

5 Year Curriculum Plan PE

	Year 7	Year 8	Year 9
AUTUMN 1	<p style="text-align: center;">Unit 1 Preparation</p> <p>A1:1 Football-Basic Passing/dribbling/shooting/defence A1:2 Rugby- Basic passing/tackling A1:3 Netball-Basic passing/footwork/positioning</p>	<p style="text-align: center;">Unit 1 Preparation</p> <p>A1:1 Football- Turns, 1 v 1, attack/defence A1:2 Rugby-Offside/rucking A1:3 Netball –Movement/dodging/shooting A1:4 Gymnastic</p>	<p style="text-align: center;">Unit 1 Preparation</p> <p>A1:1 Football- Advanced shooting – Attack/def A1:2 Rugby- Advanced attacking/defensive A1:3 Netball- Att/def principles A1:4 Gymnastics</p>
AUTUMN 2	<p style="text-align: center;">Unit 2 Preparation</p> <p>A2:1 Gymnastics – Rolls, paired balances, sequences A2:2 Basketball- Basic passing, dribbling, lay up A2:3 swimming – Initial swimming assessment, stroke technique- FC/BC/BS/BF, Push & glide</p>	<p style="text-align: center;">Unit 2 Preparation</p> <p>A2:1 Gymnastics – Flight and transfer of weight A2:2 basketball- man for man defending, set shot A2:3 swimming- Advanced stroke technique- FC/BC/BS/BF,</p>	<p style="text-align: center;">Unit 2 Preparation</p> <p>A2:1 Gymnastics-Flight/vaulting A2:2 basketball- Screening, attacking and defensive principles A2:3 Swimming- Personal survival, towing, land based recovered</p>
SPRING 1	<p style="text-align: center;">Unit 6 Preparation</p> <p>S1:1 Hockey- Basic rules, push and slap pass S1:2 Invasion games – Principles of space/movement S1:3 Handball- Passing technique, introduction to rules</p>	<p style="text-align: center;">Unit 6 Preparation</p> <p>S1:1 Hockey- Reverse stick, 2v1, short corners S1:2 Invasion games- Creating space/ positioning of a team. S1:3 Handball- jump shot /dribbling/feints</p>	<p style="text-align: center;">Unit 5 Preparation</p> <p>S1:1 Fitness – Interval/continuous/circuit training/ Training principles and training zones S1:1 Handball- attacking/defensive principles</p>
SPRING 2	<p style="text-align: center;">Unit 6 Preparation</p> <p>S2:1 Cricket- Basic fielding/ FFD batting/standing bowling S2:2 Trampolining- Safety, Stopping & basic shapes</p>	<p style="text-align: center;">Unit 6 Preparation</p> <p>S2:1 Cricket-Batting targets, Advanced bowling S2:2 Trampolining- Twists, seat landing</p>	<p style="text-align: center;">Unit 6 Preparation</p> <p>S2:1 Cricket- Gameplay/selection of batting S2:2 Trampolining- Front/back landing</p>
SUMMER 1	<p style="text-align: center;">Unit 1 Preparation</p> <p>Su:1 Athletics – Sprint technique/Basic technique throwing events Su:2 Dance – Dance through the music (Chicago/honey/greatest showman/bhangra</p>	<p style="text-align: center;">Unit 1 Preparation</p> <p>Su:1 Athletics –Sprint starts- Pacing Su: 2 Dance- W/up for dance, mirroring, travelling.</p>	<p style="text-align: center;">Unit 1 Preparation</p> <p>Su:1 Athletics – Advanced run ups for field throwing events Su:2 Dance- Partner work, lifts, advanced travelling</p>
SUMMER 2	<p style="text-align: center;">Unit 2 Preparation</p> <p>S2:1 Rounders- Basic fielding/ Batting and bowling Su2:2 Softball- Introduction basic rules, fielding, batting stance/technique Su2:5 Tennis- ball familiarisation, positioning, short forehand/backhand</p>	<p style="text-align: center;">Unit 2 Preparation</p> <p>S2:1 Rounders- Batting-targets, bowling techniques Su2:2 Softball- Batting in zones, bowling technique Su2:5 Tennis- Short serves, forehand volleys, small sided games</p>	<p style="text-align: center;">Unit 2 Preparation</p> <p>S2:1 Rounders- Game play situation/scenarios Su2:2 Softball- Gameplay scenarios Su2:5 Tennis- Full serve, full sided game, backhand volleys</p>

