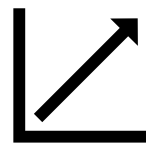
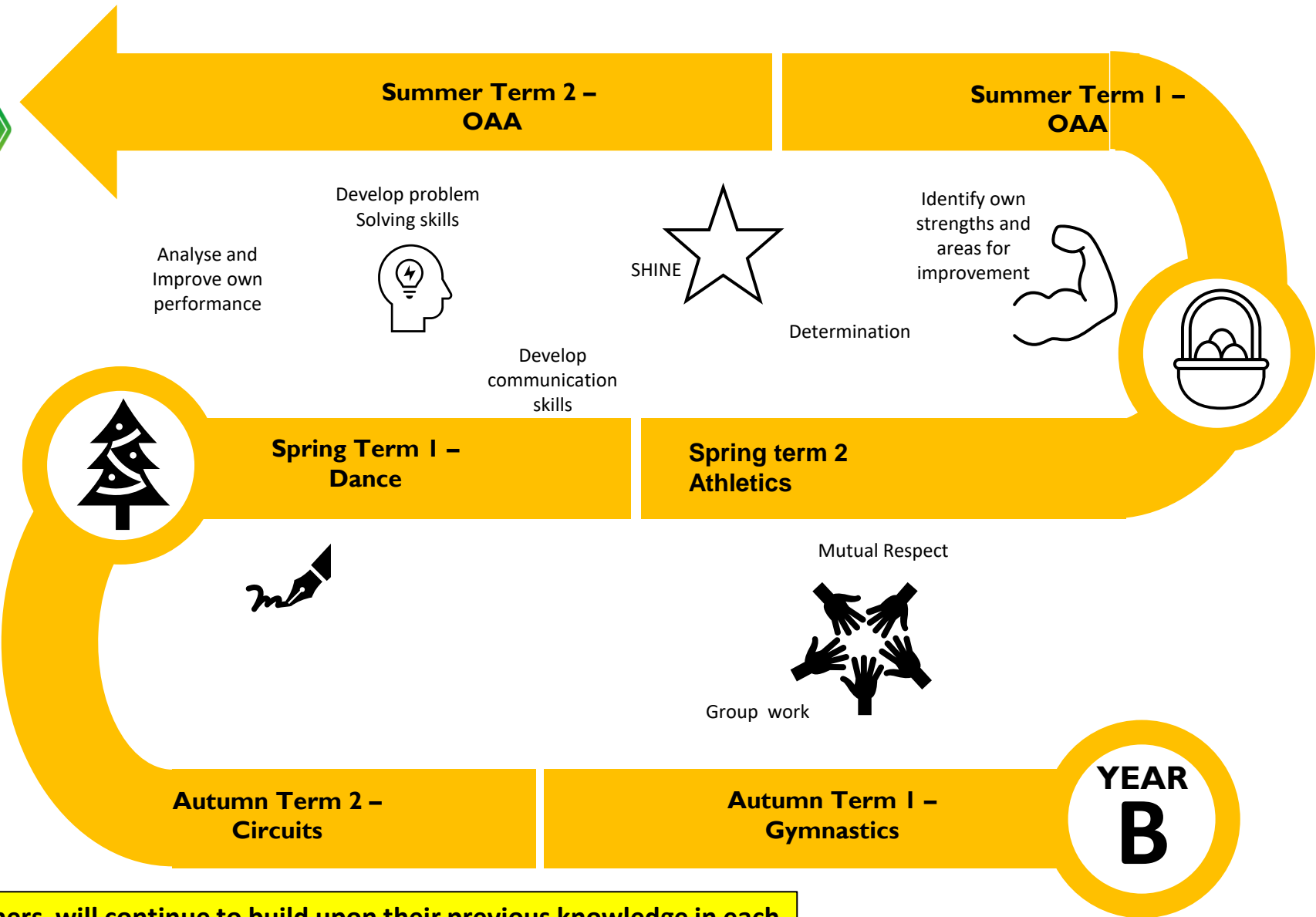
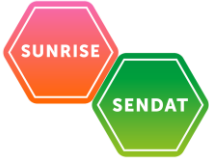
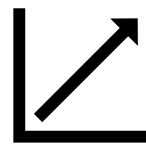


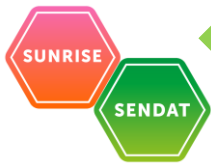
In KS2 learners will continue to build upon their previous knowledge in each unit. Students will engage in a variety of different healthy activities to keep them active and support them with a healthy lifestyle. Student's skills will be challenged each half term to encourage them to develop and improve with each new week.



