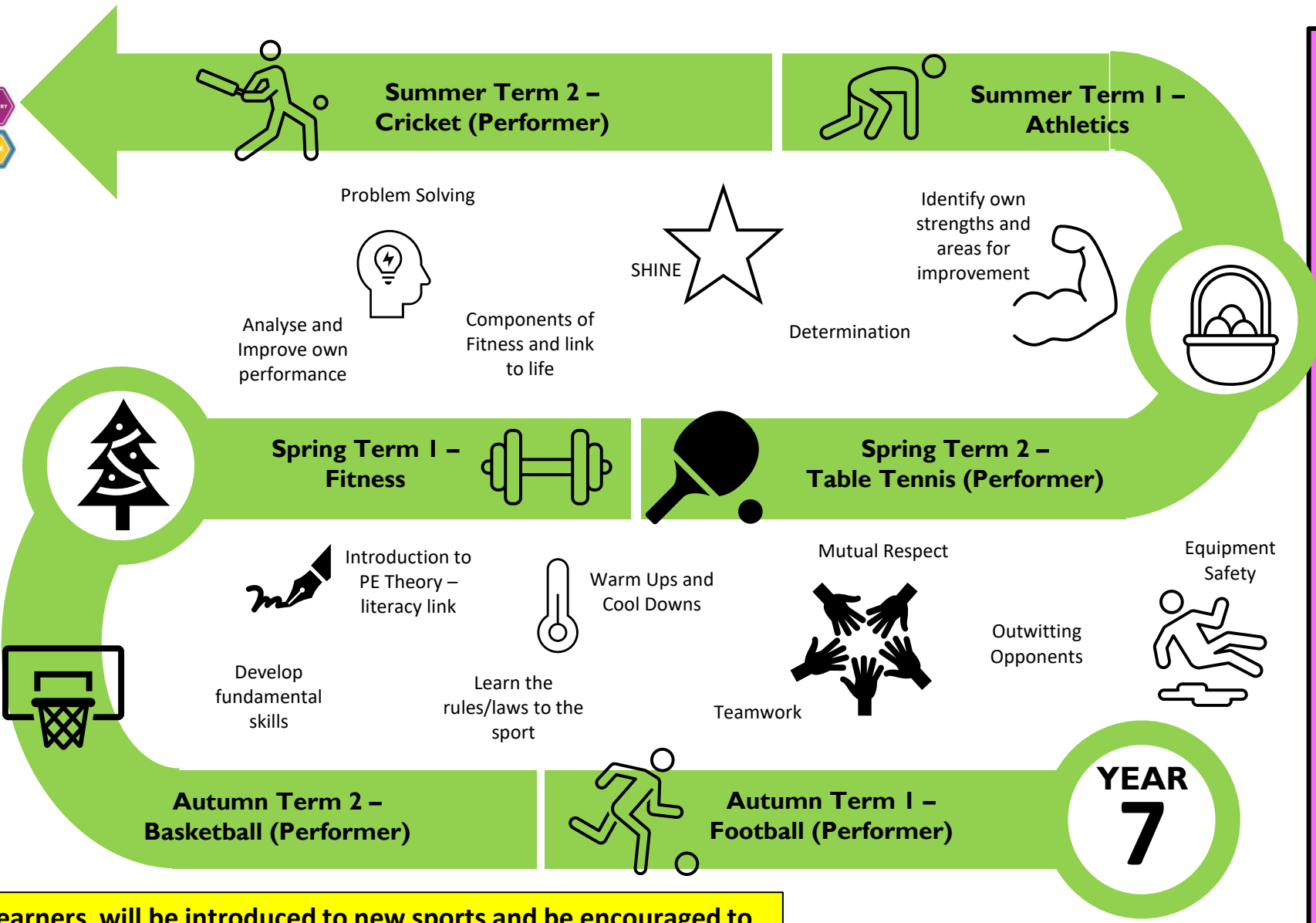




Different sports will enable students to engage and experience positive PE lessons which can in turn ensure that students stay engaged in sport even into adulthood.



