



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

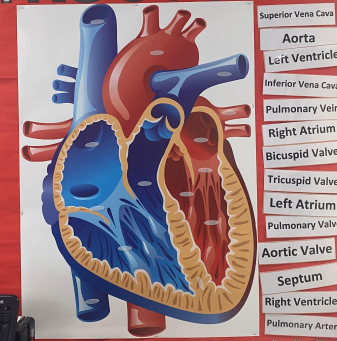
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PE PERIODIC TABLE

Mo <i>Molybdenum</i>					Co <i>Cobalt</i>		Sk <i>Silicon</i>	Cr <i>Chromium</i>			
Ab <i>Antimony</i>				Mu <i>Manganese</i>	Cf <i>Carbon</i>	St <i>Strontium</i>	SM <i>Silver Metal</i>	SC <i>Silver</i>	Cv <i>Copper</i>	Tv <i>Titanium</i>	Sc <i>Sodium</i>
Ad <i>Aluminum</i>	Pt <i>Platinum</i>	Bi <i>Bismuth</i>	Tr <i>Tungsten</i>	Me <i>Mercury</i>	Fl <i>Fluorine</i>	Te <i>Tellurium</i>	Fp <i>Fast Gold</i>	Lv <i>Lithium</i>	Sc <i>Silver</i>	H <i>Hydrogen</i>	
Ro <i>Rubidium</i>	Lu <i>Lanthanum</i>	A <i>Antimony</i>	Qu <i>Quartz</i>	Ag <i>Silver</i>	Po <i>Polonium</i>	R <i>Radium</i>	Se <i>Selenium</i>	Ri <i>Ruby</i>	Cl <i>Chlorine</i>	Fe <i>Iron</i>	
B <i>Boron</i>	Ss <i>Sulfur</i>	Ha <i>Hassium</i>	G <i>Gallium</i>	Ba <i>Barium</i>	Rt <i>Rutherfordium</i>	Co <i>Copper</i>	L <i>Lithium</i>	U <i>Uranium</i>	Ra <i>Radium</i>	Co <i>Copper</i>	
Sq <i>Silver</i>	J <i>Jewelry</i>	F <i>Fishbone</i>	Ex <i>Exotic</i>	Co <i>Copper</i>				T <i>Titanium</i>	Fi <i>Fishbone</i>	Tm <i>Titanium</i>	



HEART STRUCTURE



- Superior Vena Cava
- Aorta
- Left Ventricle
- Inferior Vena Cava
- Pulmonary Vein
- Right Atrium
- Bicuspid Valve
- Tricuspid Valve
- Left Atrium
- Pulmonary Valve
- Aortic Valve
- Septum
- Right Ventricle
- Pulmonary Artery

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:

- Right Ventricle:** The part of the heart that pumps blood to the lungs.
- Left Ventricle:** The part of the heart that pumps blood to the rest of the body.
- Septum:** The part that separates the right and left ventricles.
- Valves:** The parts that allow blood to flow in one direction.

Heart Function:

- Right Ventricle:** The part of the heart that pumps blood to the lungs.
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Heart Structure and Function

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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



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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!**