

Summer Term 2 -**Athletics**

Develop communication skills

Summer Term I -**Dance**

Develop problem Solving skills

Analyse and Improve own performance





Identify own strengths and areas for improvement

Determination



Spring Term I -**Circuits**



Spring term 2 Dodgeball

Mutual Respect



Autumn Term 2 -**Gymnastics**

Autumn Term I -Yoga



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.





Summer Term 2 – OAA

Develop communication skills

Summer Term I – OAA

Analyse and Improve own performance Develop problem Solving skills



SHINE

Identify own strengths and areas for improvement

Determination





Spring Term I – Dance



Spring term 2
Athletics





Autumn Term 2 – Circuits

Autumn Term I – Gymnastics

YEAR B

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

enable

sports will

students to

engage and

experience positive PE

which can in

turn ensure

that students

stay engaged

in sport even

adulthood.

into

lessons



Summer Term 2 -Football (Performer)



Summer Term I -**Table Tennis**

Problem Solving



Analyse and Improve own performance



Components of Fitness and link to life



Determination





Spring Term I -**Basketball**





Spring Term 2 -**Badminton** (Performer)



Introduction to PE Theory literacy link



Learn the rules/laws to the sport







Outwitting Opponents



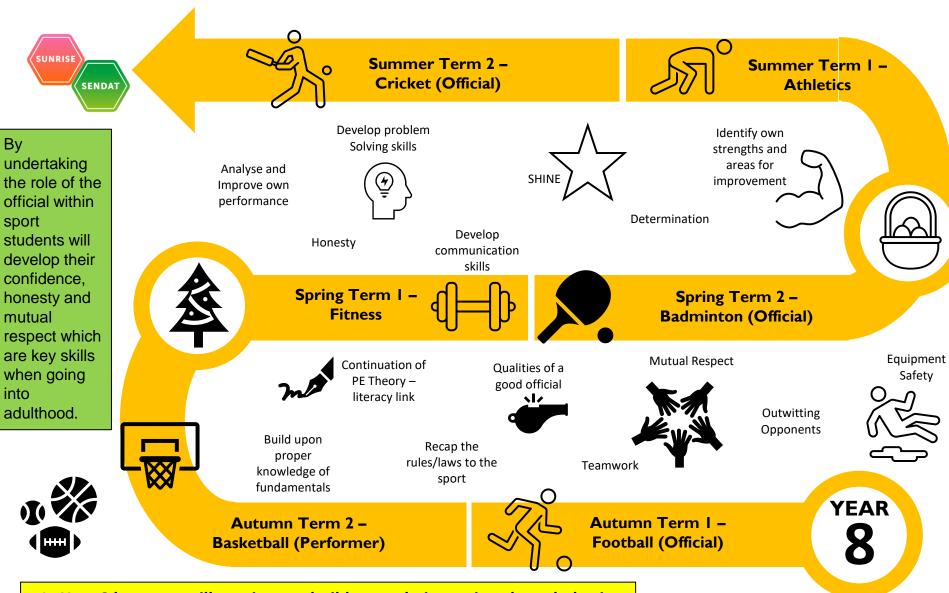
Autumn Term 2 -**Athletics (Performer)**

Autumn Term I -**Circuit training (Performer)** YEAR

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.

Develop social skills





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.

Develop selfconfidence through sport







Summer Term 2 -Cricket (Coach)



Summer Term I -**Athletics**

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

adulthood.

Develop problem Solving skills

Analyse and Improve own performance



Develop communication skills



strengths and areas for improvement

Identify own

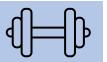
Determination





Spring Term I -**Fitness**

Honesty





Spring Term 2 -Table Tennis (Performer)



Continuation of PE Theory literacy link



Qualities of a good leader



Mutual Respect



Outwitting Opponents



Equipment



Build upon proper knowledge of fundamentals

Recap the rules/laws to the sport



Autumn Term I -Football (Coach)

YEAR

Autumn Term 2 -**Basketball (Coach)**

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.

Develop selfconfidence through sport







Summer Term 2 – Cricket



Summer Term I – Athletics

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

Analyse and Improve own

performance



Develop problem

Develop communication skills



strengths and areas for improvement

Identify own

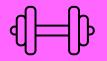
Determination





Spring Term I – Fitness

Honesty

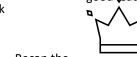




Spring Term 2 – Badminton (Various Roles)



Continuation of PE Theory – literacy link



Recap the rules/laws to the sport





Mutual Respect

Safety



Equipment

Autumn Term 2 – Volleyball (Various Roles)

Build upon

proper

knowledge of

fundamentals



Autumn Term I – Football (Various Roles)

YEAR 10

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

Outwitting

Opponents



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



Summer Term I and 2 -**Revision or Recreation**

Develop problem Solving skills

Analyse and Improve own performance



Develop communication skills



Identify own strengths and areas for improvement

Determination





Spring Term I -**Fitness**

Honesty

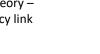




Spring Term 2 -**Table Tennis (Leader)**



Continuation of PE Theory literacy link



Recap the rules/laws to the sport





Teamwork





Outwitting Opponents



Equipment



Autumn Term 2 -**Basketball** (Leader)

Build upon

proper

knowledge of

fundamentals



Autumn Term I -Football (Leader)

YEAR

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



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

staying

active.

Summer Term 2 – Planning and Running a Sports Event (Sports Day and Organise a Tournament)



Summer Term I – Sports Coaching (Football)

Mutual Respect



Literacy Link



SHINE

•

Mutual Respect





叁

Spring Term I – Strength and Conditioning (Fitness)



Spring Term 2 – Health and Nutrition (Table Tennis/Badminton)

Numeracy Link





Physical & Skill related Fitness





Equipment Safety



Autumn Term 2 – Effects of Exercise on the Human Body Systems (Basketball/Volleyball)

Autumn Term I – Taking Part in Sport (Football)

10

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



It is important

that for Core

Y11 PE

students

enjoy the

sports, build

upon prior knowledge

understand

importance of

and

the

staying

active.

Summer Term 2 - Participating in **Sport**

Summer Term I - Strength and **Conditioning Training**



Methods of Training



Literacy and **Numeracy Links**



SHINE

Mutual Respect



Mutual Respect





Spring Term I - Healthy Exercise and **Nutrition**

Spring Term 2 - Psychology for Sport **Performance**



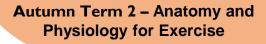
The science of mind & behaviour



Sport

Theories of personality





Autumn Term I – Physical Fitness and Injuries in Sport

YEAR

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.

NCFE