

## **Curriculum Map**

**Subject: Physical Education (PE)** 

		Aut	umn	Spr	ring	Sum	mer
		Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 7	Content, Knowledge & Skills	Fundamental skills in Rugby & Netball Verbalise & Key literacy: definition of key terms and sporting examples associated with the 3 stages of a warm-up. In conjunction students should be able to recall key terms associated with individual skills and rulings found in Rugby & Netball Visualise & Kinaesthetic: Recognise good examples of the application of skills in both drill and competitive environments in Rugby & Netball. Additionally, students will practically apply fundamental skills and knowledge of rulings in drills and competitive scenarios in Rugby & Netball	Fundamental skills in Football & Trampolining Verbalise & Key literacy: definition of key terms and sporting examples associated with Muscle Group names & the reasoning why we warm- up. In conjunction students should be able to recall key terms associated with individual skills and rulings found in Football & Trampolining Visualise & Kinaesthetic: Recognise good examples of the application of skills in both drill and competitive environments in Football & Trampolining. Additionally, students will practically apply fundamental skills and knowledge of rulings in drills and competitive scenarios in Football & Trampolining	Fundamental skills in Health Related Fitness, Handball & Basketball Verbalise & Key literacy: definition of key terms and sporting examples associated with Skeletal Bone names. In conjunction students should be able to recall key terms associated with individual skills and rulings found in Handball, Basketball & HRF Visualise & Kinaesthetic: Recognise good examples of the application of skills in both drill and competitive environments in Handball, Basketball & HRF. Additionally, students will practically apply fundamental skills and knowledge of rulings in drills and competitive scenarios in Handball, Basketball & HRF.	Fundamental skills in Table Tennis & Badminton Verbalise & Key literacy: definition of key terms and sporting examples associated with Skeletal Bone Types. In conjunction students should be able to recall key terms associated with individual skills and rulings found in Table Tennis & Badminton Visualise & Kinaesthetic: Recognise good examples of the application of skills in both drill and competitive environments in Table Tennis & Badminton. Additionally, students will practically apply fundamental skills and knowledge of rulings in drills and competitive scenarios in Table Tennis & Badminton.	Fundamental skills in Hockey & Dance Verbalise & Key literacy: definition of key terms and sporting examples associated with the structure of the CV System. In conjunction students should be able to recall key terms associated with individual skills and rulings found in Hockey & Dance Visualise & Kinaesthetic: Recognise good examples of the application of skills in both drill and competitive environments in Hockey & Dance. Additionally, students will practically apply fundamental skills and knowledge of rulings in drills and competitive scenarios in Hockey & Dance.	Fundamental skills in Athletics, Cricket & Rounders Verbalise & Key literacy: definition of key terms and sporting examples associated with illnesses caused by poor lifestyle choices. In conjunction students should be able to recall key terms associated with individual skills and rulings found in Athletics, Cricket & Rounders Visualise & Kinaesthetic: Recognise good examples of the application of skills in both drill and competitive environments in Athletics, Cricket & Rounders. Additionally, students will practically apply fundamental skills and knowledge of rulings in drills and competitive scenarios in Athletics, Cricket & Rounders
	Prior Knowledge	Varied knowledge of skills and rulings of Netball and Rugby from primary schools/external clubs	Varied knowledge of skills and rulings of Football and Trampolining from primary schools/external clubs	Varied knowledge of skills and rulings of Handball, Basketball & HRF from primary schools/external clubs	Varied knowledge of skills and rulings of Table Tennis & Badminton from primary schools/external clubs	Varied knowledge of skills and rulings of Hockey & Dance from primary schools/external clubs	Varied knowledge of skills and rulings of Athletics, Cricket, and Rounders from primary schools/external clubs
