



May of Year 11 you will sit R184 Exam.

Continue your journey at college through BTEC or Cambridge National Level 3

TA5 - The use of technology in sport



YEAR 11

TA4 - The role of NGB's play in the development of their sport



YEAR 11

TA3 - The implications of hosting a major sporting event for a city or country.



TA2 - The role of sport in promoting values.



YEAR 11

R184: Exam Unit

TA1 - Issues which affect participation in sport.

YEAR 11

R186 January Series Submission.

October of Year 11 you will begin R184: Contemporary issues in sport.

October of Year 11 you will submit your R186: Sport and the media.

FURTHER STUDY

CAREER PATHS

Sports Coaching, Teacher, Sport and Exercise Scientist, Sport Development Officer, Sports Agent, Sports Physiotherapist, Sports Commentator, Personal Trainer, Leisure Centre Manager.

SKILLS

Analysis, Attention to detail, communication, cultural understanding of current issues, Empathy, Literacy, Organisation, Problem Solving, Research, Patience, Logical Thinking.

INTEREST

A continued love of learning about Physical Education, Physical Activity and Sport.

Welcome
Curriculum Overview



Move on to
Year 11

June/July of Year 10 you
will begin completing
your assignment on
**R186: Sport and the
Media**

YEAR
10

TA3 - Negative effects
of the media in sport



YEAR
10

TA2 - Positive effects of the
media in sport

TA1 - The different
sources of the media
that cover sport.

May of Year 10 you will
begin work **R186: Sport
and the media**

April of Year 10
you will submit
your **R185:
Performance and
Leadership in
Sports Activities**

R186

R185 June Series
Submission

TA5 - Reviewing
your own
performance in
planning and
leading a sports
activity session.

YEAR
10

TA4 - Leading a sporting
activity.



TA3 - Organising and planning
a sports activity session.



YEAR
10

TA1 - Key Components of
performance

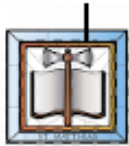
R185

Curriculum
Overview

September of Year 10 you will
begin to develop your
knowledge and understanding
of **R185: Performance and
Leadership in Sports Activities**

TA2 - Applying practice
methods to support
improvement in a sporting
activity.





Take part in sports day!

Move on to Year 10

Importance of PE

Creating A Better You

Teaches Self Discipline

Improves Physical Fitness

Develops Leadership Qualities

Improves Academic Performance

Develops Social Interactions

Contributes To A Good Mental Health

Improves Self-Confidence & Self-Esteem



Competition/Engagement: Sports Culture

- Movement/sport skills in a sport from around the world.
- Linking motor competence and movement patterns to a new activity such as Flag football, Ultimate frisbee, Gaelic football, Volleyball or Lacrosse.

YEAR 9

Leadership: Sport Education

- Different sporting roles explored.
- Work collaboratively to achieve a successful team performance through sport education model.

Analysis and Improvement

- Link key teaching points/vocabulary to enable sport specific feedback to be given on performance.
- Different types of practices used to aid improvement of skills/techniques involved in activity/performance.

YEAR 9

Application of techniques under pressure

- Refine skills and develop movements to achieve high quality performance under pressure.
- Utilise skills effectively in challenging situations where they need to be adapted to achieve success/progress.

Training methods, Principles of training

- Understand how to adapt training methods to develop own fitness levels.
- Encourage students to adapt principles of training to support fitness in relation to an activity or life outside the classroom.

YEAR 9

Tactics/Strategies to Overcome

- Application of skills in a variety of pressurised situations.
- Understand how skills, tactics and strategies can be adapted and used to overcome tactical problems – TGfU.

