

| | Half Term | Year 7 | Year 8 | Year 9 | Year 10 | Year 11 |
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| Autumn Term 2023 | 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 warmup Stages / principles of a cool down | <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 throughout the 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> |
| | 2 | <ul style="list-style-type: none"> - Name & location of voluntary muscles - Concept; Knowledge & Understanding | | | | |
| Spring Term 2024 | 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</p> | |
| | 4 | <ul style="list-style-type: none"> - Concept; Confidence | | | | |
| Summer Term 2024 | 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 | <ul style="list-style-type: none"> - Concept; Motivation <p>10 ACTIVITIES COMPLETED</p> | <p>10 ACTIVITIES COMPLETED</p> | <p>10 ACTIVITIES COMPLETED</p> | <p>10 ACTIVITIES COMPLETED</p> | <p>15 ACTIVITIES OFFERED</p> |