Summer Term 2 – Cricket (Performer)



Summer Term 1 – Athletics



Spring Term 1 – Fitness



Spring Term 2 – Table Tennis (Performer)



Autumn Term 2 – Basketball (Performer)



Autumn Term 1 – Football (Performer)



YEAR 7

Problem Solving



Analyse and Improve own performance

Components of Fitness and link to life

SHINE



Identify own strengths and areas for improvement

Determination



Introduction to PE Theory – literacy link



Develop fundamental skills



Warm Ups and Cool Downs

Learn the rules/laws to the sport

Mutual Respect



Teamwork

Outwitting Opponents

Equipment Safety



Develop social skills

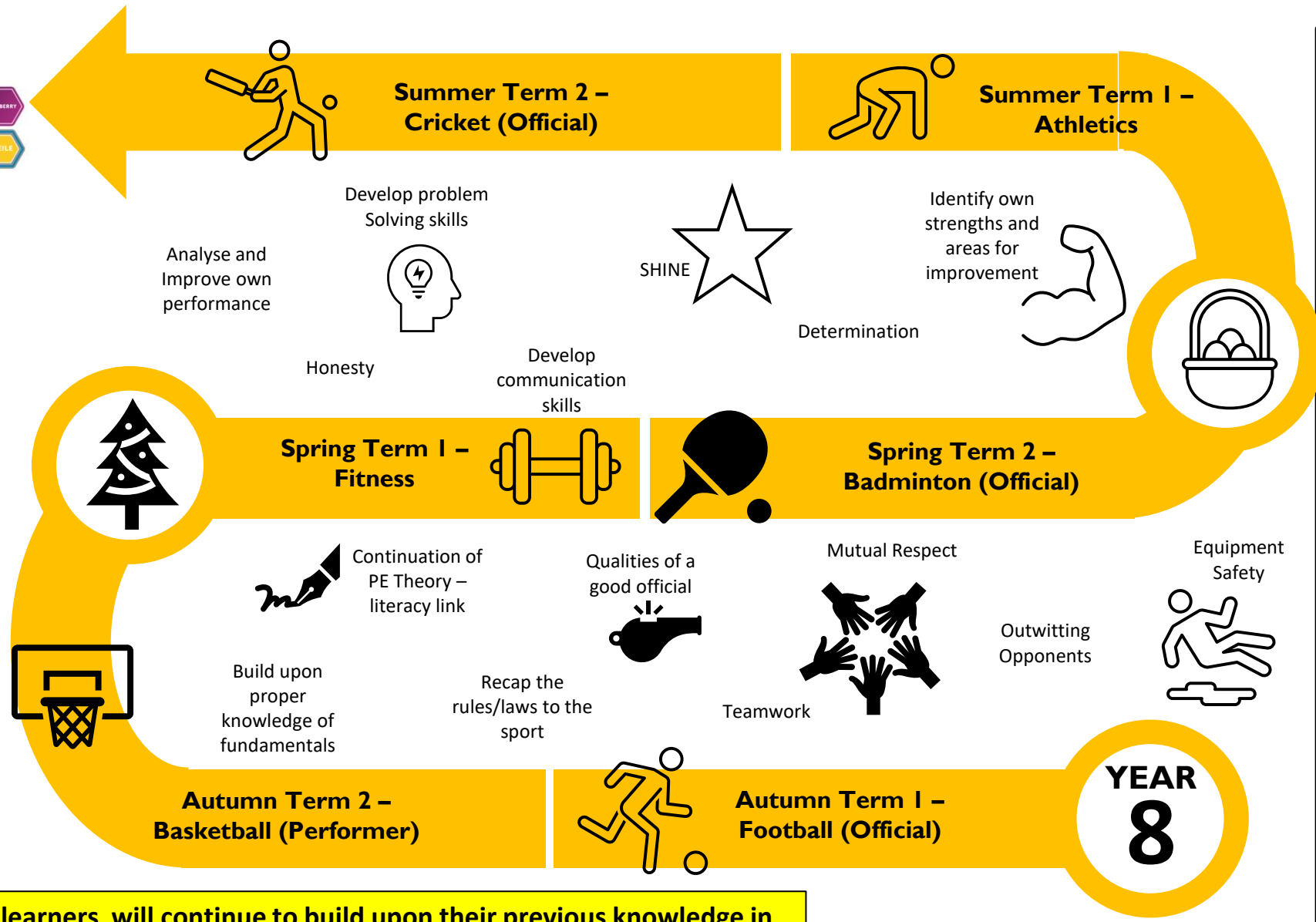


In Year 7 learners will be introduced to new sports and be encouraged to improve their social skills through sport. The aim is to increase their confidence as a performer in sport and to help them develop their fundamental skills in each area.

OPPORTUNITIES THROUGHOUT THE YEAR TO COMPETE IN SCHOOL EVENTS (SGC) AND OTHER SPORTS THROUGH R.I.S.E



By undertaking the role of the official within sport students will develop their confidence, honesty and mutual respect which are key skills when going into adulthood.