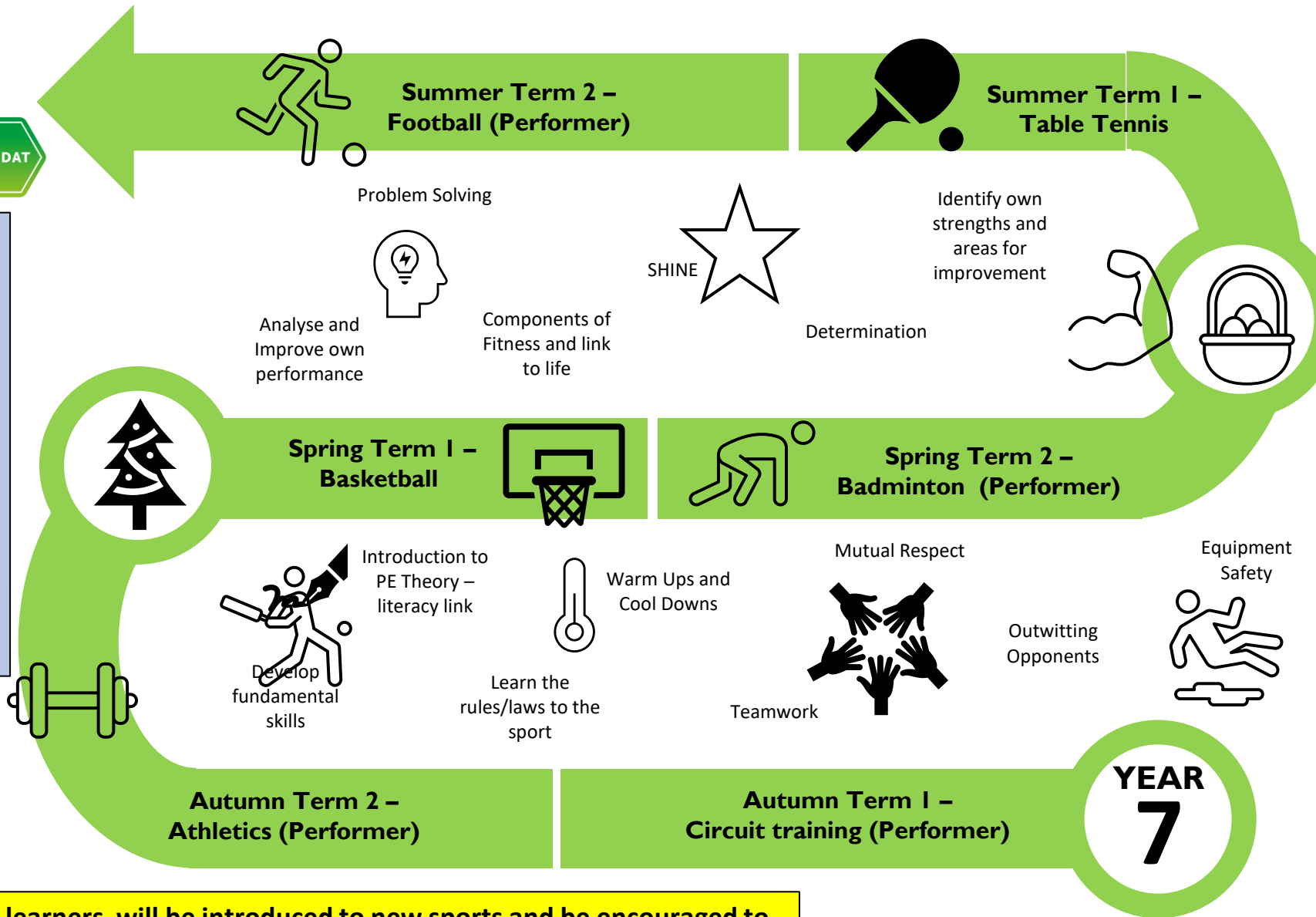


In KS2 learners will continue to build upon their previous knowledge in each unit. Students will engage in a variety of different healthy activities to keep them active and support them with a healthy lifestyle. Student's skills will be challenged each half term to encourage them to develop and improve with each new week.

