

Curriculum Map

Subject: Physical Education (PE)

		Autumn		Spring		Summer	
		Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 7	Content, Knowledge & Skills	<p><u>Fundamental skills in Rugby & Netball</u> 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</p>	<p><u>Fundamental skills in Football & Trampolining</u> 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</p>	<p><u>Fundamental skills in Health Related Fitness, Handball & Basketball</u> 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.</p>	<p><u>Fundamental skills in Table Tennis & Badminton</u> 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.</p>	<p><u>Fundamental skills in Hockey & Dance</u> 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.</p>	<p><u>Fundamental skills in Athletics, Cricket & Rounders</u> 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</p>
	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 warm-ups & 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

	Knowledge	experienced lessons focused on the fundamental skills & basic rules of rugby and netball. Students are familiar with 3 stages of a warm up	experienced lessons focused on the fundamental skills & basic rules of football and trampolining. Students are familiar with muscle group names	experienced lessons focused on the fundamental skills & basic rules of HRF, basketball and handball. Students are familiar with bone names	experienced lessons focused on the fundamental skills & basic rules of table tennis and badminton. Students are familiar with bone types	experienced lessons focused on the fundamental skills & basic rules of hockey & dance. Students are familiar with illnesses caused by poor lifestyle choices	experienced lessons focused on the fundamental skills & basic rules of athletics, cricket & rounders. Students are familiar with the 4 chambers of the heart
	Assessment	Observational Analysis & Formative assessment Questioning Skeletal joint names & sections of the vertebral column	Observational Analysis & Epraise Mini-Test on Joint Types & Sections of the Vertebral column	Observational Analysis & Formative assessment Questioning on Muscle Types & Antagonistic Pairs	Observational Analysis & Epraise Mini-Test on Muscle Types & Antagonistic Pairs	Observational Analysis & Formative assessment Questioning on the Impacts of Exercise on the CV & Respiratory System	Observational Analysis & Epraise Mini-Test on Impacts of exercise on the CV & Respiratory System
	Key Vocabulary	<ul style="list-style-type: none"> • Obstruction • Offside • Scrummage • Offload • Evasive Run • Cervical • Ball & Socket 	<ul style="list-style-type: none"> • Cat twist • Somersault • Formation • Dribbling • Crossing • Thoracic • Hinge 	<ul style="list-style-type: none"> • Squat Thrusts • Push-Up • Abdominal Crunch • Double Dribble • Agonist • Antagonist 	<ul style="list-style-type: none"> • Rally • Deception • Tramlines • Drive • Flick Serve • Involuntary • Cardiac 	<ul style="list-style-type: none"> • Choreography • Gesture • Slap • Drag • Heart Rate • Blood Pressure • BPM 	<ul style="list-style-type: none"> • Fielders • Umpire • Wicket-keeper • Run-out • Breathing Rate • Oxygen • Carbon Dioxide
	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	<p><u>Introduction to Fitness Testing & Training</u> 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</p> <p><u>Visualise & Kinaesthetic:</u> Students will formally conduct fitness tests both as athletes and as testers.</p>	<p><u>Advanced Skills & Tactical Application Rugby & Netball</u> 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</p> <p><u>Visualise & Kinaesthetic:</u> Recognise good examples of the application of advanced skills and tactical application in both drill and competitive environments</p>	<p><u>Advanced Skills & Tactical Application Football & Trampolining</u> 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</p> <p><u>Visualise & Kinaesthetic:</u> Recognise good examples of the application of advanced skills and tactical application in both drill and</p>	<p><u>Advanced Skills & Tactical Application in Dance & Handball</u> 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</p> <p><u>Visualise & Kinaesthetic:</u> Recognise good examples of the application of advanced skills and tactical application in both drill and competitive environments</p>	<p><u>Advanced Skills & Tactical Application in Table Tennis & Badminton</u> 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</p> <p><u>Visualise & Kinaesthetic:</u> Recognise good examples of the application of advanced skills and tactical application in both drill and</p>	<p><u>Advanced Skills & Tactical Application in Athletics, Cricket & Rounders</u> 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.</p> <p><u>Visualise & Kinaesthetic:</u> Recognise good examples of the application of advanced skills and tactical</p>

