



Summer Term 2 – Athletics

Summer Term I –
Dance

Develop problem Solving skills





Identify own strengths and areas for improvement

Determination

Develop communication

skills



Analyse and

Improve own performance

Spring Term I – Circuits



200

Mutual Respect



Group work

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

communication skills

Summer Term I –

Develop problem Solving skills





Identify own strengths and areas for improvement

Determination

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Analyse and

Improve own performance

Spring Term I – Dance





Mutual Respect



Autumn Term 2 – Circuits

Autumn Term I Gymnastics

YEAR B

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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

sport



Identify own strengths and areas for improvement

Determination





Spring Term I -**Basketball**





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



skills

Introduction to PE Theory literacy link



Learn the rules/laws to the



Mutual Respect

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







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.





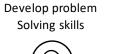
Analyse and

Improve own

performance

Summer Term 2 -

Cricket (Official)





Honesty



Identify own strengths and areas for improvement

Determination









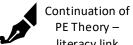
Develop

communication

skills



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









Mutual Respect

Outwitting Opponents

Summer Term I -

Athletics



knowledge of fundamentals

Build upon

proper

Recap the rules/laws to the sport



Autumn Term I -Football (Official)

YEAR

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

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







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.



Summer Term 2 -Cricket (Coach)



Summer Term I -**Athletics**



Analyse and Improve own performance



Develop communication skills



Identify own strengths and areas for improvement

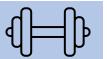
Determination





Spring Term I -**Fitness**

Honesty





Spring Term 2 -Table Tennis (Performer)



Continuation of PE Theory -



Qualities of a good beader



Teamwork











proper knowledge of fundamentals

Build upon

Recap the sport

rules/laws to the



Autumn Term I -Football (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







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 – Athletics

Analyse and Improve own performance



Develop problem

Develop communication

skills



Identify own strengths and areas for improvement

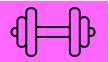
Determination





Spring Term I - Fitness

Honesty

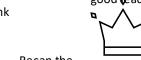




Spring Term 2 – Badminton (Various Roles)



Continuation of PE Theory – literacy link



Recap the rules/laws to the sport





Mutual Respect

Outwitting Opponents





Autumn Term 2 – Volleyball (Various Roles)

Build upon

proper

knowledge of

fundamentals



Autumn Term I – Football (Various Roles)

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





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



Analyse and Improve own performance



Develop



Identify own areas for

Determination

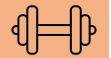






Spring Term I -**Fitness**

Honesty



communication

skills



Spring Term 2 -Table Tennis (Leader)



Continuation of PE Theory -



Recap the rules/laws to the

sport

Qualities of a good beader



Teamwork





Outwitting Opponents





fundamentals

Build upon

proper

knowledge of

Autumn Term 2 -Basketball (Leader)



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





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



Summer Term I – Sports Coaching (Football)



Literacy Link



SHINE

Mutual Respect



Mutual Respect



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



Spring Term I - Strength and Conditioning (Fitness)



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

Numeracy Link





Physical & Skill related Fitness





Equipment Safety



staying active.

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

Autumn Term I – Taking Part in Sport (Football)

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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







Methods of Training

Summer Term 2 - Participating in **Sport**

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



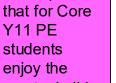
Literacy and

SHINE

Mutual Respect



Mutual Respect



It is important

Y11 PF students enjoy the sports, build upon prior knowledge and understand the importance of staying active.





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

Numeracy Links

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



The science of mind & behaviour



Motivation In Sport



Autumn Term I - Physical Fitness and Injuries in Sport

YEAR

Autumn Term 2 - Anatomy and **Physiology for Exercise**

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