	Assessment	Observational Analysis & Formative assessment Questioning on warmups & Muscle Group	Observational Analysis & Epraise Mini-Test on Warm-ups & introduction to Muscle	Observational Analysis & Formative assessment Questioning on Bone Names & Bone Types	Observational Analysis & Epraise Mini-Test on Names of Bones & Bone types	Observational Analysis & Formative assessment Questioning on the structure of the CV	Observational Analysis & Epraise Mini-Test on Structure of the Heart & illnesses associated with

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Rey   Pivot			Name	6			and the second state of the second	The state of the s
Rey   Pivot			Names	Group names			· ·	a poor lifestyle choice
Vocabulary/ reading materials   Pike   Straddle   Fitted   Familiarisation   Forehand   Obesity   Over   Obesity	'						lifestyle choices	
Pulse Raiser Dynamic Static Farrichment/ Co-Curricular Offer Offer Offer Offer Offer Offer Offer  Content, Knowledge & Skills  Content, Knowledge  Content, Knowledge & Skills  Content, Knowledge  Content, Knowledge & Keylteracy-  definition of key terms and  sporting examples  associated with Muscle  Types. In conjunction students  should be able to recall  more developed key terms  associated with individual  skills and rulings found in  scall more developed key terms  associated with individual  skills and rulings found in  conjunction students  middividual skills and rulings found in  conjunction students  more developed skills in both drill  and competitive  environments in Rugby &  Netball  Content, Conjunction of key terms and  sporting examples  associated with Muscle  Types. In conjunction  students should be able to recall  more develop		Key	Pivot	• Tuck	<ul> <li>Triple Threat</li> </ul>	<ul> <li>Shuttlecock</li> </ul>	<ul> <li>Rotation</li> </ul>	<ul> <li>Flight</li> </ul>
Predaing materials  Brakdown Dynamic Defender Dynamic Static Hamstring Enrichment/ Co-Curricular Ofter Co-	'	Vocabulary/	<ul> <li>Footwork</li> </ul>	• Pike	<ul> <li>Contact</li> </ul>	Service Line	<ul> <li>Canon</li> </ul>	Take-off
Brreikdown Pulse Raiser Dynamic Static Firrichment/ Co-Curricular offer  Enrichment/ Co-Curricular offer  Enrichment/ Co-Curricular offer  Content, Knowledge & Skills  Content, Knowledge Byb Robotall, Netball, Table Tennis, Badminton Fitness, Trampolining & Dance Clubs Dance Clubs Dance Clubs  Dance Clubs  Dance Clubs  Developing skills in Conjunction students should be able to recall more developed skills in dunding a skills and rulings for developed skills in both drill and competitive environments in Rugby & Netball Visualise & Kinaesthetic: Recognise good examples of the application of more developed skills in both drill and knowledge of rulings in drills and competitive environments in Rugby & Netball Visualise & Kinaesthetic: Recognise good examples of the application of form developed skills in both drill and knowledge of rulings in drills and knowledge of rulings in drills and knowledge of rulings in drills and competitive scenarios in Rugby & Netball Wisualise & Kinaesthetic: Recognise good examples of the application of form developed skills in both drill and knowledge of rulings in drills and competitive scenarios in Rugby & Netball Wisualise & Kinaesthetic: Recognise good examples of the application of form developed skills in both drill and knowledge of rulings in drills and competitive scenarios in Rugby & Netball Wisualise & Kinaesthetic: Recognise good examples of the application of form of developed skills in both drill and knowledge of rulings in drills and competitive scenarios in Rugby & Netball  Wisualise & Kinaesthetic: Recognise good examples of the application of form of developed skills in both drill and knowledge of rulings in drills and competitive scenarios in Rugby & Netball  Wisualise & Kinaesthetic: Recognise good examples of the application of more developed skills in both drill and knowledge of rulings in drills and competitive scenarios in Rugby & Netball  Wisualise & Kinaesthetic: Recognise good examples of the application of more developed skills in both drill and competitive		• •	Ruck	Straddle	<ul> <li>Familiarisation</li> </ul>	<ul> <li>Fault</li> </ul>	<ul> <li>Unison</li> </ul>	<ul> <li>Wickets</li> </ul>
Pulse Raiser Dynamic Dynamic Dynamic Static Fireful Poort	'	_	Breakdown	<ul> <li>Defender</li> </ul>	Circuit	<ul> <li>Forehand</li> </ul>	<ul> <li>Obesity</li> </ul>	Over
