



## Physical Activity Pathways

Pupils will begin journeys into one/ more of several pathways suited to their passion/ interests' individual circumstances. Pupils will have a degree of flexibility to pursue the appropriate pathway for them.

### Competitive Sport

Training and inter-school fixtures.

Teams for Rugby, Basketball, Football, Cricket, Hockey, Netball, cross country, Rounders Athletics and possibly others.

### Recreational Sport

This pathway enables pupils to play recreationally against other students within the group. The focus on fun and skill development through gameplay. The sessions will also include opportunities to develop fitness for health in the gym or elsewhere.

### Healthy lifestyles

Pupils are presented with a range of activities they could do themselves with little to no organization of clubs in their own time to maintain health and well-being. This includes golf, swimming, and outdoor walking groups.

### Community

Pupils on this pathway will experience a range of sessions with external providers within the local community. This may include fitness classes run at local gyms, bowls, swimming activities etc. The focus on getting students to engage with these opportunities beyond school.

### Adventure

Using the natural environment to provide experiences of outdoor adventure activities including kayaking, hill scrambling and rock climbing.

## WJEC PE Theoretical Content

### Chapter 3: Movement analysis

- Muscle contractions & antagonistic muscle action.
- Lever systems and mechanical advantages.
- Planes and axis of movement in sport linked to the muscular system.
- Sports technology in analysis and evaluating its impact upon sport.
- Data analysis.

### Chapter 4: Psychology of Sport and Physical activity

- Goal setting & SMART targets.
- Information processing & the function of feedback.
- Guidance and its use for a variety of performers.
- Mental preparation for sport and physical activity.
- Motivastion types and impact.
- Characteristics of a skilled performer.
- Classification of skills, types of practice.
- Data analysis on the above.

### Chapter 5: Social-cultural issues in sport and physical activity.

- Factors impacting participation, barriers for activity and solutions to overcome these barriers.
- Physical literacy and the influence of PE.
- Provision and strategies for target groups.
- Commercialisation of sport and an evaluation on the impact of this.
- Ethics in sport including sportsmanship, gamesmanship and deviance.
- Analysing data on the above.

### Competence to participate wider community (skills)

Competence to encourage participation within the community at adult/senior/ individual level. Depth of understanding of the value of exercise for health and well-being, mentally, socially, and physically.

### Extensive knowledge and understanding of tactics & concepts

Knowledge and skills to level to provide confidence to participate beyond school. Knowledge of competitive processes, tactics, and habits to maximize performance. Rules understood and how to adhere to these. Understanding of safety within pathway activities and how to assess risk. Depth of understanding of the value of exercise for health and well-being, mentally, socially, and physically.

### CARE values – moral, social & psychological

Purpose of PE explicitly linked to CARE values and demonstration of these within all activities. Enjoyment and social interaction at the heart of the pathway links. Students show awareness for barriers to participating and removing these barriers for all pupils.

## Prior learning

### Prior learning required

- PE Schemes of Work Yr.7 - Yr.9 & Year 10 IGCSE
- No Wasted years model from Yr.7 - Yr.9 embedding IGCSE theoretical content
- Inter school fixtures / competitions & house events
- Links with Local Sports Clubs creating opportunities to enrich learning beyond the school setting

## Global/IOM/Subject Links

### Links to other subjects

- Anatomy & Physiology → Biology
- \_ Simple Biomechanics → Physics

### Links to Global picture

- Benefits of a healthy and active lifestyle

### Links to IOM

- Links to local sports clubs and local facilities