBY
- GYMNASTICS
- TENNIS
- NETBALL
- BASKETBALL
- BADMINGTON
- CRICKET
- ROUNDERS
- HANDBALL
- FITNESS
- ATHLETICS

YEAR 7
BUILD ON THE SKILLS LEARNED IN KEY STAGES 1 AND 2, FOR YOU TO BECOME MORE COMPETENT, CONFIDENT AND EXPERT IN THEIR TECHNIQUES, AND APPLY THEM ACROSS DIFFERENT SPORTS AND PHYSICAL ACTIVITIES.

YEAR 8 & 9
YOU SHOULD UNDERSTAND WHAT MAKES A PERFORMANCE EFFECTIVE AND HOW TO APPLY THESE PRINCIPLES TO YOUR OWN AND OTHERS' WORK.

YEAR 10 & 11
YOU SHOULD USE YOUR PE LESSONS TO GET INVOLVED IN A RANGE OF ACTIVITIES THAT DEVELOPS YOUR PERSONAL FITNESS AND PROMOTES AN ACTIVE, HEALTHY LIFESTYLE.