



# Early Option PE

## Loom Link:

<https://www.loom.com/share/ec942ffddada407c98f9eb85a3522ed1>

## Course Structure:

X1 Theory lesson  
X1 Practical lesson  
Per week



Term	Topic	How it will be assessed
Autumn (September – October half term)	<b>Theory:</b> Components of fitness Fitness Testing Types of Training Principles of Training <b>Practical:</b> Fitness Testing Types of Training	<ul style="list-style-type: none"> <li>Written Learning Checks</li> <li>Comparison to normative data for fitness testing</li> <li>Written project</li> </ul>
Autumn (October – Christmas holidays)	<b>Theory:</b> Goal Setting Types of motivation <b>Practical:</b> Netball Netball officiating	<ul style="list-style-type: none"> <li>Written Learning Checks</li> <li>Written project</li> <li>Netball game Officiating</li> </ul>
Winter (January – February half term)	<b>Theory:</b> Muscular system Skeletal system Feedback Guidance <b>Practical:</b> Badminton Badminton officiating	<ul style="list-style-type: none"> <li>Written Learning Checks</li> <li>Badminton game officiating</li> <li>Presentation</li> </ul>
Winter: (February – Easter Holidays)	<b>Theory:</b> Sport and the Media Commercialisation of sport <b>Practical:</b> Football Football officiating Football coaching	<ul style="list-style-type: none"> <li>Mini assignments</li> <li>Football game officiating</li> <li>Football coaching session</li> </ul>
Summer: (Easter – May half term)	<b>Theory:</b> The effects of exercise on the body systems <b>Practical:</b> Table Tennis Table Tennis officiating	<ul style="list-style-type: none"> <li>Written learning checks</li> <li>Mini project</li> <li>Table tennis game officiating</li> </ul>
Summer: (May – July)	<b>Theory:</b> The Olympics Barriers to participation <b>Practical:</b> Athletics Athletics coaching	<ul style="list-style-type: none"> <li>Mini assignments</li> <li>Athletics coaching session</li> </ul>

## Who should choose this course?

- A student with a passion for PE. (not just practical but wants to learn the theoretical elements of PE)
- A student who is competing in at least x1 sport outside of school
- A student who has ambitions to study examination PE at GCSE.
- A student who has an excellent attitude to learning within their current class in terms

## Where can this course take me?

- An opportunity to GCSE PE.
- An opportunity to study CNAT Sport Studies.
- Apprenticeships within the sporting industry.
- Yr12 Sport Leadership course.
- Sport specific coaching qualifications.
- Sport specific officiating qualifications
- Coaching job roles.



Any questions please contact Mr Waters: [DWaters@woodbridgehigh.co.uk](mailto:DWaters@woodbridgehigh.co.uk)