YEAR 11

DECEMBER: SYNOPTIC PROJECT

MAY: EXAM

Lifelong participation in sport and physical activity

Higher/Further education:
For example, Physical Education A Level or BTEC in Sport

Career in sport:
For example, Physiotherapist or Nutritionist

Health and Safety

Warm up

Main activity

Cool down

Fitness Programme

Professional athlete

Analysis tools

SMART

Analysis and Goal Setting

Alcohol

Drugs

Smoking

Using data

Recovery

HRF Tests

SRF Tests

Activity levels

Diet

Principles of training (SPORT)

FITT

Skill-Related

Definitions

Health-Related

Short term

Long term

Anaerobic

Aerobic

Energy Systems

Effects of Exercise

Health and Fitness

Engage in a variety of sports/activities

Core PE

Optimising a Fitness Programme

Training Methods

Examined PE

Fitness Testing

'Sport for life'

Lifestyle Factors

Engage in 2 sports

Principles of Training

Engage in 2 sports

Heart rate training zones

Repetitions and sets

Final Sports Week

Final Sports Day

Final Sports Awards

Develop independence

Develop ability to work effectively as part of a team

Develop confidence

Develop communication skills

Develop resilience

Exercise safely

YEAR 10

Third Sports Week

Third Sports Day

Third Sports Awards

Stride pattern

Energy systems

Pacing

Efficient transition

Sport 11 & 12

Core PE

Examined PE

Engage in 2 sports

Skeletal System

Engage in 2 sports

Muscular System

Engage in 2 sports

Respiratory System

Engage in 2 sports

Cardiovascular System

Net play

Types of joints

Posture

Structure of a synovial joint and vertebrae

Names and types of bones in the body

Structure and function of the skeletal system

Movement terminology

Names and types of muscles in the body

Types of muscle contractions

Mechanics of breathing

Muscle fibre types

Structure and function of the muscular system

Structure and function of the respiratory system

Lung volumes

Cardiac measurements

Cardiac cycle

Blood Pressure

Structure and function of the cardiovascular system

Drop shot

Principles of training

Components of fitness

Leadership skills

Health and safety

Tactical awareness

One handed catching

Overhead

Groundstrokes with spin

Sport 9 & 10

Sport 7 & 8

Sport 5 & 6

Sport 3 & 4

Contact skills

Tackling

Sport 1 & 2

EXTRA-CURRICULAR VISITS
Summer Term: Football, Tennis and Cricket

Movement terminology

Rebounding

Lay up

Non dominant foot passing

Fielding

Bowling

Batting

Team work

Throwing

Serving

Offensive strokes

Forehand lob

Return of the serve

Year 8 Residential Trip

Second Sports Day

Second Sports Week

Second Sports Awards

Direction

YEAR 9

Sport 7 & 8

Sport 9 & 10

Sport 11 & 12

Levels

Serving

Underhand techniques

Leg action

Approach

Release phase

Posture

Beating opponents

Passing

Overhead techniques

Offensive and defensive movement

Dribbling

Rebounds

Creativity

Marking

Shooting

Catching

EXTRA-CURRICULAR VISITS
Spring Term: Netball and Basketball

Warm up

Cool down

Sport 5 & 6

Sport 3 & 4

Sport 1 & 2

Dodging

Fitness tests

Methods of training

Beating opponents

Running with the ball

Returns

Year 7 Residential Trip

Bowling

Wicket keeping

Volleys

Court positioning

Batting

First Sports Day

First Sports Week

First Sports Awards

Team work

Tactical understanding

Groundstrokes

Fielding

EXTRA-CURRICULAR VISITS
Autumn Term: Ice Hockey and Rugby

YEAR 8

Sport 7 & 8

Sport 9 & 10

Sport 11 & 12

Sending skills

Track

Field

Grip

Unison

Marking

Footwork

Starting

Flight

Positions

Ball control

Finishing

Cannon

Sport 5 & 6

Tackling

Passing skills

Receiving skills

Physical literacy

Shooting

Motif

YEAR 7

Sport 3 & 4

Sport 1 & 2

Pre assessment

Travelling

Contact skills

Handling skills

Serving

Physical fitness

Levels

Dribbling skills

Carrying skills

Try scoring

Forehand shots

Extra-Curricular Clubs Start

welcome

Article 28: Every child has the right to an education