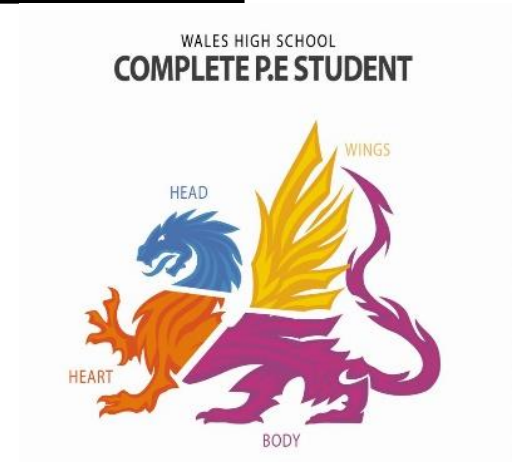
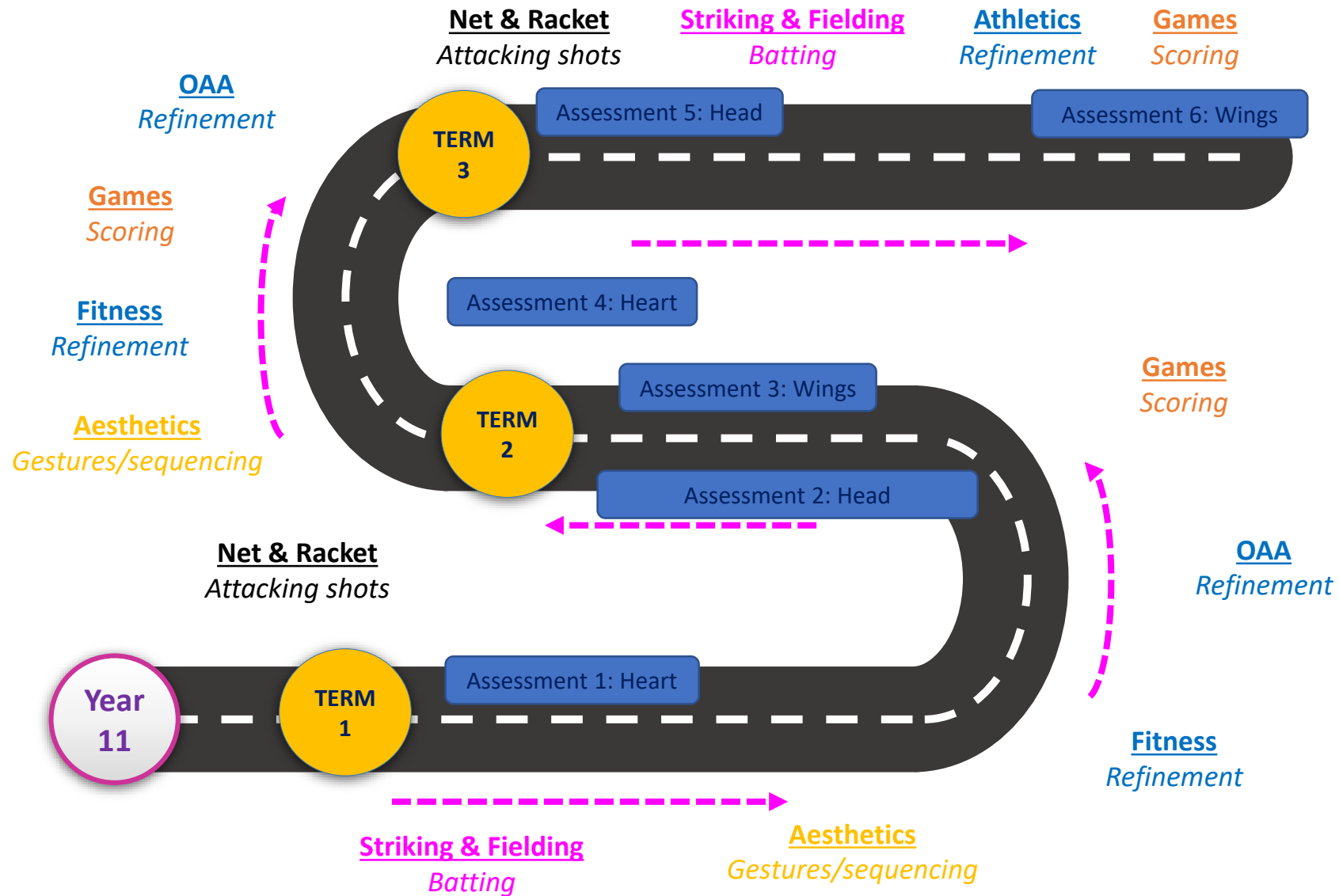




The Year 11 PE Curriculum at WHS



Students will be given the opportunity to opt for one of our activity themes. These will allow them to be active and engage in competitive sport.





