

Curriculum

We are a passionate department committed to fostering a love of sport and a platform for lifelong well-being and participation. At Cambourne Village College we offer a holistic curriculum that prioritises participation, student development and a positive mindset.

Our Curriculum offers a range of traditional activities in KS3 which focus on the skills and techniques needed and the tactical knowledge and understanding required to be able to outwit any opponent. We have structured a holistic program where each lesson focuses on an aspect relating to either the ‘head, the heart and the hands and the idea is that this will equip our students with the knowledge, enthusiasm and lifelong characteristics to promote a healthy active lifestyle.

	What pupils will learn	How it builds on learning
Year 10	Autumn Term: Physical Training (Paper 1) Students will learn about the relationship between health and fitness and the role that exercise plays in both; the components of fitness benefits for sport and how fitness is measured and improved, principles of training and their application to personal exercise; how to optimise training and prevent injury; and effective use of warm up and cool down.	This topic will build on previous core PE knowledge and understanding. For example preparation for sport and PE and warming up will be further built on and extended.
	Spring Term 1: Health, Fitness and Wellbeing (Paper 2) Students will learn about physical, emotional and social health; fitness and wellbeing; the consequences of a sedentary lifestyle and energy use; diet, nutrition and hydration.	This topic will build on prior learning in PSHE on health and well-being, and nutrition from both PSHE, Science and DT. It will also further develop concepts of a sedentary lifestyle and its effects from KS3 Core PE lessons.
	Spring Term 2: Sport Psychology (Paper 2) Students will learning the different classification of skills, as well as the use of goal setting and SMART targets. They will study how guidance, feedback and mental preparation can affect performance.	Much of the sport psychology unit will be new information for students; however, they may have touched on target setting in both PSHE and previous PE lessons. Students will also have experienced a variety of guidance and feedback and the unit will explicitly teach them the specific information and their effects on performance.
	Component 4: Personal Exercise Programme	This coursework will be taught in the summer term and will be an application of the learning in the Physical Training unit.
	What pupils will learn	How it builds on learning
Year 11	Paper 1: Anatomy & Physiology Students will learn the structure and functions of the Musculo-skeletal, cardio-respiratory system, aerobic and anaerobic exercise as well as short- and long-term effects of exercise.	Students will have covered topics of anatomy and physiology in Biology in KS3; the GCSE PE course will build on breathing and respiration taught in Year 8 Science in greater detail. There is also cross-over with the GCSE Science course and will build on specific human biology topics of anatomy and physiology in further detail.

	<p>Paper 2: Socio-cultural Influences Students will learn about the different engagement patterns of different social groups in physical activity and sport, commercialisation and the ethical and socio-cultural issues in physical activity and sport.</p>	<p>Students may have covered areas of socio-cultural influences both in form time and in PSHE.</p>
	<p>Paper 1: Movement Analysis Students will learn about the different lever systems, specific examples of their use in activity and the mechanical advantages they provide in movement. Student will also learn about planes and axes of movement.</p>	<p>This topic will build on prior learning in both the physical training unit and anatomy and physiology unit of GCSE PE.</p>

Assessment

Throughout the two years, students will be continually assessed on their theoretical knowledge through informal quizzes, key word tests and end of unit tests.

At the end of Year 11, students will sit two exam papers which will contribute to 60% of their final GCSE PE.

Paper 1 will be 1 hour 30 minutes and will be worth 36%, while Paper 2 will be 1 hour 15 minutes and will be worth 24%.

Students will also complete 30% practical which will cover three different sports, and 10% written coursework based on a personal exercise programme.

Supporting your child

What you can do at home:

Ensuring your child is repeatedly referring back to their learning and notes in their OneNote GCSE PE notebook. Supporting them with the use of the parent questioning booklet which is sent to parents, carers and students in the Autumn term of Year 10 and 11.

Students will also need support with the filming of their three practical sports. An explanatory video will be sent to parents, carers and students with guidance in how to support your child with their practical coursework.

Equipment:

Pupils must bring their fully charged iPad to every GCSE PE lesson. There will be no exercise books but rather all notes will be made on OneNote. The notebook will also include copies of all their tests, homework and revision.

Extended learning

Homework policy:

Homework will be set to consolidate and extend understanding and should be undertaken with care. Students should expect to spend at least 30 to 45 minutes each week on this.

Clubs/ Enrichment opportunities:

PE clubs and fixtures will support students with their practical sport preparation.

GCSE PE revision sessions held weekly as per the PE timetable.

Extended study suggestions and reading lists:

Extended student, revision materials and reading lists can all be found on the student OneNote notebooks.

Possible trips and visits:

For those who do not have a third practical sport, we offer a climbing course for 5 weeks. This is a paid course and students will travel to Grafham water as a group to complete it.