

Courses Highlighted in Red are mandatory Units.





		Autumn 1							Autumn 2							Spring 1					Spring 2					Summer 1					Summer 2									
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<b>BTEC LEVEL 3 SPORT</b>																																								
13	<p><b>Unit 3 – Professional Development in Sport</b></p> <ul style="list-style-type: none"> <li>• Scope and provision in the sports industry.</li> <li>• Careers and jobs in the sports industry.</li> <li>• Professional Training routes, CPD and legislation.</li> <li>• Personal skills audit, planning development and portfolio management.</li> <li>• Undertaking a recruitment activity within the professional sports industry.</li> </ul> <p><b>Internal Assessments</b></p>								<p><b>Unit 4 – Sports Leadership</b></p> <ul style="list-style-type: none"> <li>• Leadership roles, qualities and characteristics and their importance</li> <li>• Psychological factors impacting leadership</li> <li>• Expectations of leadership</li> <li>• Practical skills required for different leadership roles.</li> <li>• Effective leadership of a sport and exercise role.</li> </ul> <p><b>Internal Assessments</b></p>																															
	<p><b>Unit 22 – Business in Sport</b></p> <ul style="list-style-type: none"> <li>• Features of sport and leisure industries.</li> <li>• Aims and objectives and provision of industries.</li> <li>• Consumer groups and stakeholders in sport.</li> <li>• Business models in sport.</li> <li>• Human resources, types of jobs and marketing in sport</li> <li>• Finance and trends in sports leisure industries</li> </ul> <p><b>External Exam sat Spr1</b></p>								<p><b>Unit 7 – Practical Sport</b></p> <ul style="list-style-type: none"> <li>• NGB rules and regulations, roles and responsibilities of officials.</li> <li>• Technical and tactical demands of sports.</li> <li>• Safe and appropriate practical performance of sports.</li> <li>• Assessment methods to review performance.</li> <li>• Developments to improve performance.</li> </ul> <p><b>Internal Assessments</b></p>																															
12	<p><b>Unit 1 – Anatomy and Physiology</b></p> <ul style="list-style-type: none"> <li>• Skeletal System and the effects on exercise.</li> <li>• Muscular System and the effects on exercise.</li> <li>• Cardiovascular System and the effects on exercise.</li> <li>• Respiratory System and the effects on exercise.</li> <li>• Energy Systems and the effects on exercise.</li> </ul> <p><b>External Exam sat Spr1</b></p>								<p><b>Unit 6 – Sports Psychology</b></p> <ul style="list-style-type: none"> <li>• Personality, motivation, anxiety, stress and self-confidence</li> <li>• Group dynamics, cohesion, leadership and sociograms</li> <li>• Psychological skills, training programs</li> </ul> <p><b>Internal Assessments</b></p>																															
	<p><b>Unit 2 – Fitness Training and programming for Health, Sport and Well-being</b></p> <ul style="list-style-type: none"> <li>• Lifestyle factors and their effect on health.</li> <li>• Screening processes for training programming.</li> <li>• Understanding programme-related nutritional needs.</li> <li>• Examining training methods for different components of fitness.</li> <li>• Training programme design</li> </ul> <p><b>External Exam sat Spr1</b></p>								<p><b>Unit 5 – Application of Fitness testing</b></p> <ul style="list-style-type: none"> <li>• Fitness testing – Validity, reliability and ethical issues</li> <li>• Fitness testing in sport – Physical, skill, planning and administrating.</li> <li>• Fitness profiling and feedback for performance.</li> </ul> <p><b>Internal Assessments</b></p>																						<p><b>Unit 23 – Acquiring Skill in Sport</b></p> <ul style="list-style-type: none"> <li>• Learning, classification and characteristics of skills and abilities</li> <li>• Information processing, perception, decision making and feedback.</li> <li>• Theories of Learning</li> <li>• Transfer of Learning.</li> <li>• Types of practice, presentation of skills, styles of learning and guidance</li> </ul> <p><b>Internal Assessments</b></p>									