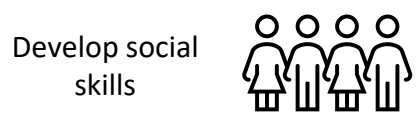


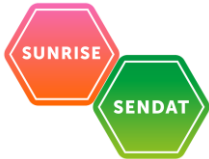


Different sports will enable students to engage and experience positive PE lessons which can in turn ensure that students stay engaged in sport even into adulthood.

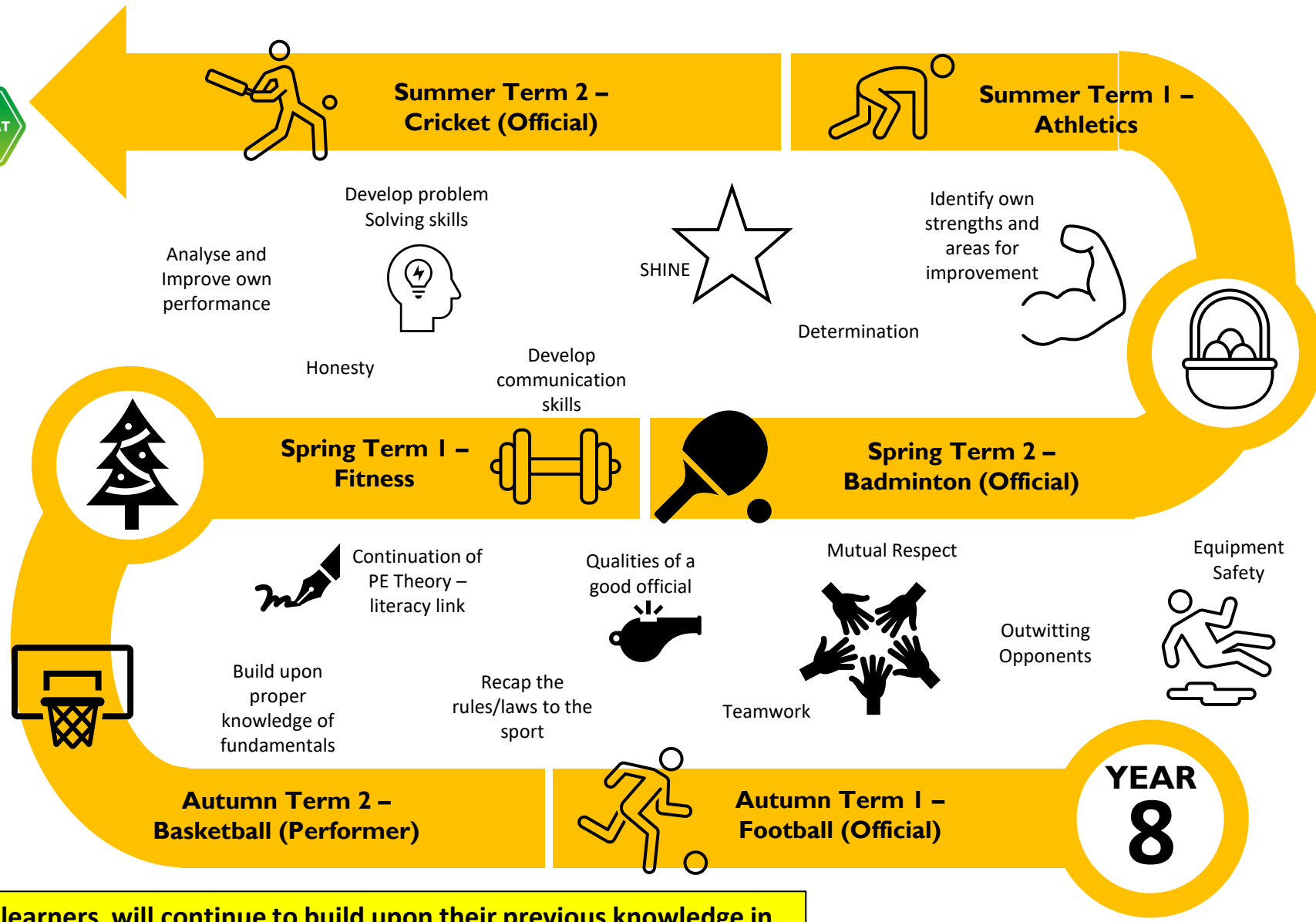


In Year 7 learners will be introduced to new sports and be encouraged to improve their social skills through sport. The aim is to increase their confidence as a performer in sport and to help them develop their fundamental skills in each area.



