

The PE and Sport curriculum

PE curriculum vision

Students who attend Barr's Hill will experience a variety of sporting activities where they will develop their practical performance, knowledge and understanding of the rules and officials in games, and understand what it means to maintain a healthy lifestyle. Students will experience sports in the following areas: Invasion, Net/wall, Strike/Field, Athletics, Dance, Gymnastics, and Health and Fitness.

Students who enjoy sport and are aspiring towards sports related professions, have the opportunity to study it at KS4 and KS5 where they will experience high quality teaching and career opportunities and guidance will be offered. Students will also develop their communication skills such as oracy and use of vocabulary, both inside and outside the classroom. The courses are aspirational and aim to not only allow students to gain a GCSE/A-level equivalent qualification, but also experience visits to top universities and sports stadiums, gain coaching badges, and participate in student leadership opportunities by volunteering to transform our local communities through work experience placements. Students are encouraged to reflect and celebrate their achievements in these opportunities available to them.

Alongside the PE curriculum we also offer a variety of enrichment experiences and opportunities. Students are widely encouraged to attend these activities and can either do so for leisure or get invited to one of our sporting academies and represent school teams. These opportunities help with character development where they will learn discipline, resilience and sportspersonship, and we actively encourage students to reflect on and embrace these learning experiences. Alongside this we also have an elite sporting pathway where we help students join elite teams outside of Barr's Hill through the community links that we have. This varies widely between the Elite basketball club, Coventry Godiva Harriers Athletics Club, and Coventrians RFC and many more.

Key stage 3 – Units of study

<i>Term</i>	<i>Year 7</i>	<i>Year 8</i>	<i>Year 9</i>
1	Students could be doing any of the following activities: Invasion Net/wall Strike/Field Athletics Gymnastics Dance	Students could be doing any of the following activities: Invasion Net/wall Strike/Field Athletics Gymnastics Health and Fitness	Students could be doing any of the following activities: Invasion Net/wall Strike/Field Athletics Health and Fitness
2	Students could be doing any of the following activities: Invasion Net/wall Strike/Field Athletics Gymnastics Dance	Students could be doing any of the following activities: Invasion Net/wall Strike/Field Athletics Gymnastics Health and Fitness	Students could be doing any of the following activities: Invasion Net/wall Strike/Field Athletics Health and Fitness
3	Students could be doing any of the following activities: Invasion Net/wall Strike/Field Athletics Gymnastics Dance	Students could be doing any of the following activities: Invasion Net/wall Strike/Field Athletics Gymnastics Health and Fitness	Students could be doing any of the following activities: Invasion Net/wall Strike/Field Athletics Health and Fitness
4	Students could be doing any of the following activities: Invasion Net/wall Strike/Field Athletics Gymnastics Dance	Students could be doing any of the following activities: Invasion Net/wall Strike/Field Athletics Gymnastics Health and Fitness	Students could be doing any of the following activities: Invasion Net/wall Strike/Field Athletics Health and Fitness

5	Students could be doing any of the following activities: Invasion Net/wall Strike/Field Athletics Gymnastics Dance	Students could be doing any of the following activities: Invasion Net/wall Strike/Field Athletics Gymnastics Health and Fitness	Students could be doing any of the following activities: Invasion Net/wall Strike/Field Athletics Health and Fitness
6	Students could be doing any of the following activities: Invasion Net/wall Strike/Field Athletics Gymnastics Dance	Students could be doing any of the following activities: Invasion Net/wall Strike/Field Athletics Gymnastics Health and Fitness	Students could be doing any of the following activities: Invasion Net/wall Strike/Field Athletics Health and Fitness

Key stage 4 – Units of study Core PE

Term	Year 10	Year 11
1	Students could be doing any of the following activities:	Students could be doing any of the following activities:
2	Invasion	Invasion
3	Net/wall	Net/wall
4	Strike/Field	Strike/Field
5	Athletics	Athletics
6	Gymnastics	Gymnastics
7	Health and Fitness	Health and Fitness
8	Dance	Dance

Key stage 4 BTEC Tech Award in Sport (603/7068/3)