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## Static ## Hamstring ## Femur ## Carpals ## Carpals ## Stick Tackle ## Ventricles ## Co-Curricular offer ## Co-Curricular offer ## Co-Curricular offer ## Dave Indianation of Fitness, Trampolining & Dance Clubs Developing skills in ## Content, Knowledge & Skills   Developing skills in ## Content, Knowledge & Skills   Developing skills in ## Content   Proposition of key terms and sporting examples associated with individual skills and rulings found in Rugby & Netball Visualise & Kinaesthetic Recognise good examples of the application of more developed skills in both drill and competitive environments in Rugby & Netball was play more developed skills in both drill and competitive scenarios in Rugby & Novelage of rulings in drills and competitive scenarios in Rugby & Novelage of rulings in drills and competitive scenarios in Rugby & Novelage of rulings in drills and competitive scenarios in Rugby & Novelage of rulings in drills and competitive scenarios in Rugby & Novelage of rulings in drills and competitive scenarios in Rugby & Novelage of rulings in drills and competitive scenarios in Rugby & Novelage of rulings in drills and competitive scenarios in Rugby & Novelage of rulings in drills and competitive scenarios in Rugby & Novelage of rulings in drills and competitive scenarios in Rugby & Novelage of rulings in drills and competitive scenarios in Rugby & Novelage of rulings in drills and competitive scenarios in Rugby & Novelage of rulings in drills and competitive scenarios in Rugby & Novelage of rulings in drills and competitive scenarios in Rugby & Novelage of rulings in drills and competitive scenarios in Rugby & Novelage of rulings in drills and competitive scenarios in Rugby & Novelage of rulings in drills and competitive scenarios in Rugby & Novelage of rulings in drills and competitive scenarios in Rugby & Novelage of rulings in drills and competitive scenarios in Rugby & Novelage of rulings in	'		Dynamic			Irregular	· ·	Atria
Enrichment/ Co-Curricular   Table Tennis, Badminton offer   Table Tennis, Badminton offer   Table Tennis, Badminton Fitness, Trampolining & Dance Clubs   Developing skills in Fitness, Trampolining & Dance Clubs   Developing skills in Football & Dance Clubs   Developing skills in Football & Table Tennis, Bandball   Table Tennis, Basketball & Dance Clubs   Developing skills in Football & Table Tennis, Handball Fitness, Basketball & Dance Clubs   Developing skills in Football & Dance Clubs   Developing skills in Football & Table Tennis & Badminton   Table			•					
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	Knowledge	experienced lessons focused on the fundamental skills & basic rules of rugby and netball. Students are familiar with 3 stages of a warm up  Observational Analysis & Formative assessment	experienced lessons focused on the fundamental skills & basic rules of football and trampolining. Students are familiar with muscle group names  Observational Analysis & Epraise Mini-Test on	experienced lessons focused on the fundamental skills & basic rules of HRF, basketball and handball. Students are familiar with bone names  Observational Analysis & Formative assessment	experienced lessons focused on the fundamental skills & basic rules of table tennis and badminton. Students are familiar with bone types  Observational Analysis & Epraise Mini-Test on	experienced lessons focused on the fundamental skills & basic rules of hockey & dance. Students are familiar with illnesses caused by poor lifestyle choices  Observational Analysis & Formative assessment	experienced lessons focused on the fundamental skills & basic rules of athletics, cricket & rounders. Students are familiar with the 4 chambers of the heart Observational Analysis & Epraise Mini-Test on
		Questioning Skeletal joint names & sections of the vertebral column	Joint Types & Sections of the Vertebral column	Questioning on Muscle Types & Antagonistic Pairs	Muscle Types & Antagonistic Pairs	Questioning on the Impacts of Exercise on the CV & Respiratory System	Impacts of exercise on the CV & Respiratory System
	Key Vocabulary	<ul> <li>Obstruction</li> <li>Offside</li> <li>Scrummage</li> <li>Offload</li> <li>Evasive Run</li> <li>Cervical</li> <li>Ball &amp; Socket</li> </ul>	<ul> <li>Cat twist</li> <li>Somersault</li> <li>Formation</li> <li>Dribbling</li> <li>Crossing</li> <li>Thoracic</li> <li>Hinge</li> </ul>	<ul> <li>Squat Thrusts</li> <li>Push-Up</li> <li>Abdominal Crunch</li> <li>Double Dribble</li> <li>Agonist</li> <li>Antagonist</li> </ul>	<ul> <li>Rally</li> <li>Deception</li> <li>Tramlines</li> <li>Drive</li> <li>Flick Serve</li> <li>Involuntary</li> <li>Cardiac</li> </ul>	<ul> <li>Choreography</li> <li>Gesture</li> <li>Slap</li> <li>Drag</li> <li>Heart Rate</li> <li>Blood Pressure</li> <li>BPM</li> </ul>	<ul> <li>Fielders</li> <li>Umpire</li> <li>Wicket-keeper</li> <li>Run-out</li> <li>Breathing Rate</li> <li>Oxygen</li> <li>Carbon</li> <li>Dioxide</li> </ul>
