

PE Department Curriculum Overview



SUBJECT TEACHERS

Mrs A Park (HOD)

Mr R Carey

Miss T McAfee

Mr I Hynds

KS3 – Year 8 receive 2 hour long lessons per week;

In Year 8 pupils develop skills and learn rules in games (netball, football, gaelic football and camogie). They go to Coleraine Leisure Centre for swimming lessons. They learn the rules and participate in track and field athletic events. They participate in educational gymnastics and fitness testing.

Year 9 & 10 - 3 lessons per fortnight – Pupils develop further skills in games (including new games such as hockey, tennis and badminton), gymnastics (including trampoline) and athletics

KS4 – Year 11& 12- 2/3 lessons per fortnight –Pupils focus on Health related PE including games, circuit training and visits to CLC. Pupils follow the heartstart programme.

GCSE - Pupils study the Pearson Edexcel BTEC **Sport** First Award (NQF) specification

75% coursework, 25% onscreen one hour exam

Unit 1 - Fitness for Sport & Exercise - Pupils explore fitness requirements and training methods.

Unit 2 - Practical Sports Performance - Pupils will develop their knowledge of the rules, skills & techniques of two sports. This unit also looks at the roles of officials.

Unit 5 - Training for Personal Fitness - Pupils will design a personal fitness training programme and learn about factors of exercise.

Unit 6 - Leading Sports Activity- Pupils will plan, deliver & evaluate a sports session to Year 8 pupils.

A Level-Pupils study the CCEA GCE Sports Science & the Active Leisure Industry Specification

60% coursework; 40% 2 hour exam

AS 1: Fitness and Training for Sport – Pupils design a six week training programme that incorporates the principles of training and a range of training methods.

AS 2: The Active Leisure Industry- Health, Fitness and Lifestyle. Pupils study the key components of the leisure industry and gain an understanding of the link between lifestyle and health related issues.

A2 1: Event Management in the Active Leisure Industry- Pupils will produce a portfolio of written evidence that will include researching and planning an active leisure event.

A2 2: The Application of Science to Sports Performance - concentrates on examining the structure of the respiratory, circulatory, muscular and skeletal systems.

Extra-Curricular (clubs, competitions, etc) activities include

NETBALL	FOOTBALL	GAELIC FOOTBALL	CAMOGIE
GIRLS FOOTBALL	BADMINTON	RUNNING	ATHLETICS
TENNIS	GYMNASTICS	(SEE ADDITIONAL INFORMATION)	