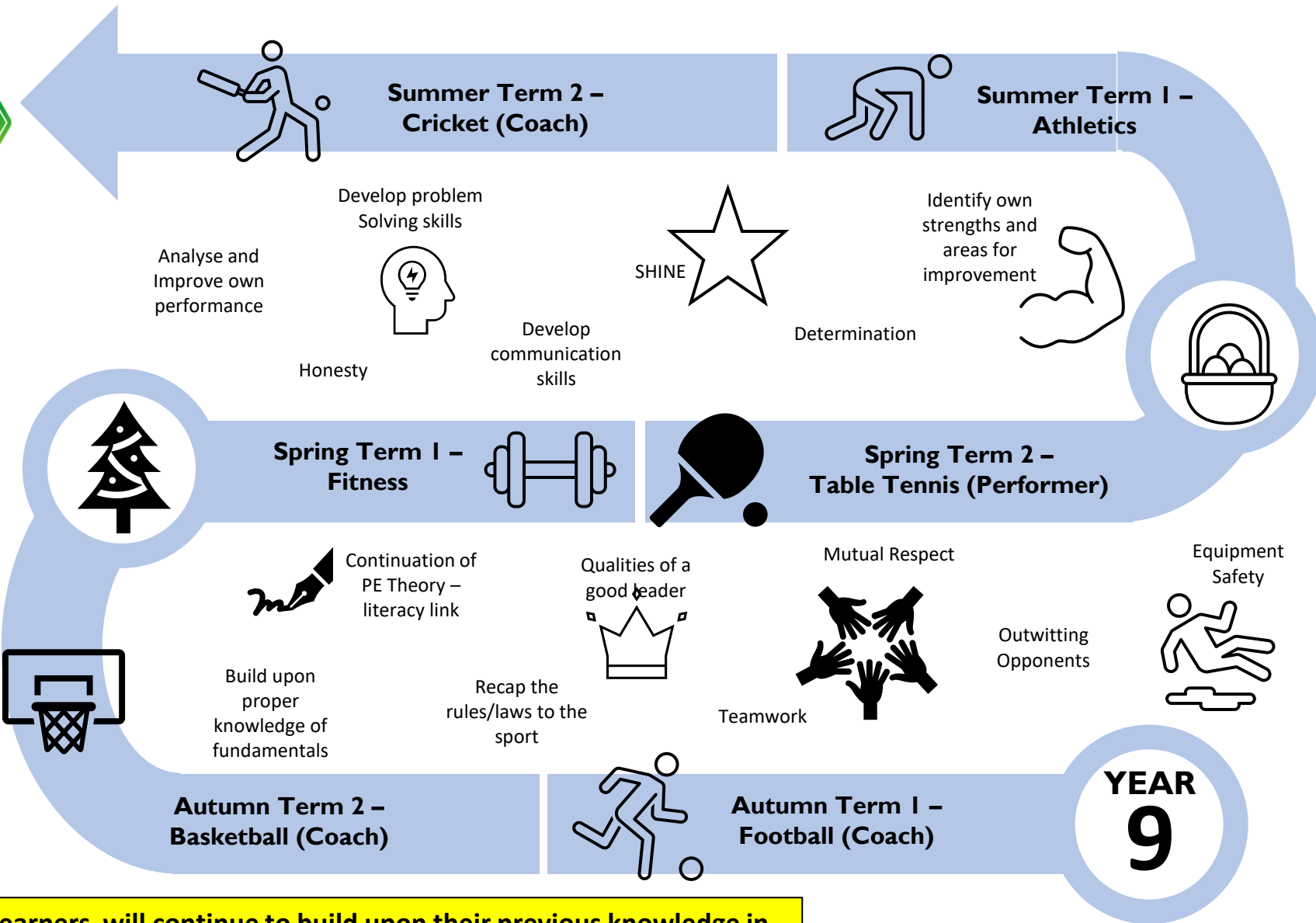
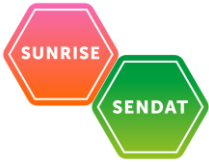


By undertaking the role of the official within sport students will develop their confidence, honesty and mutual respect which are key skills when going into adulthood.



