

## Our Physical Education Learning Journey

### Moseley Park Extra curricular programme

- Core skills learned**
- Teamwork
  - Resilience
  - Empathy
  - Responsibility
  - Respect
  - Self management
  - Motivation
  - Leadership
  - Communication

**Core Programme Ends**  
**L2 BTEC Sport Ends**

**Post 16**

**BTEC Double in Sport**  
9 UNITS  
X6 COURSEWORK  
X3 WRITTEN EXAM  
Fitness testing, Business in Sport, skill acquisition

**BTEC Single in Sport**  
4 UNITS  
X2 COURSEWORK  
X2 WRITTEN EXAM  
Anatomy, leadership & Fitness training

Degrees in sport  
Apprenticeships in sport  
Jobs in sport

**BTEC Component 3**  
Developing fitness to improve other participants performance in sport and physical activity.  
**Synoptic/ Exam**

**Core programme**  
• Sports Education  
• External qualifications.

**BTEC Component 2**  
Taking part and improving other participants sporting performance.  
**Coursework**

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**BTEC Component 1**  
Preparing participants to take part in sport and physical activity.  
**Coursework**

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**BTEC Sport Exam**  
Written paper

**BTEC Tech Award**  
X3 components  
• x1 written exam  
• X2 coursework units  
Students who have chosen PE will complete 3 lessons per week. 1 core lesson and 2 vocational lessons.

**Core PE programme continues**  
• Leadership  
• Game understanding  
• Tactics  
• Lifelong participation

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**Core PE programme**  
• Leadership  
• Game understanding  
• Tactics  
• Personal health and fitness

**PE & Sport option**  
At the end of year 8 students will decide if they would like to study sport at level 2 in KS4. The programme of study selected would be the BTEC Tech award.

**Core PE Programme continues**  
• Skill acquisition  
• Outwitting an opponent.  
• Tactics

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**Core PE Programme**  
• Skill acquisition  
• Fundamental movements

**Core PE Assessment**  
Students are assessed across the 3 strands of Physical Education (**physical, mental, social**) within 12 different activities across the academic year. Students are assessed using competency levels as shown below

- Emerging
- Developing
- Securing
- Mastering

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**Welcome to PE**  
It is our intent to evoke a culture of lifelong love and passion for a Healthy Active Lifestyle, through physical activity and sport. Providing opportunity for students to engage in a fun, creative learning environment that stimulates students physically, mentally and socially. Producing happier, healthier young people.

**Baseline Assessment**  
Students will undergo a 2 week baseline assessment to determine groups. Students will be assessed in net wall, striking and fielding, invasion games and athletics.

**Rugby**

**Rock climbing**

**Tennis**

**Softball**

**Rounders**

**Athletics**

**Dance**

**Cricket**

**Orienteering**

**Trampoline**

**HRE**

**Netball**

**Football**

**Badminton**

**Hockey**

**Handball**

**Gymnastics**