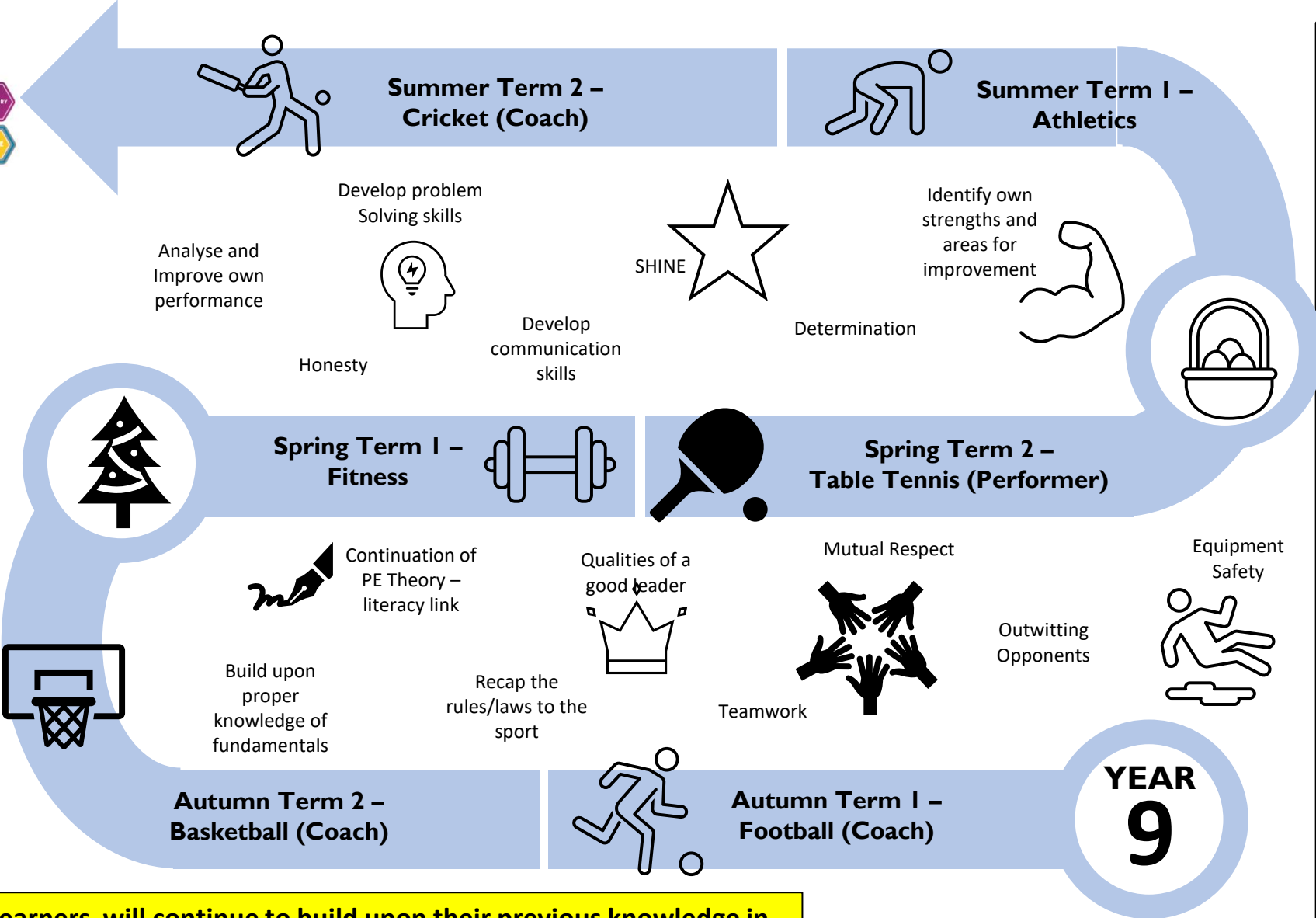


In Year 8 learners will continue to build upon their previous knowledge in each unit. This will enable them to continue to develop their social skills through sport. In Year 8, students will focus more on the role of the official within this sports which will increase their knowledge of the rules and help them gain confidence amongst their peers.

OPPORTUNITIES THROUGHOUT THE YEAR TO COMPETE IN SCHOOL EVENTS (SGC) AND OTHER SPORTS THROUGH R.I.S.E



By undertaking the role of a coach students will develop their confidence, communication skills and sense of leadership which are key skills when going into adulthood.