In Year 8 learners will continue to build upon their previous knowledge in each unit. This will enable them to continue to develop their social skills through sport. In Year 8, students will focus more on the role of the official within this sports which will increase their knowledge of the rules and help them gain confidence amongst their peers.

OPPORTUNITIES THROUGHOUT THE YEAR TO COMPETE IN SCHOOL EVENTS (SGC) AND OTHER SPORTS THROUGH VOCATIONAL LEARNING



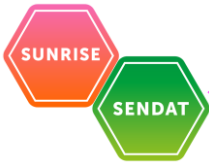
By undertaking the role of a coach students will develop their confidence, communication skills and sense of leadership which are key skills when going into adulthood.



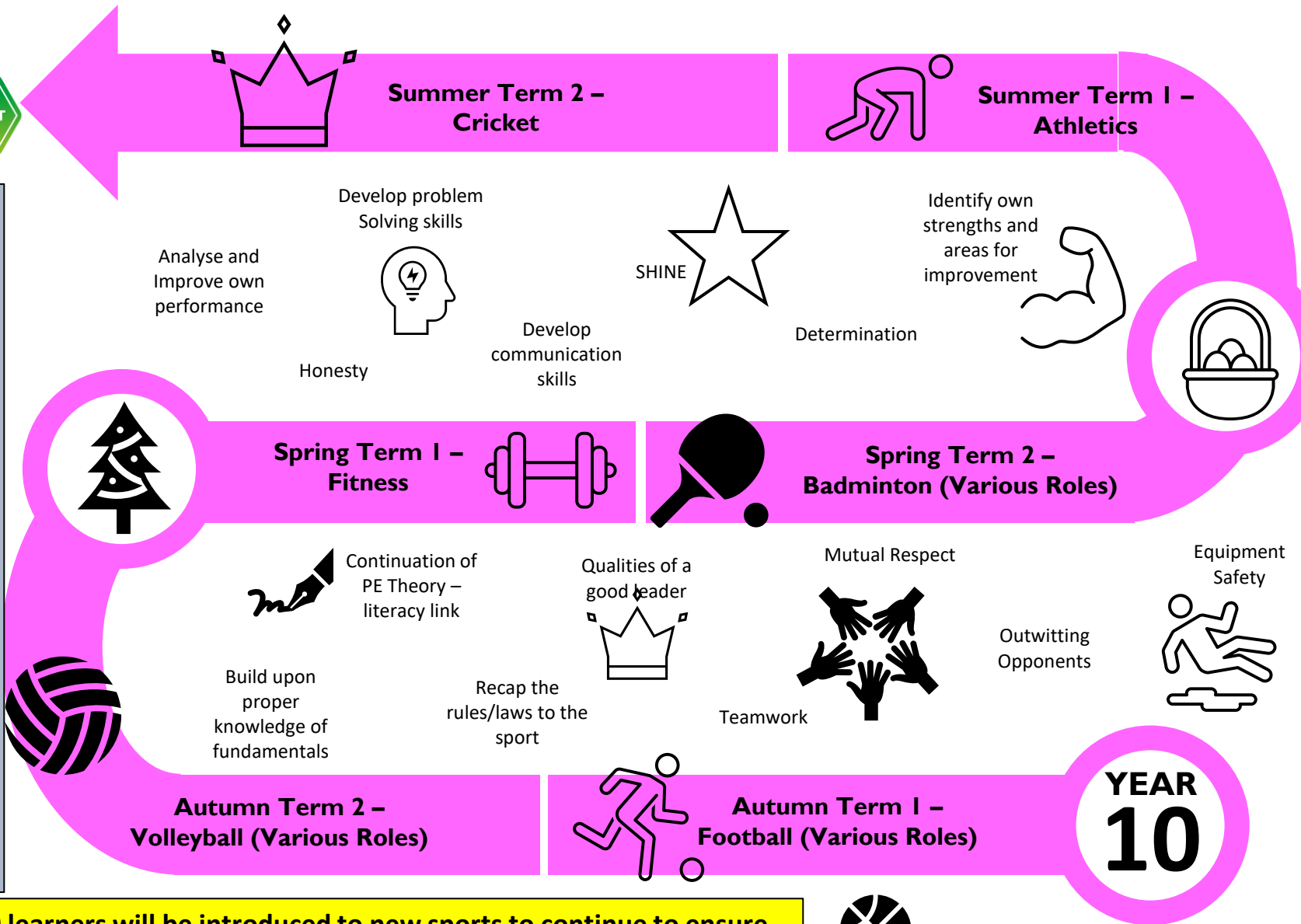
In Year 9 learners will continue to build upon their previous knowledge in each unit. This will enable them to continue to develop their social skills through sport. Students will focus more on the role of the coach within these sports which will increase their knowledge of the technique and help them gain confidence amongst their peers.

