

		AUTUMN TERM				SPRING TERM				SUMMER TERM			
		1		2		3		4		5		6	
		Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Y7	Sports taught over the year (not necessarily in order)	Fitness Basketball	Hockey Netball	Rugby Hockey	Football Basketball	Football Handball	Tag Rugby Gymnastics	Badminton Football	Fitness Tag rugby	Athletics Volleyball	Athletics Tennis	Athletics Tennis	Athletics Roulers
	National Curriculum	Our high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It provides opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.											
	Skills	Netball: Footwork, passing/catching, defending, positions, shooting, rules				Gymnastics: Locomotion, Rolls, Cartwheels, Individual balances, group balances, linking skills				Athletics: Track distances and pacing, high jump, shot and javelin			
		Basketball: Footwork, passing/catching, defending, positions, shooting, rules				Badminton: Serves, attacking shots, defensive shots, tactics, rules and scoring				Roulers: Throwing and catching, batting, bowling, fielding, rules			
		Football: Ball familiarisation, dribbling, short passing, receiving, tackling, shooting and rules				Rugby : Ball familiarisation, passing and attacking line, tackling, creating width and rules				Cricket: Batting, bowling, fielding, catching, rules			
		Rugby : Ball familiarisation, passing and attacking line, tackling, creating width and rules				Football: Ball familiarisation, dribbling, short passing, receiving, tackling, shooting and rules				Tennis: Ball/Racket familiarisation, basic groundstrokes, serves, rules			
		Hockey: Grip, dribbling, footwork, receiving, passing, tackling, rules				Handball: Footwork, passing/catching, defending, positions, shooting, rules				Links to theory: Related components of fitness; specifically coordination, flexibility and power.			
Fitness: Related components of fitness; specifically speed, aerobic endurance and muscular endurance				Links to theory: Related components of fitness; specifically power, strength and aerobic endurance.									
Knowledge	The stages and principles of Warm ups and Cool downs The short term effects of exercise on the body The physical, social and emotional benefits of physical activity												
	Pupils will be expected to apply these skills to a basic level in a range of sports as well as using simple tactics/strategies within the sport/activity e.g. conditioned/small-sided games or structured routine/performance. Pupils will also be expected to apply their gained knowledge of the how the cardiovascular system aids performance and the effects of exercise on it. Laws of the game. When to apply suitable skills. Reading the game.												
Life skills	Pupils will learn important habits which extend outside of sport such as resilience, respect for opponents, honesty, perserverance and fair-play. These skills are revisited throughout all aspects of practical physical education and will then be explored in year 10/11 through sports psychology and leadership modules												

Y8

		AUTUMN TERM				SPRING TERM				SUMMER TERM			
		1		2		3		4		5		6	
		Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Sports taught over the year (not necessarily in order)		Fitness Basketball	Hockey Netball	Rugby Hockey	Football Basketball	Football Handball	Tag Rugby Gymnastics	Badminton Football	Fitness Tag rugby	Athletics Volleyball	Athletics Tennis	Athletics Tennis	Athletics Rounders
National Curriculum		Our high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It provides opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.											
Skills		Pupils will begin to develop and refine the sport specific skills learnt in Year 7 and perform with an improved level of accuracy and consistency to outwit opponents or improve the quality of their routine/performance in a variety of team and individual sports/activities. Pupils will also be introduced to the theoretical principles behind performance including the components as well as the name, location and functions of the skeletal and muscular system											
Knowledge		Begin to understand the name, location and functions of muscles and bones. Also, continue to develop their knowledge and application of the components of fitness and how they are used in sports/activities.											
		Pupils will be expected to re-find and apply a range of skills at a more competent level displaying improved accuracy as well as develop the use of tactics/strategies within the sport/activity in competitive situations e.g. conditioned or small-sided games or structured routines/performance. Pupils will also be expected to apply their gained knowledge of the how the cardiovascular aids performance and the effects of exercise on it.											
Life skills		Pupils will continue to foster the essential habits which sport demands such as resilience, respect for opponents, honesty, perseverance and fair-play. These concepts are then brought into wider aspects of PE through giving students the responsibility of leading some components of lessons such as warm ups and cool downs as well as team captains starting extra curricular clubs.											