	Enrichment/ Co-Curricular offer	Rugby, Football, Netball, Table Tennis, Badminton Fitness, Trampolining & Dance Clubs	Rugby, Football, Netball, Table Tennis, Badminton Fitness, Trampolining & Dance Clubs	Rugby, Football, Netball, Table Tennis, Handball Fitness, Basketball & Dance Clubs	Rugby, Football, Netball, Table Tennis, Handball Fitness, Basketball & Dance Clubs	Cricket, Rounders, Athletics, Fitness Clubs	Cricket, Rounders, Athletics, Fitness Clubs & Sports Day
Year 9	Content, Knowledge & Skills	Introduction to Fitness Testing & Training Verbalise & Key literacy: definition of key terms and associated with Fitness testing and the reasoning as to why we measure fitness performance. In conjunction students should be able to recall which fitness tests measure which component of fitness Visualise & Kinaesthetic: Students will formally conduct fitness tests both as athletes and as testers.	Advanced Skills & Tactical Application Rugby & Netball Verbalise & Key literacy: definition of key terms and sporting examples associated with Fitness testing. In conjunction students should be able to recall key terms associated with Advanced skills and tactical application found in Rugby & Netball Visualise & Kinaesthetic: Recognise good examples of the application of advanced skills and tactical application in both drill and competitive environments	Advanced Skills & Tactical Application Football & Trampolining Verbalise & Key literacy: definition of key terms and sporting examples associated with Methods of Training. In conjunction students should be able to recall key terms associated with Advanced skills and tactical application found in Football & Trampolining Visualise & Kinaesthetic: Recognise good examples of the application of advanced skills and tactical application in both drill and	Advanced Skills & Tactical Application in Dance & Handball Verbalise & Key literacy: definition of key terms and sporting examples associated with Methods of Training. In conjunction students should be able to recall key terms associated with Advanced skills and tactical application found in Handball & Dance Visualise & Kinaesthetic: Recognise good examples of the application of advanced skills and tactical application in both drill and competitive environments	Advanced Skills & Tactical Application in Table Tennis & Badminton Verbalise & Key literacy: definition of key terms and sporting examples associated with Principles of training. In conjunction students should be able to recall key terms associated with Advanced skills and tactical application found in Table Tennis & Badminton Visualise & Kinaesthetic: Recognise good examples of the application of advanced skills and tactical application in both drill and	Advanced Skills & Tactical Application in Athletics, Cricket & Rounders Verbalise & Key literacy: definition of key terms and sporting examples associated with Coaching Styles. In conjunction students should be able to recall key terms associated with Advanced skills and tactical application found in Athletics, Cricket & Rounders. Visualise & Kinaesthetic: Recognise good examples of the application of advanced skills and tactical

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			in Rugby & Netball. Additionally, students will practically apply advanced skills & tactical application in drills and competitive scenarios in Rugby & Netball.	competitive environments in Football & Trampolining. Additionally, students will practically apply advanced skills & tactical application in drills and competitive scenarios in Football & Trampolining.	in Handball & Dance. Additionally, students will practically apply advanced skills & tactical application in drills and competitive scenarios in Handball & Dance.	competitive environments in Table Tennis & Badminton. Additionally, students will practically apply advanced skills & tactical application in drills and competitive scenarios in Table Tennis & Badminton.	application in both drill and competitive environments in Athletics, Cricket & Rounders Additionally, students will practically apply advanced skills & tactical application in drills and competitive scenarios in Athletics, Cricket & Rounders
