



Vyners School

Striving for
Excellence

Welcome to the PE Department



Sixth Form PE Staff:

- Mr Hall, Subject Leader
- Miss Powick, Deputy Subject Leader
- Mr Neville, Year 9 Leader
- Mrs Bashford-Hynes, Assistant Head
- Miss Hawes, Year 7 Leader
- Mr Cawley, Deputy Year 11 Leader



Vyners School

Striving for
Excellence





Vyners School

Striving for
Excellence

Our Key Stage 5 Curriculum

OCR

Oxford Cambridge and RSA

In the 6th Form we continue our broad offer of academic courses offering two courses for students to study.

Courses offered -

A Level PE

OCR Technicals in Sport and Physical Activity

It's been great to learn the science and psychology underpinning sport and has opened the door to a degree and career in sport!

- Year 13 Student



Vyners School

Striving for
Excellence

A-Level PE

“Our A Level in Physical Education develops knowledge, understanding and skills relevant to physical education. Students gain understanding of the scientific and socio-cultural factors that underpin physical activity, and demonstrate their ability as either performer or coach. This qualification is filled with a range of content across the sporting spectrum developing individuals knowledge in preparation for a possible career in teaching, sports medicine, nutrition, coaching, strength and conditioning to name a few.”

OCR

Oxford Cambridge and RSA

ENTRY REQUIREMENTS

2 x Grade 6+ in Science, 6+ in English, 6+ GCSE PE

COURSE CONTENT

Physiological factors affecting performance
Psychological factors affecting performance
Socio-cultural issues in physical activity and sport
Performance in Physical Education

ASSESSMENT

Written exams - set and marked by OCR (4 unit exams)
Physiological factors affecting performance— 2 Hour Exam
Psychological factors affecting performance— 1 Hour
Socio-cultural issues in physical activity and sport—1 Hour Exam
Performance in Sport - Practically Assessed



Vyners School

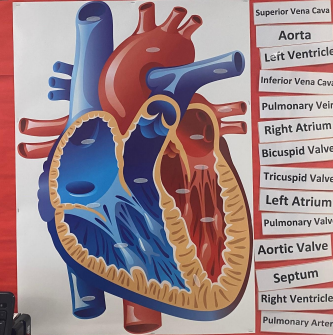
Striving for
Excellence

PE PERIODIC TABLE

Mo <i>Metals</i>					Co <i>Transition Metals</i>		Sk <i>Metals</i>	Cr <i>Metals</i>				
Ab <i>Metals</i>					Mu <i>Metals</i>	Cf <i>Transition Metals</i>	St <i>Metals</i>	SM <i>Metals</i>	SC <i>Metals</i>	Cv <i>Metals</i>	Tv <i>Metals</i>	Sc <i>Metals</i>
Ad <i>Metals</i>	Pt <i>Metals</i>	Bi <i>Metals</i>	Tr <i>Metals</i>	Me <i>Metals</i>	Fl <i>Metals</i>	Te <i>Metals</i>	Fp <i>Metals</i>	Lv <i>Metals</i>	Sc <i>Metals</i>	H <i>Metals</i>		
Ro <i>Metals</i>	Lu <i>Metals</i>	A <i>Metals</i>	Qu <i>Metals</i>	Ag <i>Metals</i>	Po <i>Metals</i>	R <i>Metals</i>	Se <i>Metals</i>	Ri <i>Metals</i>	Cl <i>Metals</i>	Fe <i>Metals</i>		
B <i>Metals</i>	Ss <i>Metals</i>	Ha <i>Metals</i>	G <i>Metals</i>	Ba <i>Metals</i>	Rt <i>Metals</i>	Co <i>Metals</i>	L <i>Metals</i>	U <i>Metals</i>	Ra <i>Metals</i>	Co <i>Metals</i>		
Sq <i>Metals</i>	J <i>Metals</i>	F <i>Metals</i>	Ex <i>Metals</i>	Co <i>Metals</i>				T <i>Metals</i>	Fi <i>Metals</i>	Tm <i>Metals</i>		



HEART STRUCTURE



Monday 20th September
Lesson Synthesis

- Endurance:** The period around that the heart rate starts to rise.
- Intensity:** The force that is applied to the heart rate (by speed).
- Frequency:** The force that is applied to the heart rate (by force).
- Volume:** The force that is applied to the heart rate (by volume).

Heart Rate (HR) and Stroke Volume (SV) Relationship

HR x SV = CO (Cardiac Output)

Heart Rate (HR) and Stroke Volume (SV) Relationship

HR x SV = CO (Cardiac Output)

Heart Rate (HR) and Stroke Volume (SV) Relationship

HR x SV = CO (Cardiac Output)

Heart Rate and Stroke Volume

Heart Rate (HR) and Stroke Volume (SV) Relationship

HR x SV = CO (Cardiac Output)

Heart Rate (HR) and Stroke Volume (SV) Relationship

HR x SV = CO (Cardiac Output)

Heart Rate (HR) and Stroke Volume (SV) Relationship

HR x SV = CO (Cardiac Output)

Heart Rate and Stroke Volume

Heart Rate (HR) and Stroke Volume (SV) Relationship

HR x SV = CO (Cardiac Output)

Heart Rate (HR) and Stroke Volume (SV) Relationship

HR x SV = CO (Cardiac Output)

Heart Rate (HR) and Stroke Volume (SV) Relationship

HR x SV = CO (Cardiac Output)



Vyners School

Striving for
Excellence

Sports Studies

OCR

Oxford Cambridge and RSA

COURSE AIM

A level 3 qualification for post - 16 learners who want to achieve their potential and progress to the next stage of their lives whether it be in higher education, an apprenticeship or employment. It aims to develop students' knowledge, understanding and skills of the principles of sport and physical activity to a wide range of participants.

CONTENT

- Body Systems and the Effects of Physical Activity
- Sports Coaching and Activity Leadership
- Sports Organisation and Development
- Working Safely in Sport, Exercise, Health and Leisure
- Organisation of Sports Events
- Physical Activity for Specific Groups
- Sports Injuries and Rehabilitation
- Practical Skills in Sport and Physical Activities
- Performance Analysis in Sport and Exercise
- Nutrition and Diet in Sport and Exercise
- Health and Fitness Testing for Sport and Exercise
- The Business of Sport
- Sport and Exercise Psychology
- Sport and Exercise Sociology

ENTRY REQUIREMENTS

Two Grade 4 in Combined Science and Grade 4 in English

Two Grade 4 in Triple Science and Grade 4 in English

COURSE BALANCE

3 x External Examinations

8 x Coursework based Units



Vyners School

Striving for
Excellence

Our Co-curricular Offer

Students are invited to join a wide range of activities there is something for everyone:

Trampolining, football, rugby, netball, basketball, badminton, table tennis, gymnastics, hockey, cross country are just a few of the activities we offer!

Past trips have included:

Paris Netball tour, Canada Rugby tour, Austria Ski trip, Valkenberg Football tour





Vyners School

Striving for
Excellence

Questions

Please email Mr Hall - thall@vynersschool.org.uk with any questions you have.

Please refer to your 6th form brochure for entry requirements and course content.



Vyners School

Striving for
Excellence

**We look forward to meeting you in
September 2022!**