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	Year 7	Year 8	Year 9 Intro BTEC
AUTUMN 1	<p style="text-align: center;">Unit 1 Preparation</p> <p>A1: Fitness testing – through fitness unit 30m sprint test/MST fitness test/vertical jump Adv./Disadv of tests</p>	<p style="text-align: center;">Unit 3 Preparation</p> <p>A1: Fitness testing – through fitness unit Apply to fitness tests to suitable performers, explaining suitability</p>	<p style="text-align: center;">Unit 6 Preparation</p> <p>A1:1 Introduction to leadership A1:2 Qualities/attributes and skills</p>
AUTUMN 2	<p style="text-align: center;">Unit 1 Preparation</p> <p>A2: Methods of training – through invasion games- Exploring training methods through different sports- Adv./disadv</p>	<p style="text-align: center;">Unit 3 Preparation</p> <p>A2: Methods of training – through invasion games Select correct method of training for own selected sport apply</p>	<p style="text-align: center;">Unit 6 Preparation</p> <p>A2:1 Successful leaders-Examples A1:2 Comparing and contrasting 2 leaders</p>
SPRING 1	<p style="text-align: center;">Unit 1 Preparation</p> <p>S1: Principles of training – through individual activities. Apply to types of training in fitness unit, Apply FITT to improve fitness</p>	<p style="text-align: center;">Unit 3 Preparation</p> <p>S1: Principles of training – through individual activities Apply to different types of training, additional training principles</p>	<p style="text-align: center;">Unit 6 Preparation</p> <p>S1:1. Component of sports activity session S1: 2 Warm up, main activity, cool down S1:3 Develop and plan 2 sessions</p>
SPRING 2	<p style="text-align: center;">Unit 1 Preparation</p> <p>S2: Components of fitness – through practical units Apply to each sport- explain fitness components and apply to sports</p>	<p style="text-align: center;">Unit 1 Preparation</p> <p>S2: Components of fitness – through practical unit- Interpretation of fitness component data Comparing normative data analyse and evaluate results Definitions of components</p>	<p style="text-align: center;">Unit 6 Preparation</p> <p>S2:1 Lead and deliver practical sessions to a group of students. Include 3 main elements.</p>
SUMMER 1	<p style="text-align: center;">Unit 1 Preparation</p> <p>Su: Fitness testing – through practical units Sit & reach/Illinois run/ BMI Adv./Disadv of tests</p>	<p style="text-align: center;">Unit 1 Preparation</p> <p>Su: Fitness testing – through practical units Requirements for fitness tests- Conduct own fitness test procedures and protocols</p>	<p style="text-align: center;">Unit 6 Preparation</p> <p>Su:1 Review leadership session and follow up on feedback Su: 2 Evaluate sessions and create development plan.</p>
SUMMER 2	<p style="text-align: center;">Unit 1 Preparation</p> <p>Su2: Health testing – through practical units BMI/Skinfold testing – HR and target zones used in practical PE lessons</p>	<p style="text-align: center;">Unit 1 Preparation</p> <p>Su2: Health testing – through practical units Advantages/disadvantages of body compositions tests</p>	<p style="text-align: center;">Unit 6 Preparation</p> <p>Su2:1 Write up evaluation and report on leadership session. Su2:2 Complete any coursework or make amendments to work.</p>