	Prior Knowledge	Students have limited prior knowledge on fitness testing. They will have an awareness of how to measure heart rate. They may be familiar with some components of fitness as key terms are often used when teaching developing skills i.e. speed, agility, power etc.	Students have experienced lessons focused on developing their skills and rule understanding in rugby and netball. Students are familiar with joint names & sections of the vertebral column. Students will be familiar with some fitness tests.	Students have experienced lessons focused on developing their skills and rule understanding in football and trampolining. Students are familiar with muscle types, but will be unfamiliar with methods of training.	Students have experienced lessons focused on developing their skills and rule understanding in dance and handball. Students are familiar with antagonistic pairs, but will be unfamiliar with methods of training except circuit.	Students have experienced lessons focused on developing their skills and rule understanding in table tennis and badminton. Students are familiar with the impacts of exercise on the CV system, but will be unfamiliar with the principles of training.	Students have experienced lessons focused on developing their skills and rule understanding in athletics, cricket & rounders. Students are familiar with the impacts of exercise on the CV system, but will be unfamiliar with different coaching styles
	Assessment	Observational Analysis & Formative assessment Questioning on Components of Fitness & Fitness Testing	Observational Analysis & Epraise Mini-Test on Components of Fitness & Fitness Testing	Observational Analysis & Formative assessment Questioning on Methods of Training	Observational Analysis & Epraise Mini-Test on Methods of training	Observational Analysis & Formative assessment Questioning on Training Principles & Coaching Styles	Observational Analysis & Epraise Mini-Test on Impacts of exercise on Training Principles & Coaching Styles
	Key Vocabulary	<ul><li>Cardiovascular Fitness</li><li>Muscular Endurance</li></ul>	<ul> <li>12 minute         Cooper run         Harvard Stp         test     </li> </ul>	Plyometrics     Interval	<ul><li>Weight Resistance</li><li>Fartlek</li></ul>	Weight     Transfer     Contemporary	<ul><li>Intrinsic</li><li>Extrinsic</li><li>Concurrent</li><li>Terminal</li></ul>
	Enrichment/ Co-Curricular offer	Rugby, Football, Netball, Table Tennis, Badminton Fitness, Trampolining & Dance Clubs	Rugby, Football, Netball, Table Tennis, Badminton Fitness, Trampolining & Dance Clubs	Rugby, Football, Netball, Table Tennis, Handball Fitness, Basketball & Dance Clubs	Rugby, Football, Netball, Table Tennis, Handball Fitness, Basketball & Dance Clubs	Cricket, Rounders, Athletics, Fitness Clubs	Cricket, Rounders, Athletics, Fitness Clubs & Sports Day
Year 10&11	Content, Knowledge & Skills	Sport for All & Academic Preparation – Netball & Rugby Focus Students follow an academic pathway or sport for Health and	Sport for All & Academic Preparation – Football & Trampolining Focus Students follow an academic pathway or	Sport for All & Academic Preparation – Handball & Dance Focus Students follow an academic pathway or	Sport for All & Academic Preparation – Table Tennis & HRF Focus Students follow an academic pathway or sport for Health and	Sport for All & Academic Preparation – Net/Wall games & Invasion games Students follow an academic pathway or	Sport for All & Academic Preparation – Cricket, Athletics & Rounders Students follow an academic pathway or sport for Health and

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both of which are taught through medium of Rugby & Netball. Lessons prepare Students for moderation should they take academic PE and further develop existing skills for those who do not ensuring all pupils are encouraged to lead active lifestyles.  Students experience executing skills in more competitive  both of which are taught through medium of which are taught through medium of those who do not ensuring skills in more develop existing skills in more encouraged to lead active lifestyles.  both of which are taught through medium of Table Tennis & HRF. Lessons prepare students for moderation should they take academic PE and further develop existing skills for those who do not ensuring all pupils are encouraged to lead active lifestyles.  Students experience executing skills in more encouraged to lead active lifestyles.  both of which are taught through medium of Table Tennis & HRF. Lessons prepare students for moderation should they take academic PE and further develop existing skills for those who do not ensuring all pupils are encouraged to lead active lifestyles.  Students experience executing skills in more executing skills in more  both of which are taught through medium of Table Tennis & HRF. Lessons prepare students for moderation should they take academic PE and further develop existing skills for those who do not ensuring all pupils are encouraged to lead active lifestyles.  Students experience executing skills in more  both of which are taught through medium of Table Tennis & HRF. Lessons prepare students for moderation should they take academic PE and further develop existing skills for those who do not ensuring all pupils are encouraged to lead active lifestyles.  Students experience executing skills in more  competitive  enjoyment pathway — both of which are taught through medium of Table Tennis & HRF. Lessons prepare students for moderation should they take academic PE and further develop existing skills for those who do not ensuring all pupils are encouraged to lead active lifestyles.  Students
