

Curriculum Content

Years 7-9

Year 7 Topics	Year 8 Topics	Year 9 Topics
<ul style="list-style-type: none">• Gymnastics• Outdoor Adventurous Activities• Dance• Health Related Exercise• Tennis• Rugby/Netball• Hockey• Athletics• Striking & Fielding	<ul style="list-style-type: none">• Health related exercise• Gymnastics• Ultimate Frisbee• Basketball• Tennis• Rugby/Netball• Hockey/Football• Athletics• Striking and fielding	<ul style="list-style-type: none">• Badminton• Health Related Exercise• Outdoor Adventurous Activities• Table Tennis• Gymnastics• Rugby/Netball• Football• Athletics• Striking & Fielding

GCSE Y10-11

Exam Board: OCR

Exam Board Specification weblink: <http://www.ocr.org.uk/qualifications/gcse-physical-education-j587-from-2016/>

Year 10 & 11 Topics
<ul style="list-style-type: none">• Component 01: Physical factors affecting performance• Component 02: Content of Socio-cultural issues and sports psychology (02)• Component 03: Performance in physical education (NEA)/Analysing and Evaluating Performance (AEP), task-based NEA.

A level Y12-13

Exam Board: OCR

Exam Board Specification weblink: <http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/>

Year 12/13 Topics
<ul style="list-style-type: none">• Applied anatomy and physiology 1.2 Exercise physiology 1.3 Biomechanics.• 2.1 Skill acquisition 2.2 Sports psychology.• 3.1 Sport and Society 3.2 Contemporary issues in physical activity and sport.• Performance of an activity taken from the approved lists.

- Evaluation of Performance for Improvement (EPI).

GCSE Dance

Dance is all about understanding dance performance and dance styles. The two year course is essentially practical. Students will learn and perform a number of dance pieces and dance styles. They will improve their dance technique and performance skills. Students will look at a range of professional choreographers and apply their choreographic skills to their own work. There will be opportunities to go on dance trips and perform in lots of public performances.

Physical Activity

Pupils who choose this course must recognise that they will have theory lessons at least once a week and a practical and therefore should be prepared for this.

GCSE Dance follows on from all the dance work that students learn at KS3 (Year 7-9). You will learn a number of dances from many different cultures and styles. There will be plenty of performing for the students so the course is perfect for building confidence.

Course Structure and Assessment

- Unit 1: Critical Appreciation of Dance (42301) – Written Paper: 1 hour – 50 marks – 20%
- Unit 2: Set Dance (42302) – Practical Examination – Solo Performance: 1–1½ minutes – 30 marks – 20%
- Unit 3: Performance in a duo/group dance (42303) 3 – 3½ minutes. Controlled Assessment 30 marks – 20%
- Unit 4: Choreography (42304): Task 1: Solo Composition 1–1½ mins – 20 marks – 15% and Task 2: Choreography – solo/duo/group – 40 marks – 25%

What other skills might I develop?

GCSE Dance gives students a number of dance skills, but it also helps them develop life skills and attributes including decision making, critical and creative thinking, ability to co-operate with others.

PE Core Studies at KS3 & 4

KS3 PE (table above states what is delivered in detail)

At KS3 students will study a variety of activities including Netball, Hockey, Football, Rugby, Gymnastics, Swimming, Orienteering and problem solving, fitness, Rounders, Athletics, Tennis and Cricket. Students will be set based on their ability to enable lessons to be tailored

to individual needs, however these sets will be regularly reviewed allowing students the opportunity to move between groups.

At the beginning of KS3 the curriculum seeks to develop students physical literacy skills, enhancing their ability to link generic skills through different activities. As the key stage progresses students seek to refine core skills and enhance complex movements. Throughout the Key stage students are provided with every opportunity to evaluate and improve their own and others work enabling them to provide a detailed analysis on performance by the end of year 9. During KS3 there is a consistent focus on independent learning allowing students to develop their leadership capabilities enabling them to develop confidence and resilience.

In year 9 students will select their option pathway for KS4. Students will have the opportunity to discuss this with their class teacher to ensure an appropriate pathway is selected.

KS4 PE

In Key Stage 4 students will be required to choose their activity options in Physical Education. Students will be required to study at least two activities to the depth required by the national curriculum. They will also be able to choose a number of activity modules where the emphasis is more recreational.

During Year 11 there will be the opportunity to go off site to Waterlooville Leisure Centre for swimming and Seacourt for racquet sports. Yoga is also offered as an option and is taught by a qualified instructor. Students who choose these options will have to pay the same costs as for use by members of the public.

Oaklands PE department will be following the Hampshire RFU Concussion policy as outlined in the document [here](#).

Revision

[OCR-GCSE-PE Revision-Guide---Paper 1](#)

[OCR-GCSE-PE-Paper-1---Mark-Scheme](#)

[OCR-GCSE-PE-Revision-Guide---Paper-2](#)

[OCR-GCSE-PE-Paper-2---Mark-Scheme](#)

[PE Revision Podcasts](#)

[Revision booklet ZigZag](#)

[Revision booklet ZigZag 2](#)

[Revision Booklet - Paper 1](#)

[Revision Booklet - Paper 2](#)

<https://www.hoddereducation.co.uk/myrevisionnotesdownloads>