KS4	<p align="center"><u>BTEC Tech Award in Sport (Y10)</u></p> <p>Component 1 Preparing Participants to Take Part in Sport and Physical Activity Component 2 Taking Part and Improving Other Participants Sporting Performance</p> <p align="center"><u>BTEC Tech Award in Sport (Y11)</u></p> <p>Component 2 Taking Part and Improving Other Participants Sporting Performance Component 3 Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity</p>
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Key stage 5 – Units of study Pearson BTEC Level 3 National Extended Diploma in Sport 60304595/MA1

Term	Year 12	Year 13
	Unit 1 Anatomy and Physiology Unit 2 Fitness training and programming for Health, Sport and Well being Unit 5 Application of fitness testing Unit 7 Practical Sports performance Unit 8 Coaching for Performance Unit 19 Development and provision of sport and physical activity	Unit 22 Investigating Business in Sport and the Active Leisure Industry Unit 23 Skill Acquisition in Sport Unit 4 Sports Leadership Unit 9 Research methods in sport Unit 10 Sport event organisation Unit 18 Work experience in active leisure Unit 24 Sport Performance Analysis Unit 3 Professional development in the sports industry

Key stage 5 – Units of study Pearson BTEC Level 3 National Diploma in Sport 60304601/MA1		
Term	Year 12	Year 13
	Unit 1 Anatomy and Physiology Unit 2 Fitness training and programming for Health, Sport and Well being Unit 5 Application of fitness testing Unit 7 Practical Sports performance	Unit 22 Investigating Business in Sport and the Active Leisure Industry Unit 23 Skill Acquisition in Sport Unit 3 Professional development in the sports industry Unit 4 Sports Leadership Unit 24 Sport Performance Analysis Unit 3 Professional development in the sports industry

Supporting your child with their learning?

The following links will support additional learning to your child for BTEC Tech Award in Sport.

BTEC Tech Award in Sport (Y10)

Component 1 Preparing Participants to Take Part in Sport and Physical Activity

Benefits of a team sport and individual sport	https://www.youtube.com/watch?v=GrIM3HKcL9c
Barriers to Participation	https://www.youtube.com/watch?v=Wu8DJESpm50
Different types of technology that benefit and improve sport	https://www.youtube.com/watch?v=ZaalIEANc0I
Example of a warm up	https://www.youtube.com/watch?v=7cL5j4pOn80

Component 2 Taking Part and Improving Other Participants Sporting Performance

Physical Components of Fitness	https://www.youtube.com/watch?v=LJgiwvdYaGk
Skill Related Components of Fitness	https://www.youtube.com/watch?v=MLzI37SvdV4

BTEC Tech Award in Sport (Y11)

Component 2 Taking Part and Improving Other Participants Sporting Performance

Rules and Regulations of Team Sports	https://www.thefa.com/football-rules-governance/lawsandrules Rule book of football https://www.englandrugby.com/governance/rules-and-regulations Rule book of Rugby https://www.fiba.basketball/basketball/official-rules Rule book of Basketball
Officials in Team Sports	https://www.thefa.com/get-involved/referee/frequently-asked-questions https://www.thefa.com/football-rules-governance/lawsandrules/laws/football-11-11/law-6---the-other-match-officials https://www.bbc.co.uk/bitesize/guides/zwqw7hv/revision/3

	https://www.world.rugby/the-game/beginners-guide/match-officials
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Component 3 Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

Physical Components of Fitness	https://www.youtube.com/watch?v=LJgiwvdYaGk
Skill Related Components of Fitness	https://www.youtube.com/watch?v=MLzI37SvdV4
Borg Scale of Exertion	https://www.youtube.com/watch?v=ahOGFYb35ZY
Training Methods	https://www.youtube.com/playlist?list=PLaXgo24frbVtIWzcRDMrra2DoI13UO1DU
Testing Methods	https://www.youtube.com/playlist?list=PLaXgo24frbVtIWzcRDMrra2DoI13UO1DU
Training Principles	https://www.youtube.com/playlist?list=PLaXgo24frbVtIWzcRDMrra2DoI13UO1DU
The effects of long-term fitness training on the body systems	https://www.youtube.com/watch?v=mX6thvUns08
Goal Setting in Fitness Motivation in Fitness Measuring Activity Intensity	https://www.youtube.com/playlist?list=PL2VOuuWnbIB3eZFUtoGk5oYsLNCM0H8Cn