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Assessment	Observational Analysis & Formal assessments for those taking academic PE	Observational Analysis & Formal assessments for those taking academic PE	Observational Analysis & Formal assessments for those taking academic PE	Observational Analysis & Formal assessments for those taking academic PE	Observational Analysis & Formal assessments for those taking academic PE	Observational Analysis & Formal assessments for those taking academic PE
Key Vocabulary	Tackle & Jackal Punt Kicking	<ul><li>Zonal Defence</li><li>Man to Man Marking</li></ul>	Pivot     Jump Shot	<ul><li>Topspin</li><li>Backspin</li><li>Toss Service</li></ul>	<ul><li>Rallying</li><li>Overhead</li><li>Clear</li></ul>	<ul><li>Leg Spin</li><li>Acceleration</li><li>Velocity</li></ul>
Enrichment/ Co-Curricular offer	Rugby, Football, Netball, Table Tennis, Badminton Fitness, Trampolining & Dance Clubs	Rugby, Football, Netball, Table Tennis, Badminton Fitness, Trampolining & Dance Clubs	Rugby, Football, Netball, Table Tennis, Handball Fitness & Dance Clubs	Rugby, Football, Netball, Table Tennis, Handball, Fitness, & Dance Clubs	Cricket, Rounders, Athletics, Fitness Clubs	Cricket, Rounders, Athletics, Fitness Clubs

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## **Academic Physical Education(2 Year Course)**

		Aut	umn	Spr	ing	Sum	mer
		Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
C + 1 - 2 ×	5	Unit 1: PES & Lifestyle Choices + Fitness Tests(practical) Verbalise: definition of key terms and sporting examples associated with physical, emotional and social health. Literacy: Read & Answer both definition based and simplistic exam Q's associated with physical, emotional, social health and lifestyle choices. Visualise & Kinaesthetic: Recognise examples of physical, social and emotional health in a range sports without prompting. Graph analysis: Be able to use the FAKT method to access and answer a graph style question.	Unit 2: Diet and Energy Balance + Fitness Tests (practical) Verbalise: definition of key terms and sporting examples associated with the 7 key nutrients that make up a balanced diet. Literacy: Read & Answer both definition based and simplistic exam Q's associated with diet, energy balance and hydration. Visualise & Kinaesthetic: Recognise examples of when the 7 key nutrients are used in a range sports without prompting.	Unit 3: Sports  Psychology and Skill Acquisition + Fitness Tests (practical) Verbalise: definition of key terms and sporting examples associated with the with sports psychology and skill acquisition. Literacy: Read & Answer both definitions based and simplistic exam Q's associated with sports psychology and skill acquisition. Visualise & Kinaesthetic: Recognise examples of when the 6 classifications of sport are used in a range sports without prompting.	Unit 4: Commercialisation and Ethical Behaviours + Fitness Tests (practical) Verbalise: definition of key terms and sporting examples associated with participation, commercialisation and sporting behaviours. Literacy: Read & Answer both definition based and simplistic exam Q's associated with participation, commercialisation & sporting behaviours. Visualise & Kinaesthetic: Recognise examples of participation, commercialisation , gamesmanship, sportsmanship & deviance in a range sports without	Unit 5: Skeletal  System + Fitness  Tests (practical)  Verbalise: definition of key terms and sporting examples associated with the skeletal system.  Literacy: Read & answer both definition based and simplistic exam Q's associated with the skeletal system.  Visualise & Kinaesthetic: Recognise examples of different types of bones, functions of the skeleton and ranges of movement in a range sports without prompting.	Unit 6: Muscular  System + Fitness  Tests (practical)  Verbalise: definition of key terms and sporting examples associated with the muscular system.  Literacy: Read & answer both definition based and simplistic exam Q's associated with the muscular system.  Visualise & Kinaesthetic:  Recognise examples of different types of muscles, antagonistic pairs and a ranges of muscle fibres in a range of sports without prompting.