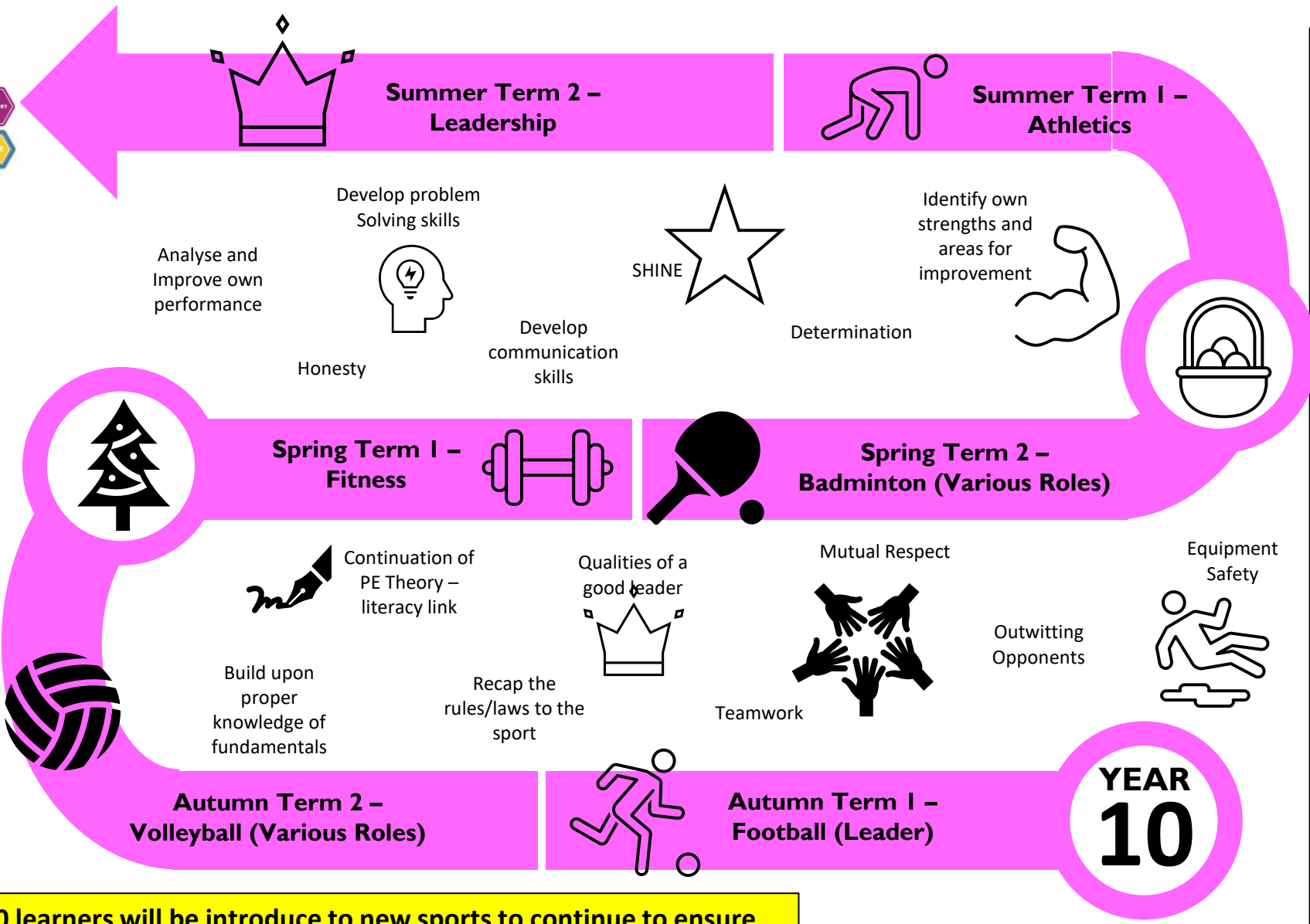
YEAR 9

In Year 9 learners will continue to build upon their previous knowledge in each unit. This will enable them to continue to develop their social skills through sport. Students will focus more on the role of the coach within these sports which will increase their knowledge of the technique and help them gain confidence amongst their peers.

OPPORTUNITIES THROUGHOUT THE YEAR TO COMPETE IN SCHOOL EVENTS (SGC) AND OTHER SPORTS THROUGH R.I.S.E



