

Oasis Academy

Physical Education Learning Journey



Return to assist the PE dept. deliver sports day

University / Career

Time to CELEBRATE!

Complete the BTEC Sport Level 3 qualification

Guest speaker in lower school assemblies promoting Sport.

Unit 2: Fitness training and programming: You will explore client screening and lifestyle assessments, fitness training methods and fitness programming to support improvements in a client's health and well-being.

YEAR 13

Take part in the staff vs sixth form fixtures

Unit 3: Professional development: You will explore the knowledge and skills required for different career pathways in the sports industry.

Assist in running the winter cup for lower school students.

Assist the PE dept. delivering sports day.

University residential

Unit 1: Anatomy and Physiology: You will develop knowledge and understanding of the body systems that are important to physical activity.

Unit 5 Fitness testing: You will gain an understanding of the requirements of fitness testing and learn how to safely conduct a range of fitness tests for different components of fitness.

Research a career pathway you are interested in following - present it to Mr Huggins.

YEAR 12

UCAS

Attend the Kent University fitness testing trip.

Enrich your personal statement with extra-curricular involvement by delivering lunch clubs for other sixth form members.

Complete BTEC Sport qualification

Unit 3 – Applying the Principles of Personal Training
At the end of this unit you will be able to design a personal fitness training programme. You will be able to implement and review a self-designed personal fitness training programme to achieve own goals and objectives.

Unit 2 – Practical Sports Performance - Rounders
You will be able to understand the rules, regulations and scoring systems. In addition to this, learners will be able to practically demonstrate skills, techniques and tactics and be able to review their sports performance. This will be based on football and rounders.

Regularly attend a sports club outside of school

CREATING HEALTHY AND ACTIVE FUTURES

Offer a masterclass for peers on an assignment you have a strong understanding of.

Understand Health, Fitness & Well-Being:
By now you will understand the benefits of participating in physical activity to health, fitness and well-being. Learners will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle

Attend 6th Form option evening

Unit 5: Sports performer in action: In this unit you will learn about the musculoskeletal and cardiorespiratory systems as well as the effects exercise has on them in the short and long term.

Lead younger year group extra curricular sessions.

Continue your attendance to extra curricular sport opportunities

Achieve your MEG in the unit 1 Exam.

STRIVING & THRIVING IN PE

YEAR 11

Opportunity to attend period 6 sessions in the build up to your exam

Compete in the intra house lunch time competitions

Attend the snow sports rewards trip.

Importance Of PE
Creating A Better You

- Develops Leadership Qualities
- Teaches Self Discipline
- Develop Healthful Social Interactions
- Improves Academic Performance
- Improves Physical Fitness
- Contributes To A Good Mental Health
- Improves Self-Confidence & Self-Esteem

Begin Unit 1 – Fitness for Sport and Exercise
In this Unit, you will learn about the components of fitness, the principles of training, explore the different fitness training methods and investigate how fitness testing helps to determine fitness levels.

YEAR 10

DEVELOPING SKILLS & EMBEDDING KNOWLEDGE

Attend the climbing experience rewards trip.

Write a blog about a sporting event you have watched.

Diet & Nutrition: Your Physical Education will develop your understanding of the benefits of a balanced diet.

Compete for your house in sports day

Take part in national school sports week.

Represent the academy in a sports fixture.

Begin your introduction to the BTEC Sport First Award course

Compete in the lunch time house competitions

Pursue an interest in dance. Exploring new concepts and creativity, creating routines.

Select sport or dance at options evening.

Athletics: Your lessons will be covering the three disciplines of athletics. You will develop an understanding of the basic technique required for each event.

Dance

YEAR 9

Attend a new extracurricular sports club

BROADENING SPORTING EXPERIENCES

Attend the careers fair and identify potential future pathways in sport.

Join a new sports club outside of the Academy.

Represent the academy at the district athletics meet

Striking and fielding: Your lessons will look at developing batting, bowling, fielding and applying tactics within the game.

Attend the end of KS3 cricket fixture rewards trip.

Your first sports day

Invasion games: Your lessons will focus upon developing basic attacking and defensive skills and knowledge.

Attend an extra curricular sports club.

YEAR 8

CREATING A LOVE FOR PHYSICAL EDUCATION

YEAR 7

Attend a new extracurricular sports club

Gymnastics: You will be developing the basic components of a routines, which focus on Balances, Rotations, Travel and Jumps.

Represent your house in your first winter cup.

Badminton: Your lessons will look at attacking shots and defensive shots, serving and the basic rules of the game.