

CEC 5 year Learning Journey: Core PE



Cycle 2

AO1: Managers, officials, coaches, leaders.

AO2: Decision making during competitive situations as a performer, manager and official.

AO3: Fluency and control.

Revision and GCSE Exams

Courses	-BSc Sport Science Degree -BSc Sports Coaching -BSc Physical Education -A Level Physical Education -BTEC Level 1,2 & Health and Fitness
Careers	Teaching, Personal Trainer, Coach, Fitness Instructor, Physiotherapy, Nutritionist
Skills	Coordination, Teamwork, Leadership, Planning, Critical Performance Analysis, Refereeing/Umpiring, Applying Tactical Strategies
Real World	Practical Performance & Analysis, Asking/answering questions about your world and making decisions based on evidence

Cycle 1

AO1: Knowledge, organisation and communication skills

AO2: Performance Review

AO3: Use advanced techniques to a high standard in practice and competition.

Year 11

Cycle 3

AO1: Leading their peers in a variety of roles.

AO2: Decision making during competitive situations

AO3: Perform advanced skills and adapt them to outwit my opponents

Cycle 2

AO1: Values of sport

AO2: Analyse and evaluate performance

Cycle 2

AO1: Value of sportsmanship

AO2: Analyse & evaluate performance.

AO3: Advanced skills in teams, individually and pairs

Cycle 3

AO1: Set up and lead parts of lessons.

AO2: Decision making during competitive and varying situations

AO3: Perform advanced skills and adapt them to outwit my opponents

Cycle 1

AO1: Confident in taking a lead role.

AO2: Game play, advanced tactical awareness and strategies

AO3: Skill advancement in competition

AO3: Applying skills and leadership attributes in competitions.

Cycle 1

AO1: take control of a group, applying rules appropriately

AO2: Tactical awareness and more advanced strategies

AO3: Challenging practices and competition.

Year 9

Cycle 3

AO1: Grow in confidence when sharing ideas with their group:

AO2: Develop good knowledge of rules:

AO3: Locomotor skills and ball skills.

Cycle 2

AO1: Officiate, judge and umpire in lessons

AO2: Develop game play, tactical awareness and strategies.

AO3: Fundamental movement skills: balance,

Cycle 2

AO1: Develop confidence in unfamiliar situations.

AO2: Comment on their own and others performances.

AO3: fundamental movement skills: balance, locomotor skills and ball skills

Cycle 3

AO1: Develop confidence in unfamiliar situations.

AO2: Learn basic rules.

AO3: Core skill development in teams, individually and pairs

Cycle 1

AO1: Plan and lead their own warm ups.

AO2: Attacking and defensive principles.

AO3: Advanced skills in teams, individually and pairs

Cycle 1

AO1: Lead basic warm ups

AO2: Explore and implement simple tactics and strategies.

AO3: Core skill development in teams, individually and pairs.

Year 7

Cycle 3

AO1: Active Me:-Co-ordination, Flexibility, Balance, Strength, Speed, Power, Control

AO2 - Evaluate and improve performance

AO3 - Cooperate with others, Respect others performing

Year 6

AO1: Social Me
Behaviour, Attitude, Communication, Teamwork, Leadership & Resilience