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<b>OCR SPORTS STUDIES</b>																																							
<b>11</b>	<p><b>R051 - Contemporary Issues:</b></p> <ul style="list-style-type: none"> <li>Understand issues which affect participation in sport</li> <li>Know about the role of sport in promoting values</li> <li>Understand the importance of hosting a major event</li> <li>Know about the role of national governing bodies in sport</li> </ul> <p><b>Exam in January</b></p>															<p>Resubmission window for any coursework units. <b>Resubmission for JUNE series.</b></p> <p>Revision for resit of exam if needed. <b>Resit in JUNE Series.</b></p>																							
<b>10</b>	<p style="text-align: center;"><u>Coursework 1</u></p> <p>Dependant on member of staffs choice based on pupils in class and personal preference choice between two modules below (and/or other optional units).</p> <p><b>R053 - Sports Leadership:</b></p> <ul style="list-style-type: none"> <li>Understand the roles, responsibilities, qualities and leadership styles linked to sports.</li> <li>Understand the elements of an effective lesson plan and how to make sure activities are safe.</li> <li>Plan and create a lesson plan and suitable risk assessment.</li> <li>Deliver a lesson plan using skills learnt in previous assessments.</li> <li>Evaluate and create targets to improve around leading</li> </ul> <p><b>R055 - Sports Industry:</b></p> <ul style="list-style-type: none"> <li>Understand and research the roles involved in sport.</li> <li>Understand and describe the skills and knowledge needed for different roles.</li> <li>Understand and research sources of roles in sport</li> <li>Create a CV and apply for a job</li> <li>Create a career plan for a role in sport</li> </ul> <p><b>Coursework to be moderated in JAN/JUNE Series</b></p>															<p style="text-align: center;"><u>Coursework 2</u></p> <p>Dependant on member of staffs choice based on pupils in class and personal preference choice between two modules below (and/or other optional units).</p> <p><b>R054 - Sports Media:</b></p> <ul style="list-style-type: none"> <li>Identify and describe different forms of media that cover sport.</li> <li>Understand and explain the positive impacts media can have on sport.</li> <li>Understand and explain the negative impacts media can have on sport.</li> <li>Describe and explain the relationship between sport &amp; the media and evaluate the impacts they have on each other.</li> <li>Evaluate and compare the different coverage on one story in two forms of media.</li> </ul> <p><b>R056 - Outdoor Activities:</b></p> <ul style="list-style-type: none"> <li>Identify and describe different outdoor sports and provisions.</li> <li>Understand and describe the values and skills develop through outdoor activities</li> <li>Create and plan an outdoor activity, acknowledging safety procedures</li> <li>Develop and demonstrate skills and knowledge of at least 2 outdoor sports.</li> </ul> <p><b>Coursework to be moderated in JUNE or in NOV series in Yr11</b></p>																							
<b>9</b>	<p style="text-align: center;"><b>R052 - Developing Sports Skills</b></p> <ul style="list-style-type: none"> <li>Developing skills as an individual performer (Badminton) <ul style="list-style-type: none"> <li>Developing skills and tactics as a team performer</li> </ul> </li> <li>Understand and be able to apply rules and regulations to a game situation <ul style="list-style-type: none"> <li>Be able to umpire/officiate effectively by improving decision making</li> </ul> </li> <li>To analyse performance and create a plan of action to improve skills in one sport</li> </ul> <p style="text-align: center;"><b>Practical Moderation in Summer 1 or Summer 2</b></p> <p style="text-align: center;"><b>Documents to be submitted for external moderation in November of Yr10</b></p>																																						
	<p style="text-align: center;"><u>Individual Sport</u></p> <p>Badminton, could be Table Tennis or if a pupil plays a sport outside of school.</p> <ul style="list-style-type: none"> <li>Identify and understand the skills and how to execute them correctly. <ul style="list-style-type: none"> <li>Pupils should also be taught how to classify these skills.</li> </ul> </li> <li>Pupils should also be taught how to improve and progress these skills. (Links to L04)</li> </ul>												<p style="text-align: center;"><u>Team Sport</u></p> <p>Football, Basketball, Netball, dependant on the pupils in class.</p> <ul style="list-style-type: none"> <li>Identify and understand the skills and how to execute them correctly. <ul style="list-style-type: none"> <li>Taught how to classify these skills.</li> </ul> </li> <li>Pupils should also be taught how to improve and progress these skills.</li> </ul>												<p style="text-align: center;"><u>Officiating</u></p> <p>Badminton – could link to Athletics at sports day.</p> <ul style="list-style-type: none"> <li>Understand and apply the correct rules of the game. <ul style="list-style-type: none"> <li>Decision making and enforcing the rules with confidence.</li> <li>Clear communication and gestures/signals.</li> </ul> </li> </ul> <p><b>Practical Moderation in Summer 1 or Summer 2</b></p>														