5 Year Curriculum Plan PE

Year 10 Year 1 BTEC First	Year 11 Year 2 BTEC First
<p style="text-align: center;">Unit 1: Fitness for Sport & Exercise</p> <p>A1:1 Components of fitness, principles of training A1:2 Fitness training methods A1:3 Fitness testing methods</p>	<p style="text-align: center;">Unit 6: Leading Sports Activities</p> <p>S2:1 Attributes associated S2:2 Planning and leading sports activities S2:3 Review planning and leading</p>
<p style="text-align: center;">Unit 1: Fitness for Sport & Exercise</p> <p>A2:1 Components of fitness, principles of training A2:2 Fitness training methods A2:3 Fitness testing methods</p>	<p style="text-align: center;">Unit 6: Leading Sports Activities</p> <p>Su1:1 Attributes associated Su1:2 Planning and leading sports activities Su1:3 Review planning and leading</p>
<p style="text-align: center;">Unit 1: Fitness for Sport & Exercise</p> <p>S1:1 Components of fitness, principles of training S1:2 Fitness training methods S1:3 Fitness testing methods</p>	<p style="text-align: center;">Unit 5: Training for Personal Fitness</p> <p>S1:1 Design a personal fitness training programme S1:2 Exercise adherence factors S1:3 Implement programme S1:4 Review training programme</p>
<p style="text-align: center;">Unit 2: Practical Sports Performance</p> <p>A1:1 Rules, regs and scoring systems A1:2 Practically demonstrate A1:3 Review sports performance</p>	<p style="text-align: center;">Unit 5: Training for Personal Fitness</p> <p>S2:1 Design a personal fitness training programme S2:2 Exercise adherence factors S2:3 Implement programme S2:4 Review training programme</p>
<p style="text-align: center;">Unit 2: Practical Sports Performance</p> <p>A1:1 Rules, regulations and scoring systems A1:2 Practically demonstrate A1:3 Review sports performance</p>	<p>Complete any missing coursework</p>
<p style="text-align: center;">Unit 2: Practical Sports Performance</p> <p>Su2:1 Rules, regulations and scoring systems Su2:2 Practically demonstrate Su2:3 Review sports performance</p>	

5 Year Curriculum Plan PE

	Year 10 Year 1 BTEC Tech	Year 11 Year 2 BTEC Tech
AUTUMN 1	<p style="text-align: center;">Unit 3: Planning to Improve Nutrition and Fitness</p> <p>A1:1 Principles of training, fitness testing, methods of training and diet A1:2 Demonstrate understanding A1:3 Analyse and evaluate data</p>	<p style="text-align: center;">Unit 2: Encouraging Participation in Sport and Physical Activities</p> <p>A1:1 Investigate health initiatives A1:2 Plan target group participation A1:3 Deliver and review activity session for specific target group</p>
AUTUMN 2	<p style="text-align: center;">Unit 3: Planning to Improve Nutrition and Fitness</p> <p>A2:1 Principles of training, fitness testing, methods of training and diet A2:2 Demonstrate understanding A2:3 Analyse and evaluate data</p>	<p style="text-align: center;">Unit 2: Encouraging Participation in Sport and Physical Activities</p> <p>A1:1 Investigate health initiatives A1:2 Plan target group participation A1:3 Deliver and review activity session for specific target group</p>
SPRING 1	<p style="text-align: center;">Unit 3: Planning to Improve Nutrition and Fitness</p> <p>S1:1 Principles of training, fitness testing, methods of training and diet S1:2 Demonstrate understanding S1:3 Analyse and evaluate data</p>	<p style="text-align: center;">Unit 2: Encouraging Participation in Sport and Physical Activities</p> <p>S1:1 Investigate health initiatives S1:2 Plan target group participation S1:3 Deliver and review activity session for specific target group</p>
SPRING 2	<p style="text-align: center;">Unit 1: Monitoring and Testing Health and Fitness</p> <p>S2:1 Components of fitness S2:2 Health monitoring & testing S2:3 Carry out fitness testing & interpret results</p>	Complete any missing coursework
SUMMER 1	<p style="text-align: center;">Unit 1: Monitoring and Testing Health and Fitness</p> <p>Su1:1 Components of fitness Su1:2 Health monitoring & testing Su1:3 Carry out fitness testing & interpret results</p>	Complete any missing coursework
SUMMER 2	<p style="text-align: center;">Unit 1: Monitoring and Testing Health and Fitness</p> <p>Su2:1 Components of fitness Su2:2 Health monitoring & testing Su2:3 Carry out fitness testing & interpret results</p>	