

Core Physical Education at MDSA

COMMUNITY SPORT LINKS

- Netherton United FC
- Peterborough City Basketball Club
- Top Yard Fight Club
- Play Netball Peterborough
- Spiral Gymnastics Club
- Evolution Taekwondo
- Peterborough Town Cricket Club
- Town Ground, Peterborough

OUR SPORTS:

- Rugby
- Football
- Gymnastics
- Health and Fitness
- Badminton
- Basketball
- Netball
- Cricket
- Rounders
- Athletics
- Volleyball
- Handball
- Tennis
- Trampoline

HEAD



KNOWLEDGE
UNDERSTANDING
ANALYSIS
FEEDBACK
RESPONSIBILITY
RULES

HEART



COMMUNICATION
LEADERSHIP
RESPECT
RESILIENCE
EFFORT
CONFIDENCE

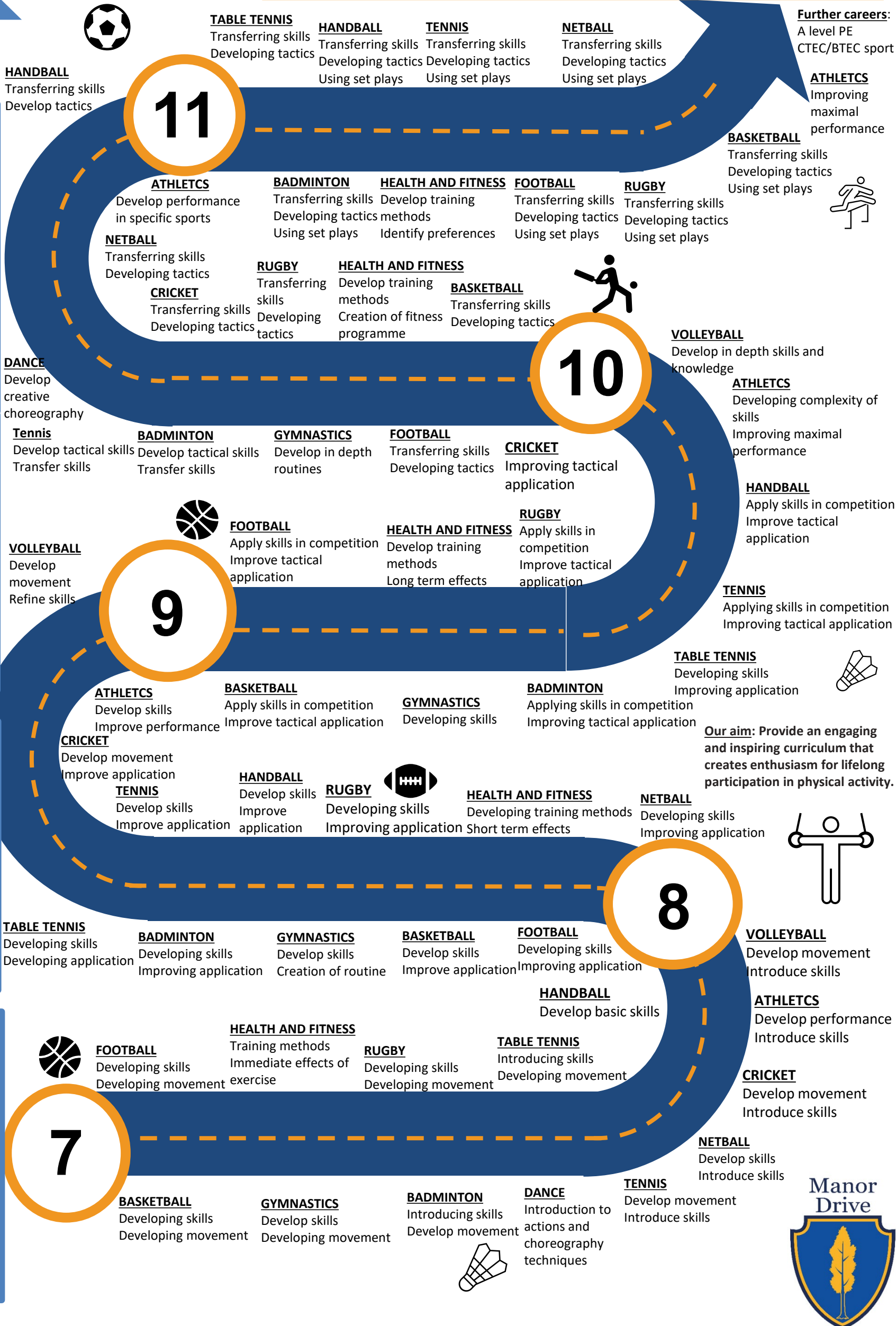
HANDS



PHYSICAL ABILITY
FITNESS LEVELS
COMPETITIVE
TECHNIQUE
TACTICS
PROBLEM SOLVING

Extra curricular activities

- Football
- Basketball
- Netball
- Badminton
- Volleyball
- Tennis
- Table Tennis
- Rounders
- Athletics