AO2: Tactical Me
Analysis, Evaluation, Decision Making, Tactics and Strategies

AO3: Active Me
Performance, Health, Physical Literacy & Activity levels

CEC 2 year Learning Journey: OCR CN Sports Studies

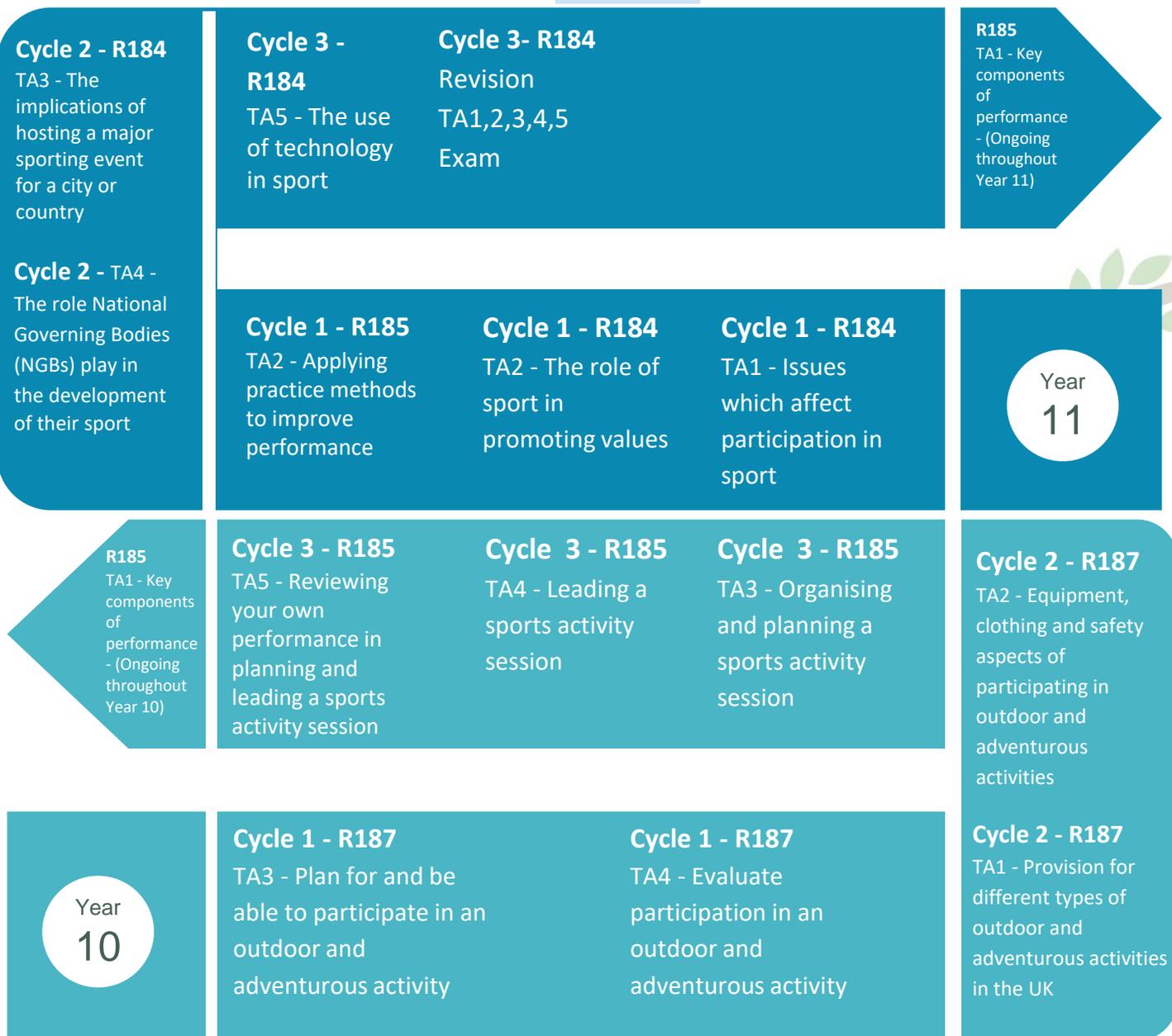


Cycle Assessment points

Courses	-BSc Sport Science Degree -BSc Sports Coaching -BSc Physical Education -A Level Physical Education -BTEC Level 1,2 & Health and Fitness
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Knowledge quiz week 1 and 10

- Mid-cycle assessments week 5 and 10
- End of cycle assessment week 11



R184: Contemporary Issues in Sport

- TA1 - Issues which affect participation in sport
- TA2 - The role of sport in promoting values
- TA3 - The implications of hosting a major sporting event for a city or country
- TA4 - The role National Governing Bodies (NGBs) play in the development of their sport
- TA5 - The use of technology in sport

R185: Performance & Leadership in Sport

- TA1 - Key components of performance
- TA2 - Applying practice methods to support improvement in a sporting activity
- TA3 - Organising and planning a sports activity session
- TA4 - Leading a sports activity session
- TA5 - Reviewing your own performance in planning and leading a sports activity session

R187: Increasing awareness of Outdoor and Adventurous Activities

- TA1 - Provision for different types of outdoor and adventurous activities in the UK
- TA2 - Equipment, clothing and safety aspects of participating in outdoor and adventurous activities
- TA3 - Plan for and be able to participate in an outdoor and adventurous activity
- TA4 - Evaluate participation in an outdoor and adventurous activity