

PE Alive Themes: We value Ourselves

	What we do	When we do it	How it helps students to develop our Alive theme
Year 12	Learning at the disadvantaged groups for physical activity and how this comes to be. Alongside how to overcome the barriers and why this is important	Sociological theory topic	
Year 13	Learning about stress management techniques	Stress management	Helps students to learn about to control stress levels

PE Year 12 Alive Themes

Term	Alive Theme	What we do	How it helps students to develop that Alive theme
1	We value Ourselves	Cardiovascular Systems topic- specifically smoking and the negative impact on performance	Students learn about smoking; cholesterol and the impact poor health can have on a sports persons performance
2	We can Review	Introduce different revision techniques, prepare students for End of topic Assessments and reflect on Exam performance	Students will review existing revision methods and try out new ideas to help prepare for their first Y12 PE tests. After their tests they will complete an exam reflection and create goals/targets on what they will do differently next time to help them achieve higher marks
3	We can Question	Students look at the commercialisation of sport	Students have to question and evaluate whether the commercialisation of sport is positive for key stake holders in physical activity
4	We value Diversity and Choice	Ethical and sociocultural issues in physical activity	This allows students to look at how some people are not able to take part in physical activity and how to remove the barriers
5	We can Research We are Creative	Diet & Nutrition- supplements presentation	Students will be required to research a supplement and create a presentation and or resource to help their peers understand their topic
6	We can Review	Written coursework	Students have to review their own performance and come up with ways to improve it in a chosen activity

PE Year 13 Alive Themes

Term	Alive Theme	What we do	How it helps students to develop that Alive theme
1	We can Review We value Ourselves	Written coursework element of the PE course Injury prevention and rehabilitation topic	Students will receive feedback on their first draft of their coursework and then need to be responsible for implementing the necessary changes in order to achieve the best grade Students will learn different methods of preparing and recovering from exercise to help prevent injury and keep themselves healthy.
2	We value Faith	Effect the church had on the development of sport	It helps to show how organised faith can have a positive effect on society
3	We can Question	Students look at the commercialisation of sport	Students have to question and evaluate whether the commercialisation of sport is positive for key stake holders in physical activity
4	We value Justice and Respect	Sport and the law topic Ethics in sport	Students learn about how the law has changed regarding sports and physical activity and how different stake holders have more power now.
5	We can Review	Revision/exam technique	Students will be expected to repeatedly review their assessments and use this knowledge to plan and carry out revision for their A-level PE exam