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Y9	Sports taught over the year (not necessarily in order)	Fitness Basketball	Hockey Netball	Rugby Hockey	Football Basketball	Football Handball	Tag Rugby Gymnastics	Badminton Football	Fitness Tag rugby	Athletics Volleyball	Athletics Tennis	Athletics Tennis	Athletics Rounders
	Skills	Pupils will continue to refine and master the sport specific skills learnt in Year 8 and begin to perform with an improved level of accuracy and consistency to outwit opponents or improve the quality/control and creativity of their routine/performance in a variety of team and individual sports/activities. Pupils will also be introduced to the theoretical principles behind performance including the functions and structure of the cardiorespiratory system, musculoskeletal system and methods of training.											
		Pupils will be expected to master a range of skills and apply them with greater consistency as well as utilise more advanced tactics/strategies e.g. conditioned/Full sided games or structured routines/performances. Pupils will also be expected to apply their gained knowledge of the how the cardiovascular system aids performance and the effects of exercise on this system.											
	Knowledge	Enhanced performance of the sport specific skills and application of those skills to the game/sport. An enhanced mastery of skills refined in years 7 and 8. Putting peer assessment skills into practice during core PE lessons to understand how skill improvement occurs.											
	Cambridge Nationals in Sports Science R181	Topic Area 1 Components of fitness applied in sport (Task 1)		Topic Area 1 Components of fitness applied in sport (Task 2)		Topic Area 2 Principles of training in sport (Task 3)		Topic Area 3 Organising and planning a fitness training programme (Task 4)		Topic Area 4 Evaluate own performance in planning and delivery of a fitness training programme (Task 5)			
	Criteria	Appropriate fitness tests are described in detail with clear reference to the protocols. Comprehensively analyses the data from each test and what it means to their fitness for the activities.		Appropriate fitness tests are described in detail with clear reference to the protocols.		SPOR and FITT principles are described in detail with clear and relevant examples given for each aspect of their selected sporting activity.		Produces a fully appropriate and comprehensive plan which considers most of the requirements for an effective and safe fitness training programme.		Comprehensively describes most areas that went well and did not go well in the planned fitness training programme. Comprehensively describes all areas that needed to be adapted in the planned fitness training programme.		Catch up and complete outstanding coursework Possible submission for moderation	
Tests are described in detail with clear and relevant examples of how they also measure an appropriate component of fitness.				SMART goals are described in detail with clear and relevant examples given for each aspect of their selected sporting activity.									
Comprehensively analyses the strengths and weaknesses of the data from each test and what it means to their fitness for				Comprehensively analyses the benefits of applying the principles to the training programme.		Produces an appropriate and comprehensive risk assessment which considers most of the requirements for a safe fitness training programme.		Shows detailed analysis when altering the plan with justified suggestions. Comprehensive analysis of the effectiveness of the fitness training programme. Makes clear and detailed reference to					
Comprehensively analyses the data from each test and what it means to their fitness for the activities.				Comprehensively analyses their selected training methods, including a clear and detailed comparison of									

