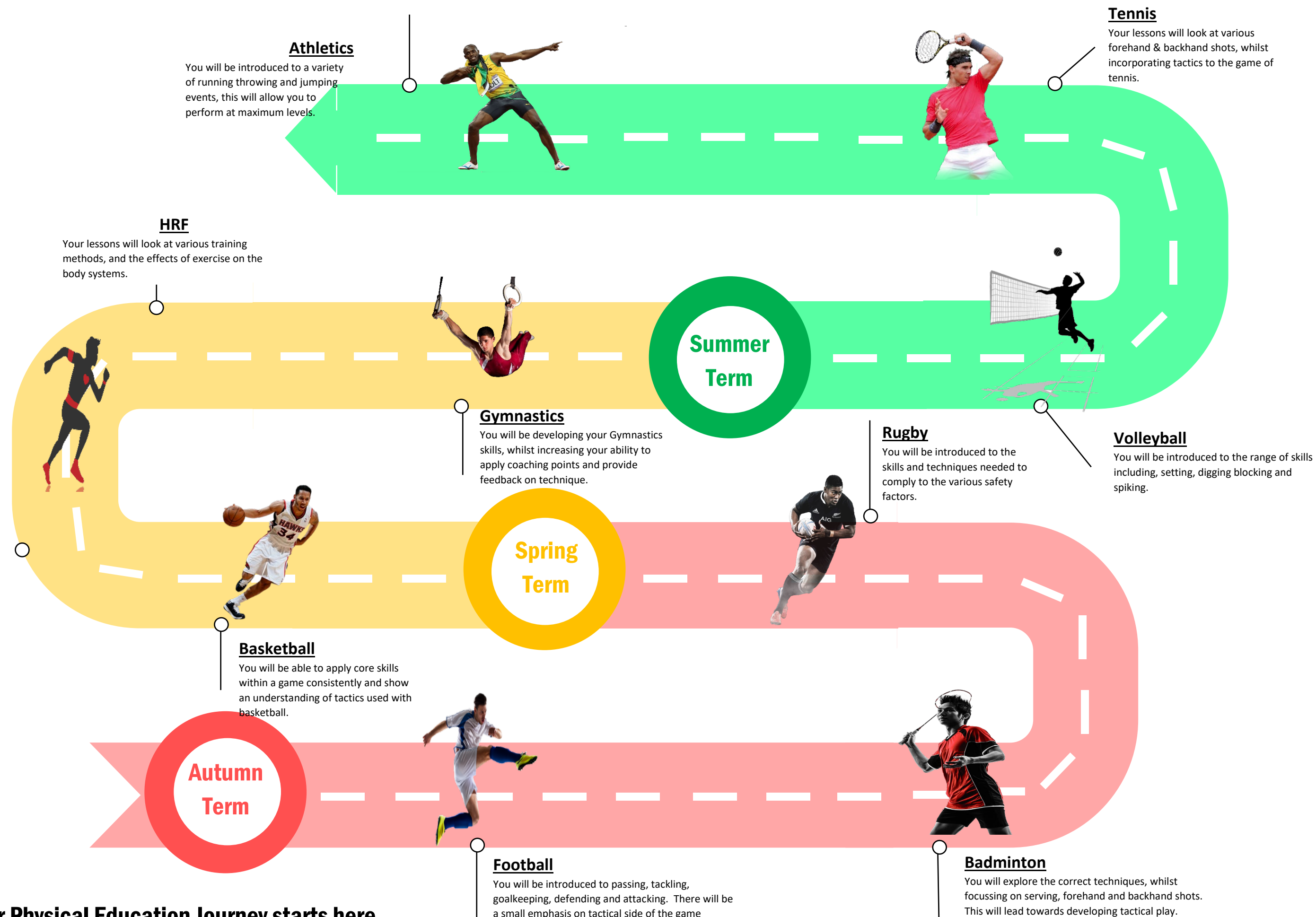


The Stonehenge School Physical Education Journey

Year 7 Boys – Creating a love for Physical Education



Show Your Commitment

How many can you complete?

Try your best in all lessons

Bring your PE kit to all lessons

Attend PE extra-curricular clubs each term

Represent the school in one or more Sporting fixture

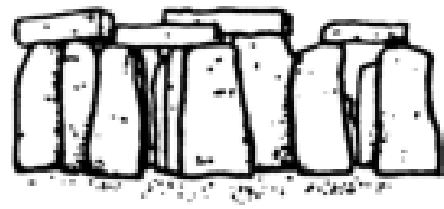
- Personal Excellence ☒
- Respect & Friendship ☒
- Inspiration ☒
- Determination ☒
- Equality ☒

