

Different

enable

sports will

students to

engage and

experience positive PE

which can in

turn ensure

that students

stay engaged

in sport even

into

lessons



# Summer Term 2 -**Cricket (Performer)**



### Summer Term I -**Athletics**

**Problem Solving** 



Analyse and Improve own performance



Components of Fitness and link to life



Identify own strengths and areas for improvement

Determination





Spring Term I -**Fitness** 





Spring Term 2 -**Table Tennis (Performer)** 



Introduction to PE Theory – literacy link



Warm Ups and

Mutual Respect



Outwitting Opponents





Develop fundamental skills

Learn the sport

rules/laws to the

**Teamwork** 





Autumn Term I -Football (Performer) YEAR

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.

**Develop social** skills







Improve own

performance

# Summer Term 2 -**Cricket (Official)**



Summer Term I -**Athletics** 

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.

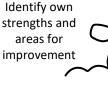
Solving skills Analyse and



Develop problem

areas for

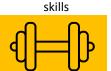
Determination





Spring Term I -**Fitness** 

Honesty



Develop

communication



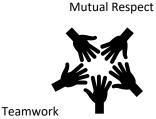
Spring Term 2 -**Badminton (Official)** 



Continuation of PE Theory – literacy link







Outwitting Opponents



Equipment



Build upon proper knowledge of fundamentals

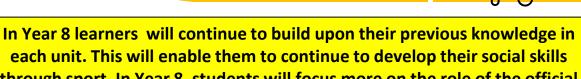
Recap the rules/laws to the



Autumn Term I -Football (Official)



Autumn Term 2 -**Basketball (Performer)** 



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.

Develop selfconfidence through sport







By

coach

undertaking

the role of a

students will

develop their

confidence. communicati

on skills and

sense of

leadership which are key

skills when

going into

adulthood.



# Summer Term 2 -Cricket (Coach)



#### Summer Term I -**Athletics**







Develop communication skills



Identify own strengths and areas for improvement

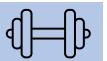
Determination





Spring Term I -**Fitness** 

Honesty

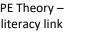




# Spring Term 2 -**Table Tennis (Performer)**



Continuation of PE Theory –







Mutual Respect



Outwitting Opponents





Build upon proper knowledge of fundamentals

sport

Recap the rules/laws to the



Autumn Term I -Football (Coach)

YEAR



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.

Develop selfconfidence through sport







# Summer Term 2 -Leadership



#### Summer Term I -**Athletics**



Develop problem Solving skills

Analyse and Improve own performance



Develop communication skills



Identify own strengths and areas for improvement

Determination





Spring Term I -**Fitness** 

Honesty





Spring Term 2 -**Badminton (Various Roles)** 



Continuation of PE Theory – literacy link



Qualities of a good leader



Mutual Respect



Outwitting Opponents



Equipment



Build upon proper knowledge of fundamentals

sport

Recap the rules/laws to the



Autumn Term I -Football (Leader)

**Teamwork** 

YEAR



In Year 10 learners will be introduce 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** 



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

# Summer Term 2 - Analysis of physical performance in football and table tennis.



**Mutual Respect** 

Summer Term I - Football

Literacy Link









Spring Term I - Fitness: data collection from fitness testing.



Spring Term 2 - Table tennis

Numeracy Link



Physical & Skill related Fitness





Equipment Safety



Autumn Term 2 - Fitness: the principles of training

**Autumn Term I – Fitness:** the components of physical and skill Related Fitness.

YEAR

#### 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.



# Summer Term I and 2 -





Analyse and Improve own performance







Identify own strengths and areas for improvement

Determination

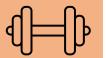






Spring Term I -**Fitness** 

Honesty



communication

skills



Spring Term 2 -Table Tennis (Leader)



Continuation of PE Theory –

literacy link



Qualities of a good beader



**Teamwork** 

Mutual Respect









Build upon proper knowledge of fundamentals

Recap the

rules/laws to the sport



Autumn Term I -Football (Leader)

YEAR



Autumn Term 2 -Basketball (Leader)

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** 



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

Methods of Training

# Summer Term 2 – Applying the **Principles of Personal Training**

Summer Term I - Applying the **Principles of Personal Training** 



Literacy and **Numeracy Links** 



SHINE

Mutual Respect



**Mutual Respect** 



Spring Term I - Applying the Principles of Personal Training

**Spring Term 2 – The Mind & Sport** 



The science of mind & behaviour



Sport

Theories of personality



**Autumn Term 2 – The Mind & Sport** 

Autumn Term I - The Mind & Sport

YEAR

#### 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