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<b>EDEXCEL GCSE PHYSICAL EDUCATION</b>																																							
<b>11</b>	<b>Revision and exam technique</b> <ul style="list-style-type: none"> <li>Paper 1 - Revision</li> </ul>															<b>Revision and exam technique</b> <ul style="list-style-type: none"> <li>Paper 2 - Revision</li> </ul>							<b>Revision and exam technique</b> <ul style="list-style-type: none"> <li>Targeted revision and exam techniques</li> </ul>																
<b>Practical lessons weekly. Sports dependent on the strengths of the group.</b>																																							
<b>10</b>	<u>PEP</u> <ul style="list-style-type: none"> <li>Pre testing</li> <li>Development of training programme</li> <li>Completing training programme</li> <li>Post testing</li> <li>Review of training programme</li> </ul>								<u>Health, Fitness and Well-being</u> <ul style="list-style-type: none"> <li>Physical, emotional, social health</li> <li>Lifestyle choices</li> <li>Sedentary lifestyle consequences</li> <li>Dietary manipulation</li> <li>Optimum weight</li> <li>Use of data</li> </ul>							<u>Psychology of Sport</u> <ul style="list-style-type: none"> <li>Classification of skills</li> <li>Practice – Theory and practical application</li> <li>Types of guidance</li> <li>Mental preparation</li> <li>Types of Feedback</li> <li>Sports Psychology – Use of data</li> </ul>						<u>Socio-Economic Influences</u> <ul style="list-style-type: none"> <li>Factors affecting participation</li> <li>Participation trends</li> <li>Commercialisation and the media</li> <li>Sporting behaviours</li> <li>Deviance in sport</li> <li>Use of data</li> </ul>																	
<b>Practical lessons weekly. Sports dependent on the strengths of the group.</b>																																							
<b>9</b>	<u>Applied Anatomy and Physiology</u> <ul style="list-style-type: none"> <li>Skeletal System</li> <li>Classification of bones</li> <li>Muscular System</li> <li>Muscle fibre types</li> <li>Cardiovascular system – Structure and function</li> <li>Use of Data</li> </ul>								<u>Applied Anatomy and Physiology (Cont).</u> <ul style="list-style-type: none"> <li>Components and function of blood</li> <li>Vascular shunting</li> <li>Respiratory system</li> <li>Energy Sources for exercise</li> <li>Short term effects of exercise</li> <li>Use of data</li> </ul>							<u>Movement Analysis</u> <ul style="list-style-type: none"> <li>Lever Systems</li> <li>Mechanical Advantage</li> <li>Movement at joints</li> <li>Joint Classifications</li> <li>Planes and Axes</li> <li>Use of data</li> </ul>						<u>Physical Training</u> <ul style="list-style-type: none"> <li>PARQs – Warm ups and cool downs</li> <li>Components of fitness</li> <li>Fitness testing – Theory and Practice</li> <li>Principles of training</li> <li>Methods of training</li> <li>Use of data</li> </ul>																	
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**FACULTY: CREATE AND PERFORM**  
**PHYSICAL EDUCATION AND SPORT CURRICULUM**