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Y10	Sports taught over the year (not necessarily in order)	Fitness Basketball	Hockey Netball	Rugby Hockey	Football Basketball	Football Handball	Tag Rugby Badminton	Badminton Football	Fitness Tag rugby	Athletics Volleyball	Athletics Tennis	Athletics Tennis	Athletics Rounders
	Skills	Students will be expected to develop their ability and aptitude in physical activities in order to; demonstrate appropriate techniques, decision making skills and strategies and or compositional ideas, apply the skills, strategies whilst under pressure taking into account personal strengths and weaknesses to achieve a successful performance, analyse and evaluate their performance to bring about personal improvement in sport and activity.											
	Knowledge	Pupils will acquire knowledge on their performance of skills and techniques in isolation/unopposed situations as well the application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation.											
	Cambridge Nationals in Sports Science	Topic area 1 Applying differing dietary requirements to varying types of sporting activity (Task 1)	Topic area 2 Developing a balanced diet nutrition plan for a selected sporting activity (Task 2)	Topic Area 3 Develop a balanced nutrition plan for a sporting activity (Task 3) *R181 (resubmission for moderation if needed or possible submission)				Topic Area 4 How nutritional behaviours can be managed to improve sports performance (Task 4)		R183 NEA (working on)		R183 NEA (submit for moderation)	
	R183 *R180								*R180 Topic Area 1 Different factors which influence the risk and severity of injury	*R180 Topic Area 2 Warm up and cool down routines			
Criteria	Comprehensively explains what nutrients are and their role within a healthy balanced diet for the client's sporting activity. Gives a wide range of relevant examples of food sources of nutrients.	Comprehensively explains the importance of nutrition before, during and after exercise for each sporting activity. Outlines a wide range of nutritional requirements for each sporting activity. Matches different needs with different activities accurately. Comprehensively explains why some foods are ideal and what foods to limit for each sporting activity. Detailed justification of why these foods are either ideal or to be	The plan meets all of the specific needs and requirements identified in the goals. Measurement of the impact of the nutrition plan is comprehensive and most of the client's needs are reflected upon. Ideas for improvement are specific to the sporting activity or individual. Detailed justification of the ideas for improvement.	Discusses in detail the detrimental effects of overeating, under eating and dehydration, with clear and detailed references to sports performance in your client's activity. Discusses in detail how nutrition can be positively managed by overeating, under eating and dehydration, with clear and detailed references to sports performance in your client's activity.		In this unit you will learn how to prepare participants to take part in sport and physical activity in a way which minimises the risk of injuries occurring; prepare them to be able to respond to common injuries that can occur during sport and physical activity and to recognise the symptoms of some common medical conditions.							

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		Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Y11	Sports taught over the year (not necessarily in order)	Fitness Basketball	Hockey Netball	Rugby Hockey	Football Basketball	Football Handball	Tag Rugby Badminton	Badminton Football	Fitness Tag rugby	Athletics Volleyball	Athletics Tennis	Athletics Tennis	Athletics Rounders
	Skills	Students will be expected to develop their ability and aptitude in physical activities in order to; demonstrate appropriate techniques, decision making skills and strategies and or compositional ideas, apply the skills, strategies whilst under pressure taking into account personal strengths and weaknesses to achieve a successful performance, analyse and evaluate their performance to bring about personal improvement in sport and activity.											
	Knowledge	Pupils will acquire knowledge on their performance of skills and techniques in isolation/unopposed situations as well the application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation.											
	Cambridge Nationals in Sport Science R180	Topic Area 3 Different types and causes of sports injuries		Topic Area 4 Reducing risk, treatment and rehabilitation of sports injuries and medical conditions		Topic Area 5 Causes, symptoms and treatment of medical conditions *R183 (resubmission for moderation if needed)		Exam preparation		Exam preparation			
	Criteria	Sports injuries can be caused in many ways, ranging from accidental to deliberate acts of foul play. They can also depend on various extrinsic and intrinsic factors. Knowing how to reduce the risk of injury when taking part in sport, and how to respond to injuries in a sport setting are vital skills in many roles within the sport and leisure industry. Millions of people in the UK are suffering from medical conditions that may influence their participation in sport and physical activity, but with knowledge and understanding of common medical conditions, along with the correct treatment and emergency procedures, more people can continue to participate in sporting activities in a safer environment.						Section A • This will have a total of 25 marks, made up of an MCQ style questions and a number of short to medium response questions. Section B • This will have context-based questions. Students will be presented with a short scenario and will apply their knowledge of sport concepts to produce relevant responses • It will include short/medium answer questions, extended response analysis and evaluation questions • all topic areas and its teaching content may be assessed either as kn				Coursework Catch up	