

## Curriculum information for the Physical Education Department.

**Head of Department:**  
**Maryam Seleshe**

### **Curriculum studied in Year 7.**

- Components of a warm up
- Effects of physical activity on the body
- Muscular system
- Skeletal system
- Components of fitness

### **Curriculum studied in Year 8.**

- Joint movements
- Skill related components of fitness
- Methods of training

### **Courses currently offered in Key Stage 4.**

#### **GCSE PE**

#### **Curriculum Content in Year 9**

- Health and fitness
- Skeletal system
- Respiratory system
- Cardiovascular system
- Skill classification

#### **Curriculum Content in Year 10**

- Physical training
- Coursework
- Sports psychology

#### **Curriculum Content in Year 11**

- Movement analysis
- Socio-cultural influences

#### **OCR Cambridge National – Sport**

#### **Curriculum Content in Year 9**

- Applying the principles of training

#### **Curriculum Content in Year 10**

- Reducing the risk of sports injuries
- Sports psychology

**Curriculum Content in Year 11**

- Sports nutrition

**BTEC Health and Social Care****Curriculum Content in Year 9**

- Human lifespan development

**Curriculum Content in Year 10**

- Health and social care services and values

**Curriculum Content in Year 11**

- Health and wellbeing

**Extra-curricular activities available.****Key Stage 3 (all after-school)**

- Netball
- Football
- Basketball

**Key Stage 4 (all after-school)**

- Football
- Basketball

**JQA provides a range of sporting fixtures for our teams to compete locally.**

**Enrichment opportunities available.****Key Stage 3**

- Sports Leader for primary festivals

**Key Stage 4**

- GCSE revision