The Year 11 GSCE PE at WHS

Sponsorship and media

Conduct of performers

Term 3:
Revision

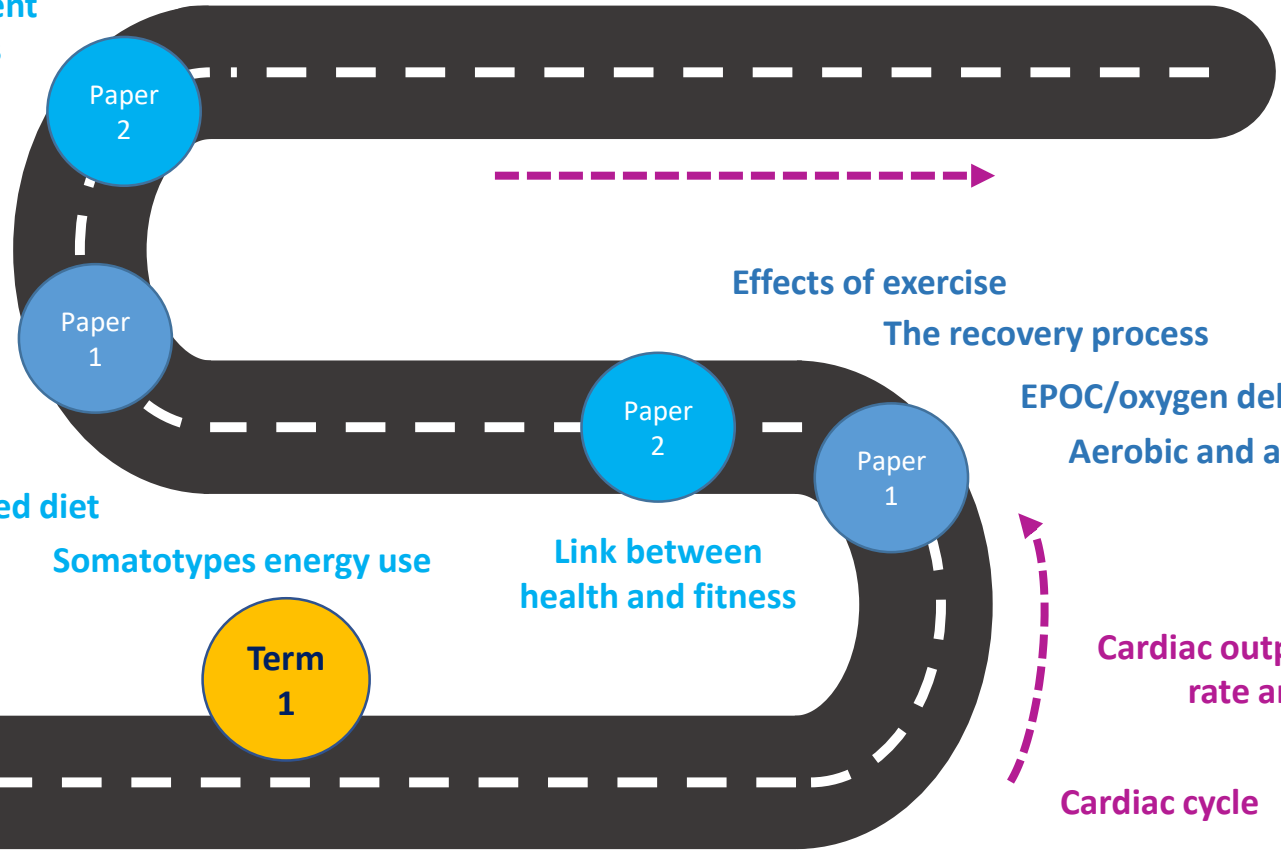
A-Level PE

Impacts of technology

Hooliganism

OCR Sport Level 3

Engagement patterns of different social groups and the factors affecting participation



