

	Half Term	Year 7	Year 8	Year 9	Year 10 CORE	Year 11 CORE
Autumn Term 2021	1	<p>YEAR FOCUS; Development of fundamental skills and techniques in a range of sports from the PE National Curriculum</p> <ul style="list-style-type: none"> - Stages/principles of a warm-up Stages / principles of a cool down - Name & location of voluntary muscles 	<p>YEAR FOCUS; Progression of fundamental skills to advanced skills and techniques in a range of sports from the PE National Curriculum. Skills and techniques applied through defensive and attacking principles.</p> <ul style="list-style-type: none"> - Immediate effects of exercise on the muscular and skeletal system - Immediate effects of exercise on the cardiorespiratory system. 	<p>YEAR FOCUS; Development of tactics and strategies to create success in a range of sports from the PE national curriculum. Development of leadership skills through a Sport Education programme where possible.</p> <ul style="list-style-type: none"> - Principles of training - The implications of key principles when planning a training programme 	<p>YEAR FOCUS; Sports Leader UK award delivered within Core PE lessons. All students have option of completing qualification. Practice sessions delivered to other year 10 students, KS3 students primary school pupils. Core PE plan in place with options chosen at start of year. Students are encouraged to be physically active in sports they enjoy.</p> <ul style="list-style-type: none"> - Communication and Confidence (Leadership) - Health & Safety (Risk Assessment) - Officiating Rules and Regulations - Sports Injury - Broader roles within club environment - Lifelong Participation (links to local providers) 	<p>YEAR FOCUS; Students given opportunity to be physically active to gain both the physical and mental benefits from exercise. Options given to encourage students to be physically active in sports they enjoy.</p> <p>Mental Health and Well-being</p> <p>Social Benefits</p> <p>Lifestyle Choices</p> <p>PPE Examinations & preparation for GCSEs</p> <p>7 ACTIVITIES COMPLETED</p>
	2					
Spring Term 2022	3	<ul style="list-style-type: none"> - Function of the Skeleton and types of bones - Name and location of all skeletal bones 	<ul style="list-style-type: none"> - Different heart rates and exercise intensities - Fitness components and the practical application 	<ul style="list-style-type: none"> - Long term effects of exercise on the muscular & skeletal system - Long term effects of exercise on the cardiorespiratory system 	<p>COMPULSORY; SPORTS LEADER AWARD & ATHLETICS</p> <p>11 ACTIVITIES COMPLETED</p>	
	4					
Summer Term 2022	5	<ul style="list-style-type: none"> - Types of joints Movements at a joint - Structure & function of a joint 	<ul style="list-style-type: none"> - Fitness tests: method, purpose and results analysis - Methods of training and the practical application 	<ul style="list-style-type: none"> - Diet: sources and functions - The implications of a sedentary lifestyle 		
	6	11 ACTIVITIES COMPLETED	11 ACTIVITIES COMPLETED	11 ACTIVITIES COMPLETED		