Students not opting for BTEC PE will instead be participating in the ASDAN Leadership Short Course qualification. They will be undertaking various leadership roles.



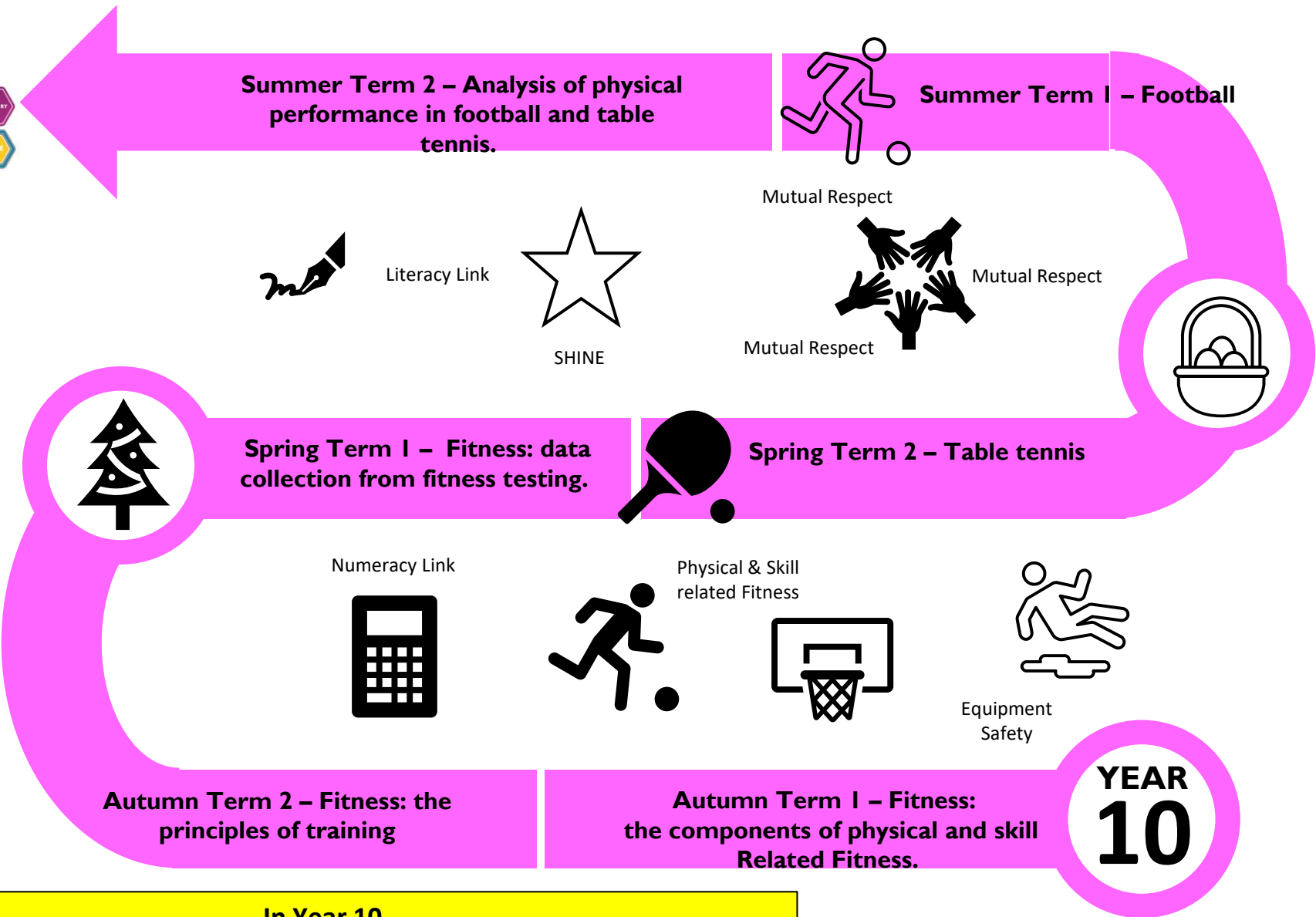
In Year 10 learners will be introduced to new sports to continue to ensure that students understand the benefits of keeping active into and during adulthood. They will continue to develop on prior knowledge and improving their social skills. Theory lessons will be sporadic across the year to ensure that the qualification is complete by Easter of Y11.

