



Curriculum Plan 2020-21

	Half Term	Year 7	Year 8	Year 9	Year 10 (CORE)	Year 11 (CORE)
Autumn Term 2020	1	YEAR FOCUS; Development of fundamental skills and techniques in a range of sports from the PE National Curriculum <ul style="list-style-type: none"> Stages/principles of a warm up Stages / principles of a cool down 	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. <ul style="list-style-type: none"> Immediate effects of exercise on the muscular and skeletal system 	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. <ul style="list-style-type: none"> Principles of training 	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. <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) COMPULSORY; SPORTS LEADER AWARD & ATHLETICS	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. <ul style="list-style-type: none"> Mental Health and Well-being Social Benefits Lifestyle Choices PPE Examinations & preparation for GCSEs
	2	<ul style="list-style-type: none"> Name & location of voluntary muscles 	<ul style="list-style-type: none"> Immediate effects of exercise on the cardiorespiratory system. 	<ul style="list-style-type: none"> The implications of key principles when planning a training programme 		
Spring Term 2021	3	<ul style="list-style-type: none"> Function of the Skeleton and types of bones 	<ul style="list-style-type: none"> Different heart rates and exercise intensities 	<ul style="list-style-type: none"> Long term effects of exercise on the muscular & skeletal system 		
	4	<ul style="list-style-type: none"> Name and location of all skeletal bones 	<ul style="list-style-type: none"> Fitness components and the practical application 	<ul style="list-style-type: none"> Long term effects of exercise on the cardiorespiratory system 		
Summer Term 2021	5	<ul style="list-style-type: none"> Types of joints Movements at a joint 	<ul style="list-style-type: none"> Fitness tests: method, purpose and results analysis 	<ul style="list-style-type: none"> Diet: sources and functions 		
	6	<ul style="list-style-type: none"> Structure & function of a joint 11 ACTIVITIES COMPLETED	<ul style="list-style-type: none"> Methods of training and the practical application 11 ACTIVITIES COMPLETED	<ul style="list-style-type: none"> The implications of a sedentary lifestyle 11 ACTIVITIES COMPLETED	11 ACTIVITIES COMPLETED	7 ACTIVITIES COMPLETED 

Autumn-Spring terms & Summer term activity carousels. Significant changes in place due to COVID restrictions

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	Half Term	Year 10 (GCSE)	Year 11 (GCSE)
Autumn Term 2020	1	1. Physical, emotional and social health 2. Lifestyle choices 3. Impact of lifestyle choices 4. Sedentary lifestyles and consequences 5. Balanced diet and the role of nutrients 6. Dietary manipulation for sport 7. Optimum weight 8. Functions of the skeletal system 9. Classification of bones 10. Structure of the skeletal system 11. Location and roles of key voluntary muscles	"3.1 Engagement patterns of different social groups 3.3 Ethical & socio-cultural issues 3.2 Commercialisation3.5.5 PEDS" PRACTICAL FINAL ASSESSMENT INCLUDING VIDEO EVIDENCE
	2	NETBALL FOOTBALL TRAMPOLINING	
Spring Term 2021	3	1. Antagonistic muscles 2. Fast and slow twitch muscle fibres 3. Structure and function of the cardiovascular system 4. Arteries, capillaries and veins 5. Vascular shunting 6. Components of blood and their significance for physical activity 7. Respiratory system – composition of air; lung volumes 8. Location and roles of principal components of respiratory system 9. Structure and function of alveoli 10. Energy sources; aerobic and anaerobic exercise and short term effects of exercise	REVISION/RECALL & PPE PREPARATIONS PAPER 1 & PAPER 2 PREPARATION FOR PRACTICAL MODERATION
	4	TABLE TENNIS BADMINTON DANCE	
Summer Term 2021	5	1. Goal setting – SMART targets 2. Classification of skills 3. Forms of practice – theory and practical application 4. Types of guidance – theory and practical application 5. Mental preparation for performance; Types of feedback 6. Sports psychology – use of data	Exam dates: MAY 2021 PAPER 1 & PAPER 2 DATES TBC 
	6	ATHLETICS	

Duration of each practical activity varies depending on the cohort's strength