			in Rugby & Netball. Additionally, students will practically apply advanced skills & tactical application in drills and competitive scenarios in Rugby & Netball.	competitive environments in Football & Trampoline. Additionally, students will practically apply advanced skills & tactical application in drills and competitive scenarios in Football & Trampoline.	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 style="list-style-type: none"> Cardiovascular Fitness Muscular Endurance 	<ul style="list-style-type: none"> 12 minute Cooper run Harvard Stp test 	<ul style="list-style-type: none"> Plyometrics Interval 	<ul style="list-style-type: none"> Weight Resistance Fartlek 	<ul style="list-style-type: none"> Weight Transfer Contemporary 	<ul style="list-style-type: none"> Intrinsic Extrinsic Concurrent Terminal
	Enrichment/ Co-Curricular offer	Rugby, Football, Netball, Table Tennis, Badminton Fitness, Trampoline & Dance Clubs	Rugby, Football, Netball, Table Tennis, Badminton Fitness, Trampoline & 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	<u>Sport for All & Academic Preparation – Netball & Rugby Focus</u> Students follow an academic pathway or sport for Health and	<u>Sport for All & Academic Preparation – Football & Trampoline Focus</u> Students follow an academic pathway or	<u>Sport for All & Academic Preparation – Handball & Dance Focus</u> Students follow an academic pathway or	<u>Sport for All & Academic Preparation – Table Tennis & HRF Focus</u> Students follow an academic pathway or sport for Health and	<u>Sport for All & Academic Preparation – Net/Wall games & Invasion games</u> Students follow an academic pathway or	<u>Sport for All & Academic Preparation – Cricket, Athletics & Rounders</u> Students follow an academic pathway or sport for Health and

		<p>enjoyment pathway – 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 environments than those seen at KS3. Furthermore, there are increased opportunities to coach/lead within lessons</p>	<p>sport for Health and enjoyment pathway – both of which are taught through medium of Football & Trampoline. 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 environments than those seen at KS3. Furthermore, there are increased opportunities to coach/lead within lessons</p>	<p>sport for Health and enjoyment pathway – both of which are taught through medium of Handball & Dance. 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 environments than those seen at KS3. Furthermore, there are increased opportunities to coach/lead within lessons</p>	<p>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 experience executing skills in more competitive environments than those seen at KS3. Furthermore, there are increased opportunities to coach/lead within lessons</p>	<p>sport for Health and enjoyment pathway – both of which are taught through medium of Net/Wall & Invasion games. 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 environments than those seen at KS3. Furthermore, there are increased opportunities to coach/lead within lessons</p>	<p>enjoyment pathway – both of which are taught through medium of Cricket, Athletics & Rounders. 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 environments than those seen at KS3. Furthermore, there are increased opportunities to coach/lead within lessons</p>
	<p>Prior Knowledge</p>	<p>Students have experienced lessons focused on developing their skills, rule understanding and basic tactical application in rugby and netball. KS4 raises the level of competitiveness in which decisions are made and skills are applied</p>	<p>Students have experienced lessons focused on developing their skills, rule understanding and basic tactical application in football and trampolining. KS4 raises the level of competitiveness in which decisions are made and skills are applied</p>	<p>Students have experienced lessons focused on developing their skills, rule understanding and basic tactical application in handball and dance. KS4 raises the level of competitiveness in which decisions are made and skills are applied</p>	<p>Students have experienced lessons focused on developing their skills, rule understanding and basic tactical application in table tennis & HRF. KS4 raises the level of competitiveness in which decisions are made and skills are applied</p>	<p>Students have experienced lessons focused on developing their skills, rule understanding and basic tactical application in Net/Wall & invasion games. KS4 raises the level of competitiveness in which decisions are made and skills are applied</p>	<p>Students have experienced lessons focused on developing their skills, rule understanding and basic tactical application in cricket, athletics & rounders. KS4 raises the level of competitiveness in which decisions are made and skills are applied</p>

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	<ul style="list-style-type: none"> Tackle & Jackal Punt Kicking 	<ul style="list-style-type: none"> Zonal Defence Man to Man Marking 	<ul style="list-style-type: none"> Pivot Jump Shot 	<ul style="list-style-type: none"> Topspin Backspin Toss Service 	<ul style="list-style-type: none"> Rallying Overhead Clear 	<ul style="list-style-type: none"> Leg Spin Acceleration Velocity
Enrichment/ Co-Curricular offer	Rugby, Football, Netball, Table Tennis, Badminton Fitness, Trampoline & Dance Clubs	Rugby, Football, Netball, Table Tennis, Badminton Fitness, Trampoline & 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

Academic Physical Education(2 Year Course)

		Autumn		Spring		Summer	
		Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 10	Content, Knowledge & Skills	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 of 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 of 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 of 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 of 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 of 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 range of muscle fibres in a range of sports without prompting.