Term 2

Planes and axes

Movement analysis

Mechanical advantage

Lever systems

Effects of exercise

The recovery process

EPOC/oxygen debt

Aerobic and anaerobic respiration

Nutrition-balanced diet

Somatotypes energy use

Link between health and fitness

Cardiac output; stroke volume; heart rate and anticipatory rise

Year 11

Term 1

Cardiac cycle

Mechanics of breathing

Term 1

The pathway of air

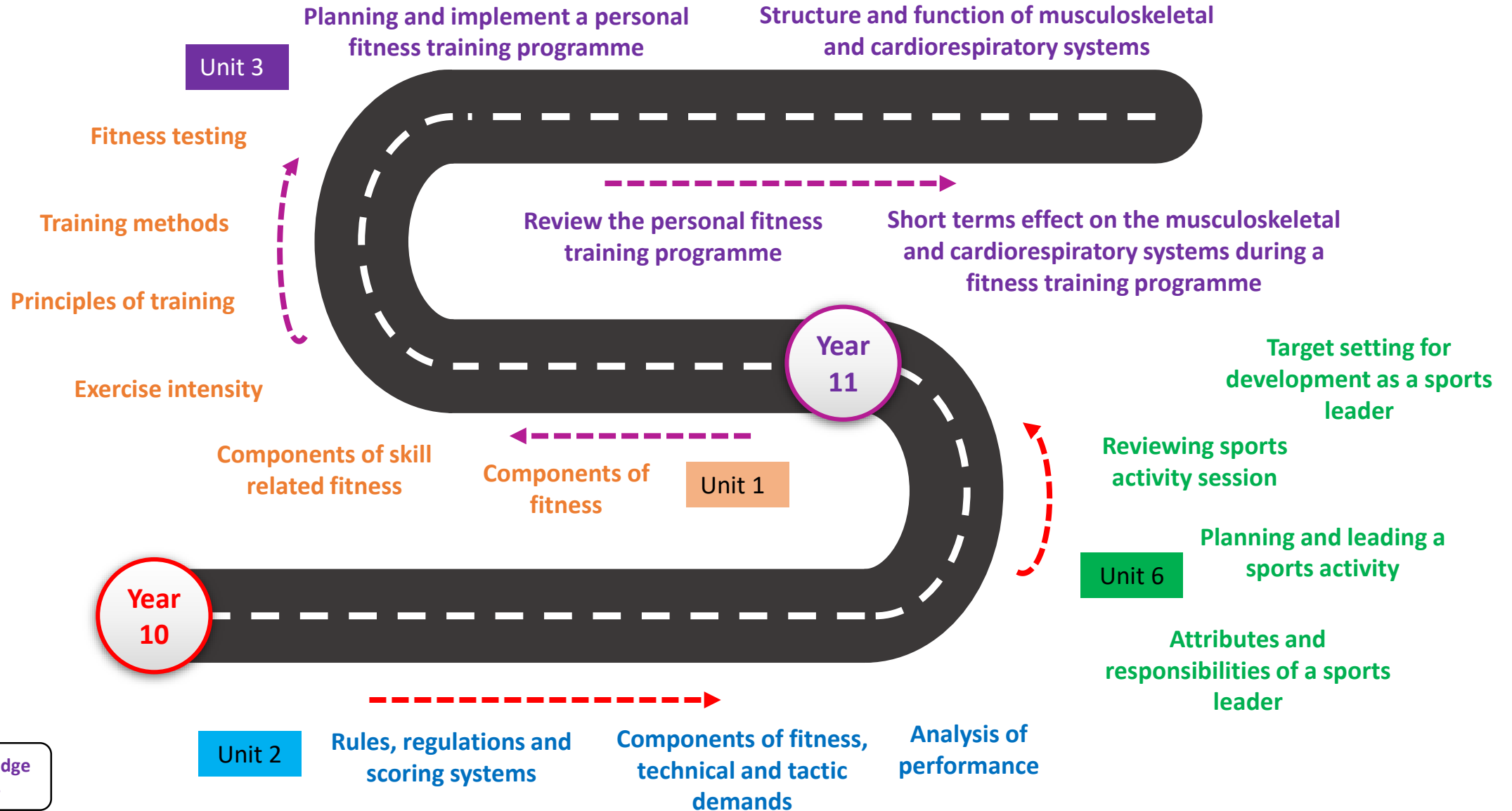
Structure of the heart

Gaseous exchange

Redistribution of blood



BTEC Sport at WHS





BTEC Dance at WHS

Component 3

Responding to a brief

Devising working in small group

Rehearsal process

Ideas log

Analysing the brief

Roles and responsibilities

Performance

Skills log

Evaluation

Rehearsal and Performance of each of the professional pieces

Form and structure

Creative intentions

Theme and Issues

Production Process

Roles and responsibilities

Influences

Study Professional dance works: SWANSONG, CHICAGO, LINHA, CURVA

Performing Arts Industry

Component 1

Review of performance

Final Dance performance

Dress rehearsal

Milestone Review

Peer and self review

Developing performing skills

Rehearsal log - Strengths

- Areas for improvement

- Actions and targets

Year 11

Term 1

Themes/issues/storyline

Choreography skills and techniques

Select, develop and apply skills

Term 2

Year 10

Component 2

Exploring different dance styles

Performing and Interpreting skills

Health and safety

Prior knowledge from KS4

Role of a performer

Workshop on Professional work

Rehearsal Techniques

Term 1