OPPORTUNITIES THROUGHOUT THE YEAR TO COMPETE IN SCHOOL EVENTS (SGC) AND OTHER SPORTS THROUGH VOCATIONAL LEARNING

YEAR 9



Students not opting for NCFE Level 1 or 2 in Sport will instead be participating in Core PE. They will be performing, officiating and leading in various sports. They will also understand the importance of life long physical activity and healthy eating

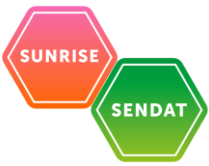


In Year 10 learners will be introduced to new sports to continue to ensure that students understand the benefits of keeping active into and during adulthood. They will continue to develop on prior knowledge and improving their social skills. Theory lessons will be sporadic across the year and will cover the

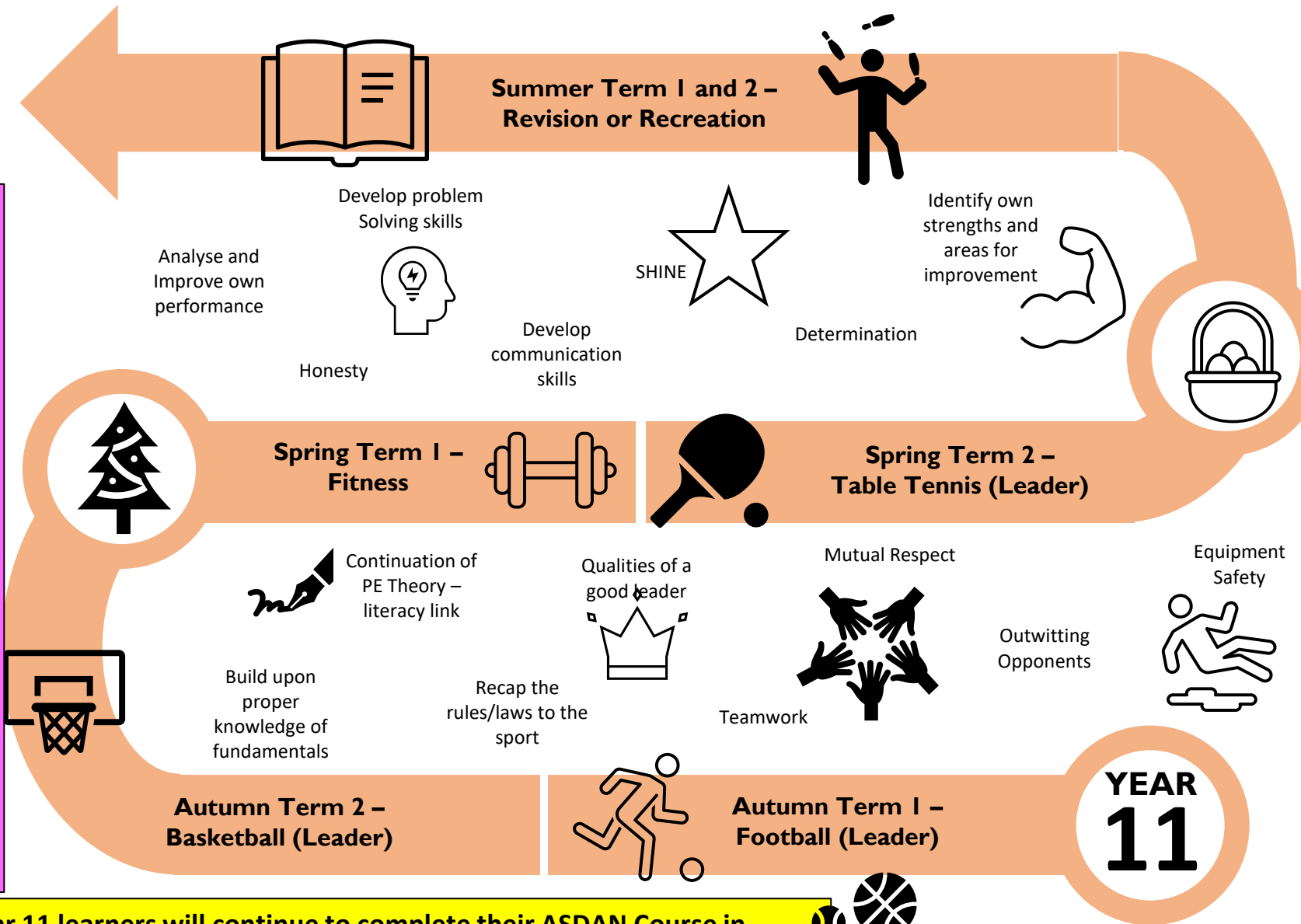


CORE PE

