ROAD MAP TO THE PE CURRICULUM

Study PE/Dance at Sixth Form

Study PE/Dance at University.

Gap year that could involve sports/dance coaching- (Camp America).

Use the skills and qualities you can gain from PE/Dance; teaching, police, sport scientist, sport management and sports events etc.

	CORE PE
	GCSE PE
	SPORT STUDIES

YEAR 11

Sport 9&10 Cricket/Rounders Application of tactics and strategies

EXAM!

-Revision all topics

-Ethical and socio-cultural issues

Data

Unit R184: Contemporary in sport Exam Prep

Unit R184: Contemporary in sport
TA1: Issues which affect participation
TA2: Sporting Values
TA3: Hosting a major sporting event
TA4: The role of NGB's
TA5: The use of technology in sport

-Guidance & Feedback.
-Mental Preparation.
-Engagement patterns.
-Commercialisation.

-Classification of skill
-Goal setting & Smart Targets

Unit R186 Sport and the Media
TA2: Positive effects of the media in sport
TA3: Negative effects of the media in sport

-Consequences of a sedentary lifestyle.
-Energy use, diet, nutrition & hydration

-Physical, emotional & social health
-Fitness & wellbeing

Unit R186 Sport and the Media
TA1: The different sources of media that cover sport

-PEP

-Component 1 Mock Exam

-Injury, warm up & cool down

Unit R18 Performan e and leadership
TA5- Reviewing your own performance in planning and delivering of a sports
TA1: Sporting performance

R186 Sport and the media

TA1: The different sources of media that cover sp

Sport 7&8 OAA/Fitness Map reading for orienteering

Sport 5&6 Hockey/Table tennis Application of tactics and strategies

Sport 3&4 Handball/badminton Application of tactics and strategies

Sport 1&2 Netball/basketball Application of rules, strategies & tactics.

Sport 9&10 Cricket/rounders Application of tactics and strategies

Sport 1 & 2 Netball/Basketball Application of tactics and strategies

Sport 3&4 Handball/badminton Application of tactics and strategies

Sport 5&6 Hockey/Table tennis Application of tactics and strategies

Sport 7&8 OAA/Fitness Map reading for orienteering

Externally assessed on component 3

Internally assessed on component 2

Internally assessed on component 1

Externally assessed on component 3

YEAR 10

Cricket/rounders Rounders
Pupils will work on outwitting opponents and decision making in a competitive situation.

Sport 10: Athletics
Pupils will understand more competitive element, scoring and measuring

Sport 7 OAA
Pupils will refine their map reading skills, apply their communication and team building into orienteering.

Sport 8 Gymnastics and fitness
Pupils will look at creating routines with fluency, control and balance. Whilst developing their performance on the apparatus.

Sport 5 Hockey
Pupils will perform skills soundly. Refine and implement competitive and individual game play.

Sport 6 Indoor athletics Pupils will understand more competitive element, scoring and measuring

-The structures and functions of the Musculo-skeletal systems

-The structures and functions of the cardio-respiratory systems

-Aerobic & anaerobic exercise
-Short & Long term effects of exercise
-Planes & Axes
-Health & Fitness
-Components of Fitness
-Principles of Training

Unit R185-Performance and leadership
TA2-Applying practice ,methods to support improvement in a sporting session.

Unit R185-Performance and leadership
TA1: Sporting performance

TA3-Planning a sports activity session

Unit R185-Performance and leadership
TA3-Planning a sports activity session

TA4-Delivering a sports activity session

Unit R185-Performance and leadership
TA4-Delivering a sports activity session

TA5-Reviewing your own performance in planning and delivering of a sport

Internally assessed on unit 1.

Externally assessed on unit 1.

Personal Development and key words embedded in all sports.

YEAR 9

Sport 3 Handball
Core skills performed with sound ability.
Refining and implementing competitive and individual game play

Sport 4: Badminton
Pupils will replicate skills in tactical play

Sport 1 & 2 Netball/Basketball
Core skills performed with sound ability.
Refining and implementing competitive and individual game play.

Theory through Practical
Pupils will understand theoretical elements of pe underpinned by practical performance.
Heart rate, diet, benefits of exercise, warm up cool down and methods of training.

Rounders/cricket
Pupils will further replica the skills of batting, bowling and fielding whilst applying the tactical situations.

Sport 10Athletics Enhance performance in events and understand relationship between Fitness and performance

Sport 7 OAA
Pupils to develop map reading skills , team work and communication skills.

Sport 8:Gymnastics/Fitness
Pupils will perform different methods Skills on apparatus.
Introduction of vaulting.

Sport 5 Indoor Athletics
Enhance performance in events and understand relationship between Fitness and performance

Sport 6 Hockey
Pupils will apply attacking and defending tactics in competitive plays.

Personal Development and key words embedded in all sports.

Introduction of Summer Sports.

YEAR 8

Sport 9 Rounder/Cricket
Introduction to basic skills; batting, bowling, fielding & knowledge of rules.

Sport 10 Athletics
Introduction to specific events

Sport 7 OAA
Introduction to team building activities and basic map reading skills.

Sport 8 Gymnastics and Fitness
Introduction to basic skills; jumps, locomotion, rolls, balances, creating sequences.

Sport 5 Indoor athletics
Introduction of skills/techniques in drills, practices and competitions.

Sport 6 Hockey
Introduction to ball familiarisation skills, controlling the ball, passing and dribbling.

Baseline Unit/Cross Country
Demonstrate current ability of fundamental skills. Focus on individual and competitive sports;

Sport 1 & 2 Netball/basketball
Pupils will develop the skills/techniques. Pupils will know and understand attacking and defending play for competitive situations.

Sport 3 Handball
Pupils to apply the skills effectively within competitive situations

Sport 4: Badminton/tennis
Pupils will apply the basic skills in different forms of play.

Assessed at the end of each sport.

Introduction of Personal Development and our key words.

End of Winter Sports.

YEAR 7

Sport 3 Handball
Introduction to handball including; passing, shooting, space.
Introduction of skills/techniques in drills, practices and competitive situations

Sport 4 Badminton/Tennis
Introduction to skills in tennis- different serves, shots and ball familiarisation.

Sport 1 & 2 Netball/Basketball
Introduction of skills/techniques in drills, practices and competitive situations.
Throwing, catching, space, shooting.

Baseline Unit/Cross Country
Demonstrate current ability of fundamental skills. Focus on individual and competitive sports;