



# PHYSICAL EDUCATION CURRICULUM OVERVIEW

## Key Stage 3

### Transition Stage

As students join us from primary school they will have begun to build and develop their basic physical literacy. They will have experienced a number of sports and activities and will be developing their social awareness.

Students will engage in physical activity and will learn how to lead healthy and active lifestyles.

### Foundation Stage

During the Foundation Stage students develop their skills along with tactics and strategies to overcome opponents through team and individual activities.

Students take part in activities which present intellectual and physical challenges and will be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.

Students analyse their performances compared to previous ones and demonstrate improvements to achieve their personal best.

## Key Stage 4

### Examination Stage

During core PE students will continue to use and develop a variety of tactics and strategies to overcome opponents in team and individual games.

In GCSE Physical Education students also learn about theory covering applied anatomy and physiology, movement analysis, physical training, use of data, sports psychology, social cultural issues and health fitness and wellbeing.

## Key Stage 5

### Advanced Stage

A Level Physical Education includes learning about applied anatomy and physiology, skill acquisition, sport in society, exercise physiology, biomechanical movement, sports psychology and the role of technology in sport and society. Students will also work on their non examined element including 1 practical sport and a written piece of coursework evaluating their performance.