**HANDS**

	Year 7	Year 8	Year 9	Year 10	Year 11
<b>BASKETBALL</b> 	<p>You will be developing the basic core skills needed to compete in a game of basketball; such as passing, dribbling, attacking, defending and shooting.</p>	<p>In Year 8 you will develop these core skills and start to look at the fundamentals of attacking and defending both as an individual and as part of a team.</p>	<p>In year 9 you will embed the core skills developed in Year 7 and 8 and have a good understanding of the attacking and defensive principles. You will also have a good understanding of the rules.</p>	<p>In Year 10 you will develop your understanding of the rules and regulations and be able to referee Basketball games to your peers.</p>	<p>Year 11 will focus on Basketball for life and allow you to develop and refine your skills and techniques and also that of other people in order to improve their own performance.</p>
<b>FITNESS</b> 	<p>In year 7 you will explore the different fitness tests and how they affect different sports</p>	<p>In year 8 you will link the fitness test to various components of fitness and learn how to administer the different tests yourself</p>	<p>In year 9 you will learn how to develop an physically active lifestyle and begin to evaluate your own lifestyles and the strengths and weaknesses of it.</p>	<p>You will further explore the issues surrounding well-being and begin to examine some of the other factors that affect lifelong participation in sport and exercise looking at modifying your own lifestyle.</p>	<p>In year 11 you will take a greater role in understanding how sport and physical activity to help prepare you for your examinations and life beyond school.</p>
<b>FOOTBALL</b> 	<p>Your lessons will be specifically modified and adapted towards developing passing, shooting and both attacking &amp; defending aspects of the game. This will be done through skill practices and adapted small sided games</p>	<p>Your lessons will be specifically modified towards embedding passing, shooting and both attacking &amp; defensive aspects of the game, through skill practices and small sided games.</p>	<p>Your lessons will be tailored towards embedding the skills learnt in Year 8, while introducing the importance of tactics and formations to suit the needs of the team.</p>	<p>Your lessons will be modified to allow you to develop your core, embedded skills learnt in KS3, with you taking a more active role in your learning and working specifically on your strengths and weaknesses</p>	<p>Your lessons will develop your analytical skills developed in Year 10 allowing you to assess other people's skills and allowing you to become more adept at improving football performance</p>
<b>HANDBALL</b> 	<p>You will develop an initial understanding of the game, whilst developing core skills such as passing, shooting and catching.</p>	<p>You will develop these skills in more depth during Year 8 and also have a key understanding of the different tactical components that affect game play.</p>	<p>Year 9 will focus on embedding the different core skills that affect the game whilst exploring the principles of attacking and defending along with an awareness of your strengths and weaknesses.</p>		




**FACULTY: CREATE AND PERFORM**  
**PHYSICAL EDUCATION AND SPORT CURRICULUM**

**HANDS**

	Year 7	Year 8	Year 9	Year 10	Year 11
<b>BASKETBALL</b> 	<p>You will be developing the basic core skills needed to compete in a game of basketball; such as passing, dribbling, attacking, defending and shooting.</p>	<p>In Year 8 you will develop these core skills and start to look at the fundamentals of attacking and defending both as an individual and as part of a team.</p>	<p>In year 9 you will embed the core skills developed in Year 7 and 8 and have a good understanding of the attacking and defensive principles. You will also have a good understanding of the rules.</p>	<p>In Year 10 you will develop your understanding of the rules and regulations and be able to referee Basketball games to your peers.</p>	<p>Year 11 will focus on Basketball for life and allow you to develop and refine your skills and techniques and also that of other people in order to improve their own performance.</p>
<b>FITNESS</b> 	<p>In year 7 you will explore the different fitness tests and how they affect different sports</p>	<p>In year 8 you will link the fitness test to various components of fitness and learn how to administer the different tests yourself</p>	<p>In year 9 you will learn how to develop a physically active lifestyle and begin to evaluate your own lifestyles and the strengths and weaknesses of it.</p>	<p>You will further explore the issues surrounding well-being and begin to examine some of the other factors that affect lifelong participation in sport and exercise looking at modifying your own lifestyle.</p>	<p>In year 11 you will take a greater role in understanding how sport and physical activity to help prepare you for your examinations and life beyond school.</p>
<b>FOOTBALL</b> 	<p>Your lessons will be specifically modified and adapted towards developing passing, shooting and both attacking &amp; defensive aspects of the game. This will be done through skill practices and adapted small sided games</p>	<p>Your lessons will be specifically modified towards embedding passing, shooting and both attacking &amp; defensive aspects of the game, through skill practices and small sided games.</p>	<p>Your lessons will be tailored towards embedding the skills learnt in Year 8, while introducing the importance of tactics and formations to suit the needs of the team.</p>	<p>Your lessons will be modified to allow you to develop your core, embedded skills learnt in KS3, with you taking a more active role in your learning and working specifically on your strengths and weaknesses</p>	<p>Your lessons will develop your analytical skills developed in Year 10 allowing you to assess other people's skills and allowing you to become more adept at improving football performance</p>
<b>HANDBALL</b> 	<p>You will develop an initial understanding of the game, whilst developing core skills such as passing, shooting and catching.</p>	<p>You will develop these skills in more depth during Year 8 and also have a key understanding of the different tactical components that affect game play.</p>	<p>Year 9 will focus on embedding the different core skills that affect the game whilst exploring the principles of attacking and defending along with an awareness of your strengths and weaknesses.</p>		

