

	Half Term	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn Term 2024	1	<p><b>YEAR FOCUS; Development of fundamental skills and techniques in a range of sports from the PE National Curriculum</b></p> <ul style="list-style-type: none"> <li>- Stages/principles of a warmup Stages / principles of a cool down</li> <li>- Name &amp; location of voluntary muscles</li> </ul> <p><i>- Concept; Knowledge &amp; Understanding</i></p>	<p><b>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.</b></p> <ul style="list-style-type: none"> <li>- Immediate effects of exercise on the muscular and skeletal system</li> <li>- Immediate effects of exercise on the cardiorespiratory system.</li> </ul> <p><i>- Concept; Communication</i></p>	<p><b>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.</b></p> <ul style="list-style-type: none"> <li>- Principles of training - The implications of key principles when planning a training programme</li> </ul>	<p><b>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 &amp; 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.</b></p> <ul style="list-style-type: none"> <li>- Communication and Confidence (Leadership)</li> <li>- Health &amp; Safety (Risk Assessment)</li> <li>- Officiating Rules and Regulations</li> <li>- Sports Injury</li> <li>- Broader roles within club environment</li> <li>- Lifelong Participation (links to local providers)</li> </ul> <p>COMPULSORY; SPORTS LEADER AWARD</p>	<p><b>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.</b></p> <p>Mental Health and Well-being Social Benefits Lifestyle Choices PPE Examinations &amp; preparation for GCSEs</p>
	2	<ul style="list-style-type: none"> <li>- Function of the Skeleton and types of bones</li> <li>- Name and location of all skeletal bones</li> </ul> <p><i>- Concept; Confidence</i></p>	<ul style="list-style-type: none"> <li>- Different heart rates and exercise intensities</li> <li>- Fitness components and the practical application</li> </ul> <p><i>- Concept; Resilience</i></p>	<ul style="list-style-type: none"> <li>- Long term effects of exercise on the muscular &amp; skeletal system</li> <li>- Long term effects of exercise on the cardiorespiratory system</li> </ul>	<ul style="list-style-type: none"> <li>- Diet: sources and functions</li> <li>- The implications of a sedentary lifestyle</li> </ul>	<p>10 ACTIVITIES COMPLETED</p>
Spring Term 2025	3	<ul style="list-style-type: none"> <li>- Types of joints Movements at a joint</li> <li>- Structure &amp; function of a joint</li> </ul> <p><i>- Concept; Motivation</i></p>	<ul style="list-style-type: none"> <li>- Fitness tests: method, purpose and results analysis</li> <li>- Methods of training and the practical application</li> </ul> <p><i>- Concept; Intra-Personal skills</i></p>	<p>10 ACTIVITIES COMPLETED</p>	<p>10 ACTIVITIES COMPLETED</p>	<p>10 ACTIVITIES COMPLETED</p>
	4	<p>10 ACTIVITIES COMPLETED</p>	<p>10 ACTIVITIES COMPLETED</p>	<p>10 ACTIVITIES COMPLETED</p>	<p>11 ACTIVITIES COMPLETED</p>	<p>15 ACTIVITIES OFFERED</p>
Summer Term 2025	5					
	6					