Fixtures Each Year

- Athletics
- Football
- Rugby
- Netball
- Badminton
- X Country
- Cricket

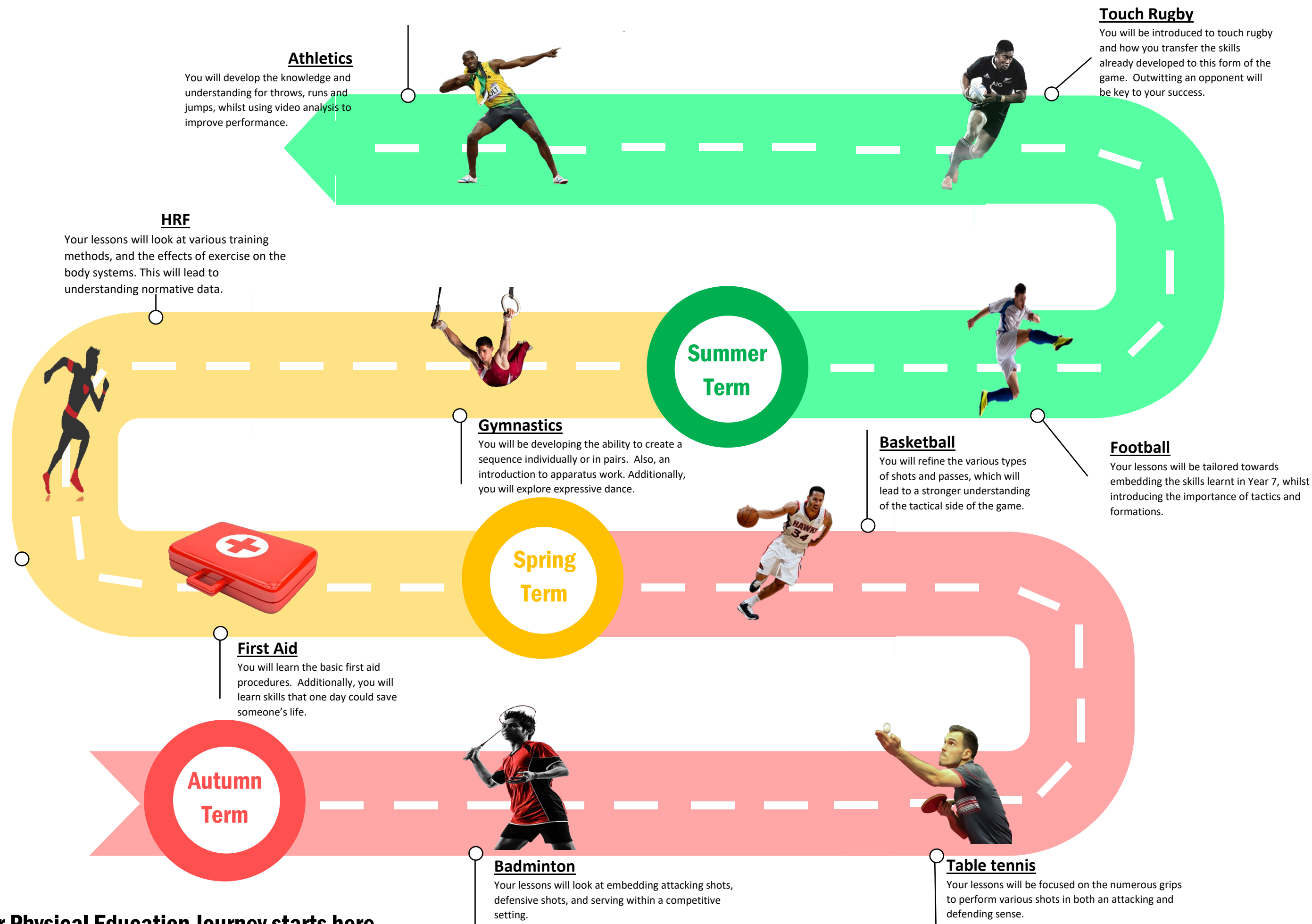


Your Physical Education Journey starts here ...



The Stonehenge School Physical Education Journey

Year 8NOX Mixed – Creating a love for Physical Education



Show Your Commitment

How many can you complete?

Try your best in all lessons

Bring your PE kit to all lessons

Attend PE extra-curricular clubs each term

Represent the school in one or more sporting fixture

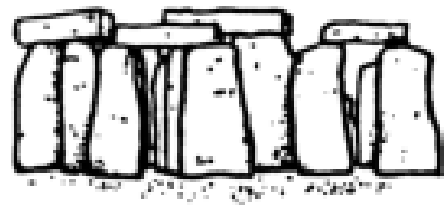
- Personal Excellence ☒
- Respect & Friendship ☒
- Inspiration ☒
- Determination ☒
- Equality ☒

Fixtures Each Year

- Athletics
- Football
- Rugby
- Netball
- Badminton
- X Country
- Cricket



Your Physical Education Journey starts here ...