CORE PE

OPPORTUNITIES THROUGHOUT THE YEAR TO COMPETE IN SCHOOL EVENTS (SGC) AND OTHER SPORTS THROUGH R.I.S.E



It is important that for Core Y10 PE students enjoy the sports, build upon prior knowledge and understand the importance of staying active.

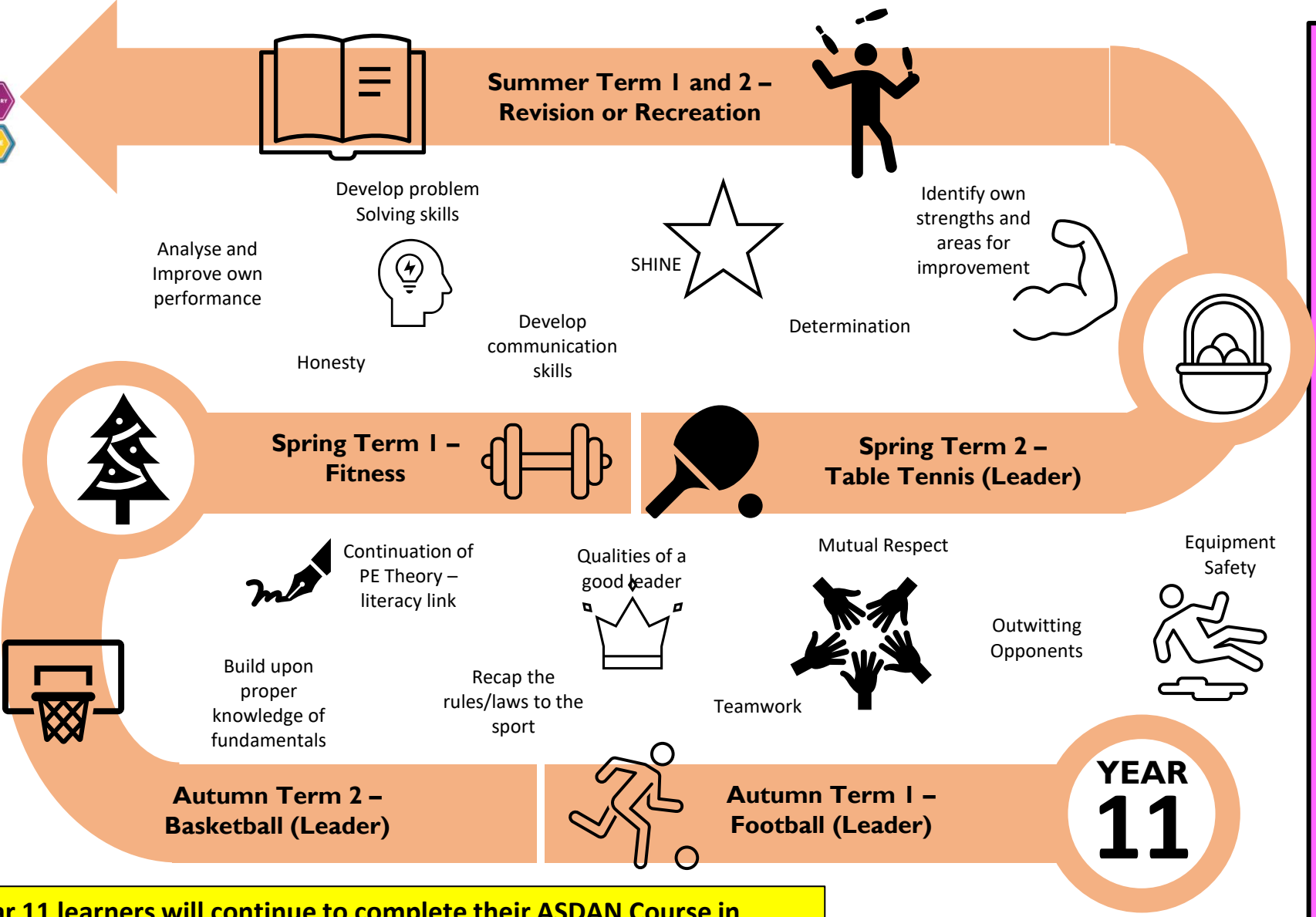


In Year 10
 During BTEC Sport pupils will study two units of work: **Fitness for Sport and Exercise and Practical Performance in Sport.** Fitness for Sport is assessed with an externally examined test and Practical Performance in Sport is assessed through assignments completed in school.

BTEC PE



Students not opting for BTEC PE will instead be participating in the ASDAN Leadership Short Course qualification. They will be undertaking various leadership roles.



YEAR 11

In Year 11 learners will continue to complete their ASDAN Course in Leadership. This will increase their confidence and communication skills; it will also ensure that they have another qualification in preparation for adulthood. The focus on the fitness unit will enable students to understand the importance of fitness in later life and how they can improve this attribute.

CORE PE

OPPORTUNITIES THROUGHOUT THE YEAR TO COMPETE IN SCHOOL EVENTS (SGC) AND OTHER SPORTS THROUGH R.I.S.E



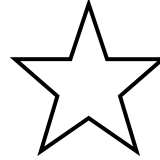
Summer Term 2 – Applying the Principles of Personal Training

Summer Term 1 – Applying the Principles of Personal Training

Methods of Training



Literacy and Numeracy Links



SHINE

Mutual Respect



Mutual Respect



Spring Term 1 – Applying the Principles of Personal Training

Spring Term 2 – The Mind & Sport



The science of mind & behaviour



Motivation In Sport

Theories of personality



Autumn Term 2 – The Mind & Sport

Autumn Term 1 – The Mind & Sport



YEAR 11

In Year 11

During BTEC Sport pupils will study two units of work: The Mind & Sport and Applying the Principles of Personal Training. The Mind & Sport allows pupils to develop an understanding of sports psychology, whilst the other unit allows pupils to apply the knowledge gained in year ten. Both units are assessed through assignments completed in school.

BTEC PE

It is important that for Core Y11 PE students enjoy the sports, build upon prior knowledge and understand the importance of staying active.