OPPORTUNITIES THROUGHOUT THE YEAR TO COMPETE IN SCHOOL EVENTS (SGC) AND OTHER SPORTS THROUGH VOCATIONAL LEARNING



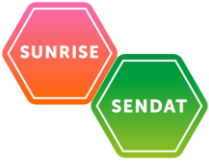
Students not opting for NCFE Level 1 or 2 in Sport will instead be participating in Core PE. They will be performing, officiating and leading in various sports. They will also understand the importance of life long physical activity and healthy eating



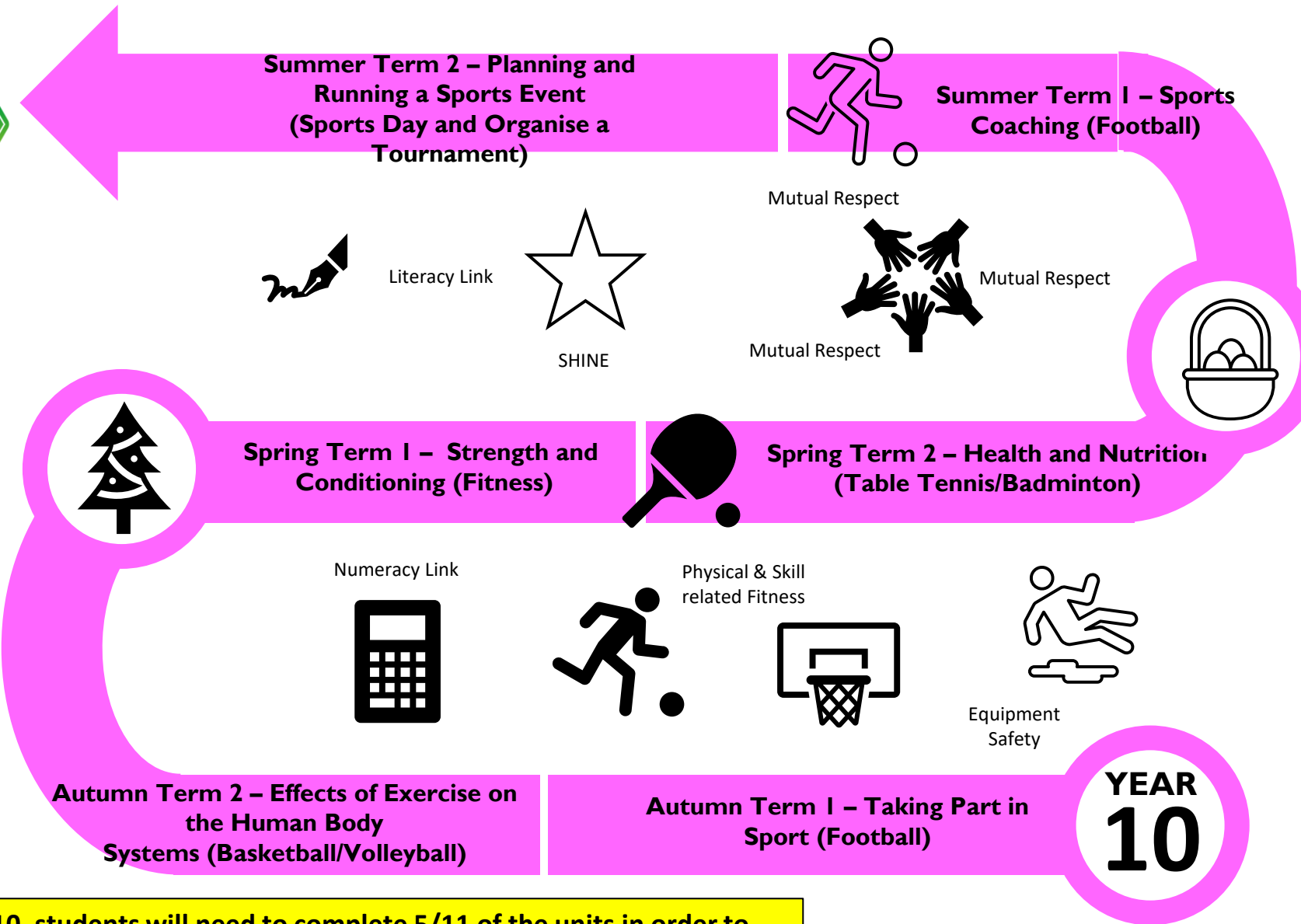
In Year 11 learners will continue to complete their ASDAN Course in Leadership. This will increase their confidence and communication skills; it will also ensure that they have another qualification in preparation for adulthood. The focus on the fitness unit will enable students to understand the importance of fitness in later life and how they can improve this attribute.

