**Physical Education**

**Team Byrchall - Sport for Life**

- Promoting and celebrating success
- Encouraging all to lead a healthy, active lifestyle
- Giving any ability the chance to participate and engage
- Motivating all members of the school community
- Helping talented performers further develop
- Developing fair play and sportsmanship in students

‘Team Byrchall – Sport for Life’ encourages lifelong participation in sporting activity. The Team Byrchall ethos helps students to build confidence and security in PE, which in turn impacts on the high volume of students who are involved in extra-curricular activities both in and out of school.

**PHYSICAL**

- To promote an appreciation of physical movement through observation and analysis.
- To develop the student’s ability to plan and compose movement sequences in a wide variety of activities.
- To develop the capacity to create and express ideas through the media of planning, performing and evaluating movement.
- To utilise modern technology to analyse physical performance and movement.
- To encourage the appreciation of and the ability to monitor physical fitness.
- To encourage students to remember, adapt and apply knowledge, skills and concepts in a variety of movement related activities.
- To promote the development of movement coordination, confidence and the acquisition of a range of motor skills.

**PERSONAL**

- To allow for students to work cooperatively and develop interpersonal and communication skills.
- To encourage responsible attitudes towards safety and develop a working knowledge of safe practice in all activities.
- To educate students with regard to health, hygiene and fitness.
- To give students the opportunity to discover and to use appropriately the facilities available locally.
- To develop a healthy attitude towards competition.
- To provide through all activities the highest form of enjoyment.
## GCSE

<table>
<thead>
<tr>
<th>Autumn</th>
<th>Spring</th>
<th>Summer</th>
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### Homework Revision Requirements

- Homework will be set every week.
- Students should always write homework in homework diaries.
- All homework set will also be on the VLE.

<table>
<thead>
<tr>
<th>Unit</th>
<th>Duration (lessons)</th>
<th>Learning Objectives/Outcomes</th>
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</thead>
</table>
| Training methods / principles | 8 | • Students to review of examination technique  
• Students to peer / self-assess knowledge and understanding on work covered to date  
• Students to be introduced to the Principles and Methods of Training method  
• Introduction to principles of training, defining each component and their meaning  
• Students to develop understanding of progression and overload |
| Risk Assessment | 3 | • Students to become aware of safety issues that affect sports coaching and delivery  
• Suggest methods and practises to reduce risk within sport  
• Link risks with particular sport and suggest ways of limiting  
• Link risk assessment to training – in particular warm-up / cool down |
| Drugs in Sport / Violence | | • Examination of reasons athletes use drugs / effects of drug taking  
• Use of anabolic steroids / stimulants / beta blockers  
• Reasons for violence in sport  
• Difference between violence, deviance, sportsmanship |
| Revision | 12 | • Revise and recap all elements of theory course. |
In year 11 students will complete externally assessed unit (Unit 1).

Also complete final unit

Unit 6 – Leading Sports Activities

<table>
<thead>
<tr>
<th>Unit</th>
<th>Duration (lessons - GLH)</th>
<th>Learning Objectives/Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unit 1 – Prep for Sport</td>
<td>6</td>
<td>- Complete revision on all topics in preparation for final exam.</td>
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<td>- Sit final exam – online test</td>
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<tr>
<td>Unit 6 – Leading Sports Activities</td>
<td>14</td>
<td>- Ascertain qualities of sports leaders and reflect on these.</td>
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<td>- Examine responsibilities of a variety of sports leaders.</td>
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<td>- Look at methods to review performance as a leader.</td>
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<td>- Set targets for development as a leader in sport.</td>
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<tr>
<td>Unit 6 – Leading Sports Activities</td>
<td>10</td>
<td>- Create plan to lead other in sport.</td>
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<td>- Deliver sessions to younger students in a given activity</td>
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<td>- Measure success of leading sports activities (both teacher and student comment.</td>
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</tbody>
</table>