



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 11 Leader
- Mr Flynn
- Miss Hawes, Year 9 Leader
- Miss Ashe, Deputy DSL
- Mrs Bashford-Hynes, Assistant Headteacher



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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.

Course offered -

*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

OCR Technicals in Sport and Physical Activity



Vyners School

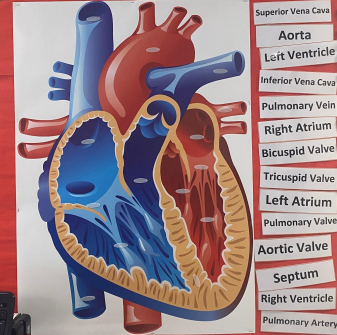
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PE PERIODIC TABLE

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



HEART STRUCTURE



Monday 20th September
Lesson 1

- Endurance:** The part around that the heart is made of (muscle).
- Pericardium:** The part that is around the heart (the heart is inside it).
- Myocardium:** The part that is made of muscle (the heart is made of it).
- Endocardium:** The part that is inside the heart (the heart is inside it).

Heart Structure:

The heart is made of four chambers: the right and left atria and ventricles. The right atrium is the top right chamber, the right ventricle is the bottom right chamber, the left atrium is the top left chamber, and the left ventricle is the bottom left chamber. The heart is made of muscle (myocardium) and is surrounded by a layer of fat (pericardium).

Heart Function:

The heart pumps blood around the body. It takes in deoxygenated blood from the body and pumps it to the lungs to be oxygenated. It then takes in oxygenated blood from the lungs and pumps it back to the body. The heart is made of four chambers: the right and left atria and ventricles. The right atrium is the top right chamber, the right ventricle is the bottom right chamber, the left atrium is the top left chamber, and the left ventricle is the bottom left chamber. The heart is made of muscle (myocardium) and is surrounded by a layer of fat (pericardium).

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Sports Studies

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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



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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





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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.



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**We look forward to seeing you in
September!**