CORE PE

OPPORTUNITIES THROUGHOUT THE YEAR TO COMPETE IN SCHOOL EVENTS (SGC) AND OTHER SPORTS THROUGH VOCATIONAL LEARNING



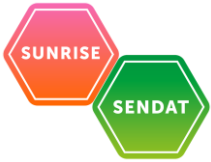
It is important that for Core Y10 PE students enjoy the sports, build upon prior knowledge and understand the importance of staying active.



OPPORTUNITIES THROUGHOUT THE YEAR TO COMPETE IN SCHOOL EVENTS (SGC) AND OTHER SPORTS THROUGH VOCATIONAL LEARNING

In Year 10, students will need to complete 5/11 of the units in order to achieve the 20 credits for the qualification. The units selected are sports coaching, health and nutrition, taking part in sport, strength and conditioning, the effects of exercise on human body systems and assisting a sporting event.

NCFE LEVEL 1 - 2

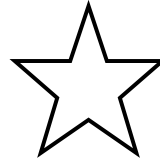


Summer Term 2 – Participating in Sport

Methods of Training



Literacy and Numeracy Links



SHINE

Mutual Respect



Mutual Respect



Spring Term 1 – Healthy Exercise and Nutrition

Spring Term 2 – Psychology for Sport Performance

The science of mind & behaviour



Motivation In Sport

Theories of personality



Autumn Term 2 – Anatomy and Physiology for Exercise

Autumn Term 1 – Physical Fitness and Injuries in Sport

YEAR 11

NCFE

LEVEL 2

OPPORTUNITIES THROUGHOUT THE YEAR TO COMPETE IN SCHOOL EVENTS (SGC) AND OTHER SPORTS THROUGH VOCATIONAL LEARNING

It is important that for Core Y11 PE students enjoy the sports, build upon prior knowledge and understand the importance of staying active.

In Year 11, students will build upon their NCFE Level 1 qualification to achieve a Level 2 Certificate in Sport or Level 2 Diploma. They will follow Pathway 1 which involves 3 mandatory units and an optional ones. Students will complete the following: Participating in Sports, Anatomy and Physiology for Exercise, Introduction for Healthy Exercise and Nutrition. They will complete at least 1 optional unit for Level 2 Certificate or a further 3 for the Diploma.