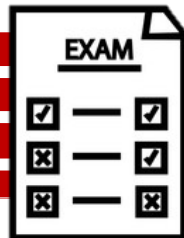


GCSE Result Day

# P.E. Curriculum Map



**Unit R184 – EXAM (40%)**  
 Issues which affect participation  
 Tole of promoting values  
 Implications of hosting a major event  
 Role of NGB  
 Use of technology in sport



**Unit R187 – Awareness of OAA (20%)**  
 Provision for different types of OAA  
 Equipment, clothing, safety aspects and technology in OAA  
 Plan for and participate in OAA  
 Evaluate performance in OAA

YEAR 11

## Core PE experiences in the local community

**Unit R185 – Performance and Leadership (40%)**  
 Key components of performance  
 Applying practice methods to support improvement in a sporting activity  
 Organising and delivering a sports session  
 Reviewing your own performance.

**Sport Studies course breakdown**  
 Examination – 40%  
 Coursework- 60%

## Develop life long of health and fitness

OCR  
 Oxford Cambridge and RSA

YEAR 10

Key Stage 4 Exam Course

Lessons in year 9  
 Lessons will focus on the key skills within activities and also focus on fitness and health. There will also be coaching opportunities within lessons in order develop communication and organization skills.

You will get the opportunity to apply to be our Sport Ambassadors. This will involve supporting in core and examination lessons as well as supporting with planning and leading sport events.

YEAR 9

## Enhancing skills, knowledge and concepts

**Athletics**  
 Athletics lessons cover the three disciplines of athletics: Throwing, Running and Jumping. Students will have opportunities to demonstrate their learning at the Deptford Green Sports Day.

**Sports Leadership -**  
 Introduce yourself to Sports Leadership, focusing on basic elements such as learning the rules of different sports.

**Rounders and Softball**  
 Bowling, batting, fielding, positioning and tactical play will be developed within this unit.

**Table tennis**  
 Learners will develop the key skills in table tennis such as the forehand, backhand, smash and serve.

## Developing and embedding skills

**Problem Solving -**  
 Experience a range situations that require skills such as communication and trust.

**Cricket**  
 Students will develop batting, bowling, fielding and applying tactics within the game.

**Handball**  
 Learners will develop ideas about throwing technique, blocking, catching and both attacking/defensive tactics.

**Fitness**  
 Lessons will look at several components of fitness and understanding fitness and health.

## Learning to love PE

Compete in sport events and fixtures by planning what you are going to get involved in as part of the Extra-Curricular programme.

Progress in PE - Start to develop your Manager and Coach skills when leading others by learning about Sport Leadership.

Healthy Lifestyles - Develop a love of being active in lessons that focus on the principles of Health-Related Fitness.

Healthy Lifestyles - Take part in a range of fitness tests to help compare your performance against others.

**LEADERSHIP:** Learners will have opportunities to lead elements of PE lessons.  
**ORGANISATION:** Students will assist with organising activities in lessons.  
**RESILIENCE:** Student's will complete several resilience challenges throughout the year.  
**INITIATIVE:** Learners will demonstrate initiative through adopting different strategies in games lessons.  
**COMMUNICATION:** Students will develop communication through leading activities and working in groups.

**Football**  
 Lessons are tailored towards developing passing, shooting and both attacking/defensive aspects of the game.

**Basketball**  
 Within basketball, the learners will develop the basic core skills needed to compete in a game of Basketball, such as passing, dribbling, attacking, defending and shooting.

**Volleyball**  
 Learners will develop skills in isolated and game situations and understanding attacking and defending principles.

YEAR 7

START

YEAR 8