

Physical Education

OCR Entry Level

Curriculum Map: KS5 Year 1

- Use safety checks on equipment
- Support and encourage others
- Develop skills and games play
- Shows gamesmanship and sportsmanship
- Understand the rules of the sport and play within in them
- Show an understanding of tactics and strategy in order to achieve success

Autumn Term 1: Raising Levels of Fitness and Skill builders

LEARNING AIMS

- Know how to warm up and cool down
- Recognise the authority of officials
- Use safe contact with others
- Be able to perform range of transferable skills

LESSON ACTIVITIES

- Play a range of team games such as netball, football, touch rugby and basketball.
- Develop their fitness and awareness of it.
- Take part in and lead warm ups.

Autumn Term 2: Activity 1

LEARNING AIMS

- Play and be assessed in a selected sport
- Demonstrate and apply relevant skills and techniques.

LESSON ACTIVITIES

Spring Term 1: Activity 2 Fitness and Personal Exercise Plan

LEARNING AIMS

- Know how to identify what is good and areas of improvement when watching their own performance
- Know what skills and techniques are required for an activity

- Demonstrate an understanding of the skills and techniques required in an activity
- Demonstrate the ability to describe the strengths and weaknesses of a range of techniques and skills of a performance

Spring Term 2: Analysing performance

LESSON ACTIVITIES

- Write a personal Fitness Plan
- Carry out their personal Fitness Plan
- Review the success of their plan

LEARNING AIMS

- Develop fine and gross motor control through a range of activities
- Know how to improve their fitness
- Show an awareness of components of fitness
- Plan and carry out a Fitness plan

Summer Term 1: Activity 3

LEARNING AIMS

- Play and be assessed in a selected sport
- Demonstrate and apply relevant skills and techniques.

LESSON ACTIVITIES

- Use safety checks on equipment
- Support and encourage others
- Develop skills and games play
- Shows gamesmanship and sportsmanship
- Understand the rules of the sport and play within in them
- Show an understanding of tactics and strategy in order to achieve success

Summer Term 2: Leading in Sport

LEARNING AIMS

- Be able to lead in a chosen activity
- Show relevant leadership skills
- Apply rules consistently including keeping others safe

LESSON ACTIVITIES

- Learn about and be able to use a range of leadership skills
- Understand the qualities of a good leader
- Lead an event safely

Physical Education

OCR Entry Level

Curriculum Map: KS5 Year 2

Autumn Term 1: Raising Levels of Fitness and Skill builders

LEARNING AIMS

- Know how to warm up and cool down
- Recognise the authority of officials
- Use safe contact with others
- Be able to perform range of transferable skills

LESSON ACTIVITIES

- Play a range of team games such as netball, football, touch rugby and basketball.
- Develop their fitness and awareness of it.
- Take part in and lead warm ups.

Autumn Term 2: Activity 4

LEARNING AIMS

- Play and be assessed in a selected sport
- Demonstrate and apply relevant skills and techniques.

LESSON ACTIVITIES

- Use safety checks on equipment
- Support and encourage others
- Develop skills and games play
- Shows gamesmanship and sportsmanship
- Understand the rules of the sport and play within in them
- Show an understanding of tactics and strategy in order to achieve success

Spring Term 1: Assessment (s)

LEARNING AIMS

- Know how to identify what is good and areas of improvement when watching their own performance
- Know what skills and techniques are required for an activity

- Demonstrate an understanding of the skills and techniques required in an activity
- Demonstrate the ability to describe the strengths and weaknesses of a range of techniques and skills of a performance
- Be able to make suggestions on how to improve an observed performance

LESSON ACTIVITIES

- Carry out assessments in chosen activities

LEARNING AIMS

- Play and be assessed in a selected sport
- Demonstrate and apply relevant skills and techniques.

Spring Term 2: Analysing performance

LESSON ACTIVITIES



Summer Term 1: Assessments

LEARNING AIMS

- Play and be assessed in a selected sport
- Demonstrate and apply relevant skills and techniques

LESSON ACTIVITIES

- Carry out assessments in chosen activities

Summer Term 2: Leading in Sport

LEARNING AIMS

- Be able to lead in a chosen activity
- Show relevant leadership skills
- Apply rules consistently including keeping others safe

LESSON ACTIVITIES

- Learn about and be able to use a range of leadership skills
- Understand the qualities of a good leader
- Lead an event safely

NEXT STEPS Think about a course in college