YEAR 9

Curriculum Overview

Welcome Curriculum Overview

Year 9 – Broadening Knowledge, Experience and Establishing Healthy Leaders

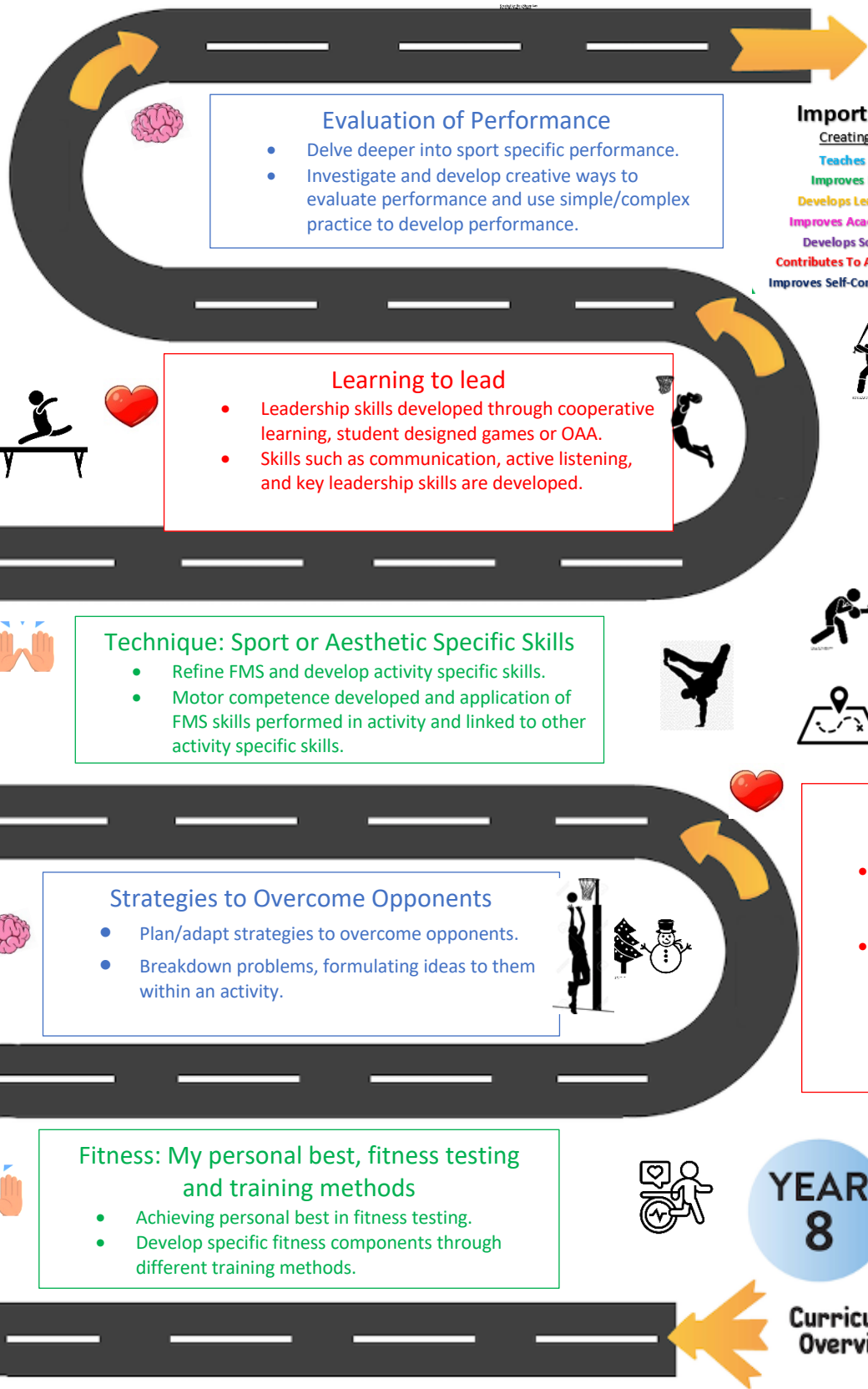




Take part in sports day!



Move on to Year 9



Evaluation of Performance

- Delve deeper into sport specific performance.
- Investigate and develop creative ways to evaluate performance and use simple/complex practice to develop performance.

Importance of PE
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 Teaches Self Discipline
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YEAR 8

Learning to lead

- Leadership skills developed through cooperative learning, student designed games or OAA.
- Skills such as communication, active listening, and key leadership skills are developed.

Technique: Sport or Aesthetic Specific Skills

- Refine FMS and develop activity specific skills.
- Motor competence developed and application of FMS skills performed in activity and linked to other activity specific skills.

YEAR 8

Strategies to Overcome Opponents

- Plan/adapt strategies to overcome opponents.
- Breakdown problems, formulating ideas to them within an activity.

Resilience and Confidence

- Learn how to deal with failure and overcome problems.
- Pupils support each other to develop team building skills and confidence to overcome challenges.

Fitness: My personal best, fitness testing and training methods

- Achieving personal best in fitness testing.
- Develop specific fitness components through different training methods.

YEAR 8

Curriculum Overview

Year 8 – Developing Skills, Character, and Embedding Knowledge

Welcome Curriculum Overview





Learning Journey Map Year 7

Physical Education

Move on to Year 8



Athletics

Take part in your first sports day!



YEAR 7

Importance of PE

- Creating A Better You
- Teaches Self Discipline
- Improves Physical Fitness
- Develops Leadership Qualities
- Improves Academic Performance
- Develops Social Interactions
- Contributes To A Good Mental Health
- Improves Self-Confidence & Self-Esteem

YEAR 7



Teamwork and Commitment

- Understand roles/responsibilities of a team.
- Develop skills to solve problems as a group.



Softball



Rounders



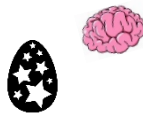
Cricket



Badminton



Health and Fitness



Overcome Opponents

- Cover simple strategies/tactics of an activity.
- Understand importance of how key skills impact performance/game situations.



OAA

YEAR 7



Desire to Improve

- Use WWW/EBI to support self/peer improvement.
- Develop observations skills to offer feedback to others.

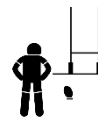


Netball



Fitness

- Different effects of exercise on the body.
- Muscles/component of fitness.



Rugby



Football

Expectations/Standards and Fundamentals

- Behavioural expectations.
- FMS skills developed through practices and situations.



YEAR 7



Table Tennis



Dance

Curriculum Overview

Basketball



Your Physical Education Journey continues here...



Year 7 – Creating and Developing a Love for Physical Education and Physical Activity