					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 style="list-style-type: none"> Type 2 Diabetes Coronary Heart Disease Cirrhosis Serotonin Aesthetic Appreciation Co-operation 	<ul style="list-style-type: none"> Macronutrient Carbohydrate Optimum Weight Energy Balance Hydration Calorie RDA's 	<ul style="list-style-type: none"> Fixed Distributed Visualisation Classification SMART Goals Guidance Feedback Practice Structure 	<ul style="list-style-type: none"> Sponsor Commercialisation Sportsmanship Gamesmanship Deviance Socio-Economic 	<ul style="list-style-type: none"> Calcium Ossification Vertebral Column Flexion Extension Abduction Adduction Circumduction 	<ul style="list-style-type: none"> Plantarflexion Dorsiflexion Fibre Type Lactic Acid Glycogen Voluntary Involuntary Contraction Gastrocnemius
	Enrichment/ Co-Curricular offer	Rugby, Football, Netball, Table Tennis, Badminton Fitness, Trampoline, Dance and GCSE Catch-up Clubs	Rugby, Football, Netball, Table Tennis, Badminton Fitness, Trampoline, 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	<p>Unit 7: Cardiovascular System + Methods of training (practical)</p> <p>Verbalise: definition of key terms and sporting examples associated with the cardiovascular system.</p> <p>Literacy: Read & answer both definition based and simplistic exam Q's associated with the cardiovascular system.</p> <p>Visualise & Kinaesthetic: Recognise examples of different functions of the cardiovascular system,</p>	<p>Unit 8: Respiratory and Energy System + Methods of training (practical)</p> <p>Verbalise: definition of key terms and sporting examples associated with the respiratory system.</p> <p>Literacy: Read & answer both definition based and simplistic exam Q's associated with the respiratory system.</p> <p>Visualise & Kinaesthetic: Recognise examples of different types of energy</p>	<p>Unit 9: Fitness Testing and Training + S & L Effects of Exercise (practical)</p> <p>Verbalise: definition of key terms and sporting examples associated with the fitness testing and training unit of work.</p> <p>Literacy: Read & Answer both definitions based and simplistic exam Q's associated with the fitness testing and training unit.</p> <p>Visualise & Kinaesthetic: Recognise examples of</p>	<p>Coursework – Personal Exercise Plan</p> <p>Verbalise: Definitions of key terms and sporting examples associated with components of fitness, methods of training and a training programme.</p> <p>Literacy: Produce a 1500 word Personal Exercise Plan, with tables and graphs.</p> <p>Visualise & Kinaesthetic: Recognise examples of when the 7 components of</p>	<p>Unit 10: Biomechanics and Others Factors Affecting Performance + Methods of training (practical)</p> <p>Verbalise: definition of key terms and sporting examples associated with the biomechanics and other factors affecting performance unit.</p> <p>Literacy: Read & Answer both definitions based and</p>	<p>Units 1 -10 Vs Exam Q's Revision Methods & S & L Effects of Exercise (practical)</p> <p>Literacy: Read & Answer both definitions based and EXTENDED exam Q's associated with units 1-10.</p> <p>Kinaesthetic: Formally demonstrate practical skills in moderation day drills.</p>

	different blood vessels and blood pressures in a range of 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) + Observational Analysis on Chosen Sport
Key Vocabulary	<ul style="list-style-type: none"> • Vascular Shunt • Vasoconstriction • Vasodilation • Temperature Regulation • Pulmonary Artery • Aorta 	<ul style="list-style-type: none"> • Inhaled • Exhaled • Tidal Volume • Vital capacity • Trachea • Lungs • Diaphragm • Oxygen debt • Alveoli 	<ul style="list-style-type: none"> • Balance • Co-ordination • Reaction Time • Agility • Power • Plyometrics • Frequency • Intensity 	<ul style="list-style-type: none"> • Quantitative • Analysis • Qualitative • Appendix 	<ul style="list-style-type: none"> • Lever • Axis • Plane • Sprain • Anabolic Steroids • Diuretics • Cartilage • Preventive 	<ul style="list-style-type: none"> • Analyse • Summarise • Evaluate • Justify • Explain • Discuss • Compare • Recommend
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