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					prompting		
	Prior Knowledge	Students will have a fundamental knowledge key terms on Lifestyle Choices and Potential Illnesses from KS3. They will have also had exposure to a number of fitness tests.	Students will have a fundamental knowledge key terms Diet from KS3.	Students will have a limited prior knowledge on skill acquisition.	Students will have some prior knowledge on of ethical behaviours from KS3(e.g. sportsmanship). Students will have a limited prior knowledge of commercialisation in sport.	Students will have a fundamental knowledge key terms on involved within the skeletal system from KS3	Students will have a fundamental knowledge key terms on involved within the muscular system from KS3
	Assessment	Formal Assessment: Unit 1 + Observational Analysis on chosen sport	Formal Assessment: Unit 2 + Observational Analysis on chosen sport	Formal Assessment: Unit 3 + Observational Analysis on chosen sport	Formal Assessment: Unit 4 + Observational Analysis on chosen sport	Formal Assessment: Unit 5 + Observational Analysis on chosen sport	Formal Assessment: Unit 6 + Observational Analysis on chosen sport
	Key Vocabulary/ reading materials	<ul> <li>Type 2         Diabetes     </li> <li>Coronary         Heart Disease         Cirrhosis         Serotonin         Aesthetic         Appreciation         Co-operation     </li> </ul>	<ul> <li>Macronutrient</li> <li>Carbohydrate</li> <li>Optimum         Weight</li> <li>Energy         Balance</li> <li>Hydration</li> <li>Calorie</li> <li>RDA's</li> </ul>	<ul> <li>Fixed</li> <li>Distributed</li> <li>Visualisation</li> <li>Classification</li> <li>SMART Goals</li> <li>Guidance</li> <li>Feedback</li> <li>Practice</li> <li>Structure</li> </ul>	<ul> <li>Sponsor</li> <li>Commercialisa tion</li> <li>Sportsmanship</li> <li>Gamesmanshi p</li> <li>Deviance</li> <li>Socio-Economic</li> </ul>	<ul> <li>Calcium</li> <li>Ossification</li> <li>Vertebral Column</li> <li>Flexion</li> <li>Extension</li> <li>Abduction</li> <li>Adduction</li> <li>Circumduction</li> </ul>	<ul> <li>Plantarflexion</li> <li>Dorsiflexion</li> <li>Fibre Type</li> <li>Lactic Acid</li> <li>Glycogen</li> <li>Voluntary</li> <li>Involuntary</li> <li>Contraction</li> <li>Gastrocnemius</li> </ul>
	Enrichment/ Co-Curricular offer	Rugby, Football, Netball, Table Tennis, Badminton Fitness, Trampolining, Dance and GCSE Catch- up Clubs	Rugby, Football, Netball, Table Tennis, Badminton Fitness, Trampolining, Dance and GCSE Catch- up Clubs	Rugby, Football, Netball, Table Tennis, Handball Fitness, Dance and GCSE Catch-up Clubs	Rugby, Football, Netball, Table Tennis, Handball Fitness, Dance and GCSE Catch-up Clubs	Cricket, Rounders, Athletics, Fitness and GCSE Catch-up Clubs	Cricket, Rounders, Athletics, Fitness and GCSE Catch-up Clubs
Year 11	Content, Knowledge & Skills	Unit 7: Cardiovascular System + Methods of training (practical) Verbalise: definition of key terms and sporting examples associated with the cardiovascular system. Literacy: Read & answer both definition based and simplistic exam Q's associated with the cardiovascular system. Visualise & Kinaesthetic: Recognise examples of different functions of the cardiovascular system,	Unit 8: Respiratory and Energy System + Methods of training (practical) Verbalise: definition of key terms and sporting examples associated with the respiratory system. Literacy: Read & answer both definition based and simplistic exam Q's associated with the respiratory system. Visualise & Kinaesthetic: Recognise examples of different types of energy	Unit 9: Fitness Testing and Training + S & L  Effects of Exercise (practical)  Verbalise: definition of key terms and sporting examples associated with the fitness testing and training unit of work.  Literacy: Read & Answer both definitions based and simplistic exam Q's associated with the fitness testing and training unit.  Visualise & Kinaesthetic: Recognise examples of	Coursework — Personal Exercise Plan Verbalise: Definitions of key terms and sporting examples associated with components of fitness, methods of training and a training programme. Literacy: Produce a 1500 word Personal Exercise Plan, with tables and graphs. Visualise & Kinaesthetic: Recognise examples of when the 7 components of	Unit 10: Biomechanics and Others Factors Affecting Performance + Methods of training (practical) Verbalise: definition of key terms and sporting examples associated with the biomechanics and other factors affecting performance unit. Literacy: Read & Answer both definitions based and	Units 1 -10 Vs Exam Q's Revision Methods & S & L Effects of Exercise (practical) Literacy: Read & Answer both definitions based and EXTENDED exam Q's associated with units 1-10. Kinaesthetic: Formally demonstrate practical skills in moderation day drills.