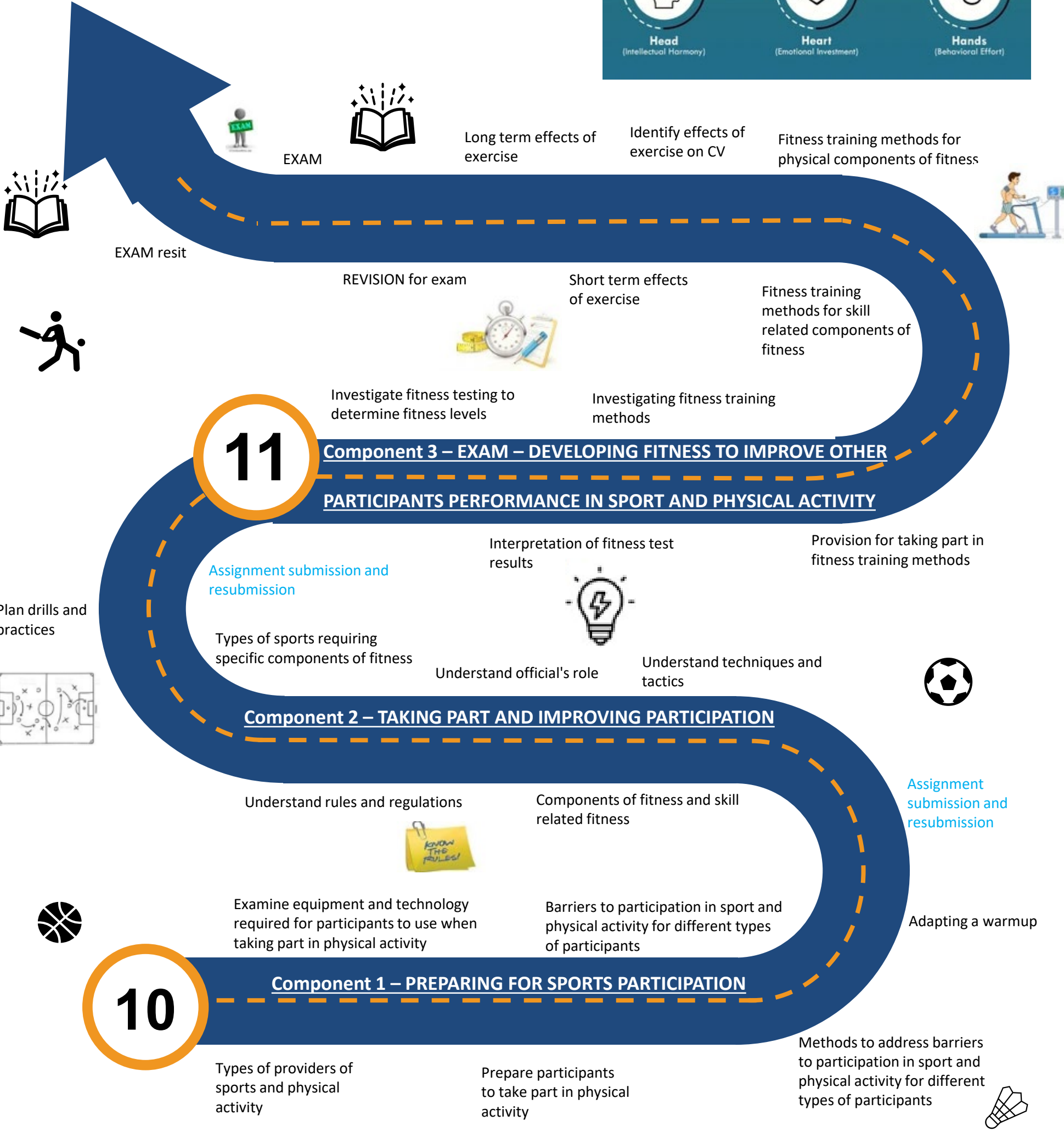
Manor Drive





BTEC Sport level 2 at MDSA

This subject can lead onto several avenues of further study including A Level PE or BTEC sport. This course explores many areas of sport. These range from fitness instructors to physiotherapists. Many careers such as Nursing see a knowledge of sport and fitness as invaluable. But even if none of these are your chosen path you will be gaining knowledge in how to keep your body healthy your whole life .



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Component 3 – EXAM – DEVELOPING FITNESS TO IMPROVE OTHER PARTICIPANTS PERFORMANCE IN SPORT AND PHYSICAL ACTIVITY

EXAM

Long term effects of exercise

Identify effects of exercise on CV

Fitness training methods for physical components of fitness

EXAM resit

REVISION for exam

Short term effects of exercise

Fitness training methods for skill related components of fitness

Investigate fitness testing to determine fitness levels

Investigating fitness training methods

Assignment submission and resubmission

Interpretation of fitness test results

Provision for taking part in fitness training methods

Plan drills and practices

Types of sports requiring specific components of fitness

Understand official's role

Understand techniques and tactics

Component 2 – TAKING PART AND IMPROVING PARTICIPATION

Understand rules and regulations

Components of fitness and skill related fitness

Assignment submission and resubmission

Examine equipment and technology required for participants to use when taking part in physical activity

Barriers to participation in sport and physical activity for different types of participants

Adapting a warmup

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Component 1 – PREPARING FOR SPORTS PARTICIPATION

Types of providers of sports and physical activity

Prepare participants to take part in physical activity

Methods to address barriers to participation in sport and physical activity for different types of participants