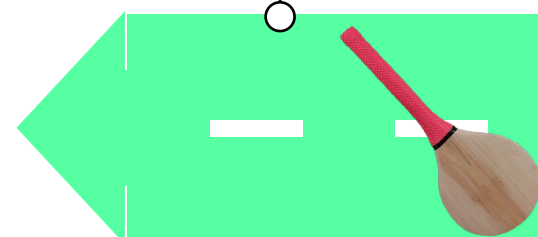


The Stonehenge School Physical Education Journey

Year 9 Mixed – Creating a love for Physical Education

Stoolball

You will learn to use principles of play when selecting and applying tactics to produce a successful outcome. You will continue to develop the skills necessary to outwit opponents. Batting, bowling and fielding will be further developed through games and conditional situations.



Gymnastics

You will demonstrate high quality performances, techniques and routines. You should be able to link each of the methods of travel learned during the scheme into individual and partner sequences both on the floor and on low apparatus.



Summer
Term

Athletics

You to continue to improve their own personal performance. You will develop advanced skills necessary to compete and achieve in all athletic events. To gain further experience at jumping events, aiming for height/distance.



Table tennis

You will develop mental capacity & creative thinking when devising & implement new tactics. Use tennis to develop observation skills on peer performances, skills and techniques. To develop some understanding of the law of physics and how topspin/slice will effective the ball flight and bounce.



Spring
Term

First Aid

You will learn the basic first aid procedures. Additionally, you will learn skills that one day could save someone's life.



Autumn
Term

Badminton

You will develop the skills necessary to outwit opponents. You will replicate strokes and shots with control and accuracy. Serves, overhead clears (forehand & backhand), drop shots & smashes will be developed through game play and conditional situations



Show Your Commitment

How many can you complete?

Try your best in all lessons

Bring your PE kit to all lessons

Attend PE extra-curricular clubs each term

Represent the school in one or more Sporting fixture

- Personal Excellence ☒
- Respect & Friendship ☒
- Inspiration ☒
- Determination ☒
- Equality ☒

Fixtures Each Year

- Athletics
- Football
- Rugby
- Netball
- Badminton
- X Country
- Cricket



Your Physical Education Journey starts here ...



BTEC First Award in Sport

With a BTEC First Award in Sport pupils will explore a range of aspects relating to Sport, including fitness testing and training, the psychology of sport, practical sports performance and sports leadership.

It is important that students understand the percentage of theory during this course, the breakdown is listed below. **Do not choose this subject if you think it will be practical every lesson, there are a lot of classroom lessons.**

Unit	Assessment	Content overview
Unit 1: Fitness for Sport and Exercise	🕒 Written examination: 1 hour ❖ 25% of the qualification	📖 Components of Fitness 📖 Principles of Training 📖 Fitness Training Methods 📖 Fitness Testing
Unit 2: Practical Performance in Sport	❖ Internally assessed assignments ❖ 25% of the qualification	📖 Rules, Regulations and Scoring systems for sports 📖 Practical skills, techniques and tactics 📖 Review of sports performance
Unit 3: Applying the Principles of Personal Training	❖ Internally assessed assignments ❖ 25% of the qualification	📖 Personal fitness training programmes 📖 Musculoskeletal system 📖 Cardiorespiratory system 📖 Goals and Objectives 📖 Review of personal training programme
Unit 4: Optional Unit The Mind and Sports Performance The Sports Performer in Action Leading Sports Activities	❖ Internally assessed assignments ❖ 25% of the qualification	📖 Will be chosen based on the pupils interests in the class



It is important that the students understand the percentage of theory during this course, the written exams are worth 60% of the course outcome; please see below for an accurate breakdown



Component	Assessment	Content overview
Paper 1: Fitness and Body Systems	⌚ Written examination: 1 hour and 15 minutes ⇒ 30% of the qualification	📖 Topic 1: Applied anatomy and physiology 📖 Topic 2: Movement analysis 📖 Topic 3: Physical training 📖 Topic 4: Use of data
Paper 2: Socio-cultural influences and well-being	⌚ Written examination: 1 hour and 15 minutes ⇒ 30% of the qualification	📖 Topic 1: Health, fitness and well-being 📖 Topic 2: Sport psychology 📖 Topic 3: Socio-cultural influences 📖 Topic 4: Use of data
Non-exam assessment: Practical Performance	❖ Non-examined assessment: internally marked and externally moderated ⇒ 40% of the qualification <ul style="list-style-type: none"> ▪ 100 marks, 	📖 One team activity, one individual activity and a free choice from the list published by the DfE 📖 Skills in isolation 📖 Skills in a competitive/ formal situation
Component 4: Personal Exercise Programme (PEP)	❖ Non-examined assessment: internally marked and externally moderated ⇒ 10% of the qualification <ul style="list-style-type: none"> ▪ 20 marks 	📖 Aim and planning analysis 📖 Carrying out and monitoring the PEP 📖 Evaluation of the PEP

Mr Protheroe – Head of Physical Education