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	different blood vessels and blood pressures in a range sports without prompting.	systems in sport without prompting.	components of fitness, fitness tests, methods of training & training principles. Recognise how different forms of training impact on each of the 5 body systems-both short and long term.	fitness are used in practical sport and identify as a strength or weakness.	simplistic exam Q's associated with the biomechanics and other factors affecting performance unit.  Visualise & Kinaesthetic: Recognise examples of different types of injuries and PEDs used in a range of sports without prompting.	
Prior Knowledge	Students will have a fundamental knowledge key terms on involved within the Cardiovascular system from KS3	Students will have a fundamental knowledge key terms on involved within the Respiratory system from KS3	Students will have a practical knowledge of fitness testing and training from KS3 and first year of academic PE	Students have practical knowledge of fitness testing and training. They have also undertaken unit 3(SMART Goals) and unit 9 (Fitness Testing and Training) to prepare them for their coursework	Students will have a limited knowledge of biomechanics, drugs and injuries in sport.	Students have undertaken all 10 units. Furthermore, they will have been assessed in each unit where both strengths and weaknesses in their knowledge will have been highlighted
Assessment	Formal Assessment: Unit 7 + Observational Analysis on chosen sport	Formal Assessment: Unit 8 + Observational Analysis on chosen sport	Formal Assessment: Unit 9 + Observational Analysis on chosen sport	Formal Assessment: Coursework + Observational Analysis on chosen sport	Formal Assessment: Unit 10 + Observational Analysis on chosen sport	Formal mini-mock exam(units 1-10 focus) + Observationa Analysis on Chosen Sport
Key Vocabulary	<ul> <li>Vascular Shunt</li> <li>Vasoconstriction</li> <li>Vasodilation</li> <li>Temperature Regulation</li> <li>Pulmonary Artery</li> <li>Aorta</li> </ul>	<ul> <li>Inhaled</li> <li>Exhaled</li> <li>Tidal Volume</li> <li>Vital capacity</li> <li>Trachea</li> <li>Lungs</li> <li>Diaphragm</li> <li>Oxygen debt</li> <li>Alveoli</li> </ul>	<ul> <li>Balance</li> <li>Co-ordination</li> <li>Reaction Time</li> <li>Agility</li> <li>Power</li> <li>Plyometrics</li> <li>Frequency</li> <li>Intensity</li> </ul>	<ul> <li>Quantitative</li> <li>Analysis</li> <li>Qualitative</li> <li>Appendix</li> </ul>	<ul> <li>Lever</li> <li>Axis</li> <li>Plane</li> <li>Sprain</li> <li>Anabolic</li> <li>Steroids</li> <li>Diuretics</li> <li>Cartilage</li> <li>Preventive</li> </ul>	<ul> <li>Analyse</li> <li>Summarise</li> <li>Evaluate</li> <li>Justify</li> <li>Explain</li> <li>Discuss</li> <li>Compare</li> <li>Recommend</li> </ul>
Enrichment/ Co-Curricular offer	Rugby, Football, Netball, Table Tennis, Badminton Fitness, Trampolining, Dance and GCSE Catch- up Clubs	Rugby, Football, Netball, Table Tennis, Badminton Fitness, Trampolining, Dance and GCSE Catch- up Clubs	Rugby, Football, Netball, Table Tennis, Handball Fitness, Dance and GCSE Catch-up Clubs	Rugby, Football, Netball, Table Tennis, Handball Fitness, Dance and GCSE Catch-up Clubs	Cricket, Rounders, Athletics, Fitness and GCSE Catch-up Clubs	Cricket, Rounders, Athletics, Fitness and GCSE Catch-up Clubs