**FACULTY: CREATE AND PERFORM**  
**PHYSICAL EDUCATION AND SPORT CURRICULUM**

**HANDS**

<p><b>GYM/DANCE (KT)</b></p> 	<p>You will learn what safe practice looks like in Gymnastics. You will explore the principles of movement and develop your body control, balance and strength as foundations to progress.</p>	<p>In Year 8 you will develop more complex Gymnastics skills such as cartwheels, round offs, head/handstands. The focus will be on the Aesthetics and Appreciation of the performance of routines and making links between them.</p>	<p>In Year 9 you will acquire the skills required for safe and effective flight using springboards, trampettes, the beam, vaults and blocks. You will look at inversion and advanced rotation on and over the apparatus. You will develop your skills as a coach and take on a supporting role.</p>		
<p><b>LEADERSHIP (KT)</b></p> 	<p>You will understand the key components to an effective warm up. In groups you will design and create a game using limited equipment. You will take on the role as a leader and develop your skills of communication, teamwork and adaptability.</p>	<p>In Year 8 you will build on what you developed in Year 7 along with what skills and qualities are required to become a successful leader. You will lead an activity to your peers individually and continually develop your skills as a leader.</p>	<p>In Year 9 you understand the components of a lesson and how each aspect is delivered. You will plan each element with a greater understanding of the objectives, warm up, skill development, game, cool down and plenary. This will set you on your way to becoming an exceptional young leader.</p>		
<p><b>ATHLETICS (KT)</b></p> 	<p>You will understand and identify the 3 disciplines within athletics. You will then develop, practice and refine in specific events of Running, Jumping and Throwing. This will be both within indoor/outdoor and modified equipment. Aspirational records will drive competition.</p>	<p>As well as developing as a performer in a number of athletics events. You will understand what components of fitness are required for each of the activities and where your strengths and areas for improvement are. Evaluation and analysis of performance is key.</p>	<p>In Year 9 you will look deeper into technique of the skills and how to achieve those milestones. You will take on the role of a coach and recorder to understand how to measure time and distance.</p>		





**FACULTY: CREATE AND PERFORM**

**PHYSICAL EDUCATION AND SPORT CURRICULUM MAPPING**



**HEAD**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Health, Fitness and Well-being (Including warm ups)	Structure and Function of the Skeletal System	Fitness testing and interpretation of data	Developing Sports skills in team and individual sports, Officiating	Heart rate and Training Zones	Factors affecting participation in sport
Year 8	Short- and Long-term effects of exercise	Structure and function of the Muscular system	Structure and function of the skeletal system	Sport and The Media and the impact on performance	Structure and Function of the Cardio vascular System	The Sporting Industry and careers

**Opening Minds & Opening Doors**

Year 9	Leadership in Sport	Goal setting	Injury prevention and drugs in sport.	Consequences of a sedentary lifestyle	Diet for effective exercise	Methods of Training
Year 10	Health, Fitness and well-being patterns for life		Effects of Exercise on the body	Training and Exercise for life	Increasing physical activity for life.	Physical and Mental Well-being for life
Year 11	Training and Exercise for life	Increasing physical activity for life.	Physical and Mental Well-being for life			



**FACULTY: CREATE AND PERFORM**

**PHYSICAL EDUCATION AND SPORT CURRICULUM MAPPING**



**HEART**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	BUILDING CHARACTER	TEAMWORK	COMMUNICATION	SELF-BELIEF	SELF-MANAGEMENT	ACTIVE SUMMER
Year 8	BUILDING CHARACTER	TEAMWORK	COMMUNICATION	SELF-BELIEF	SELF-MANAGEMENT	

**Opening Minds & Opening Doors**



						ACTIVE SUMMER
Year 9	BUILDING CHARACTER	TEAMWORK	COMMUNICATION	SELF-BELIEF	SELF-MANAGEMENT	ACTIVE SUMMER
Year 10	BUILDING CHARACTER	TEAMWORK	COMMUNICATION	SELF-BELIEF	SELF-MANAGEMENT	ACTIVE SUMMER
Year 11	BUILDING CHARACTER	TEAMWORK	COMMUNICATION	SELF-BELIEF		