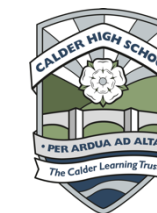


Physical Education Plan



Faculty curriculum intent:

The Physical Education Faculty at Calder Learning Trust aims to provide an inclusive curriculum that builds on the prior knowledge, skills and understanding of all students. We deliver active and engaging lessons to ensure students are adequately challenged to achieve their potential. We encourage students to take responsibility for their own learning and develop their independence. We create opportunities to develop a range of skills which can be applied across the whole school curriculum and into everyday life, such as leadership, communication and confidence. Through competition, we promote the values of resilience and respect whilst also looking at the impact of sporting events within the UK and the wider world, and is the main focus of lessons at KS4. We aim to give students a love of sport, exercise and physical activity that still remains long after their time at the Calder Learning Trust.

Y7

Autumn 1		Autumn 2			Spring 1		Spring 2		Summer 1		Summer 2
Introduction to PE	Invasion Games	Healthy Bodies	Healthy Bodies	Life Skills in PE	Healthy Bodies	Gymnastics	Healthy Bodies	Athletics	Invasion Games	Athletics	Striking and Fielding
<ul style="list-style-type: none"> Teacher assessment of student prior knowledge 	Introduction to <ul style="list-style-type: none"> Passing Footwork Throwing Catching 	Introduction to fitness and wellbeing which covers: <ul style="list-style-type: none"> Different fitness tests Training methods 	Students will look at concepts related to dance. <ul style="list-style-type: none"> Cannon Mirroring Unison Themes Transitions Motifs Creativity 	CPR, first aid, sports careers and diet.	An introduction to fitness and wellbeing which covers: <ul style="list-style-type: none"> Different fitness tests Training methods 	Development of KS2 gymnastics which focuses on: <ul style="list-style-type: none"> Shapes Rolls Balances Transition Movement 	Introduction to fitness and wellbeing which covers: <ul style="list-style-type: none"> Different fitness tests Training methods 	Introduction to Athletics <ul style="list-style-type: none"> Students to complete runs, jumps and throws across a wide range of athletics events. 	Introduction to <ul style="list-style-type: none"> Passing Footwork Throwing Catching 	Introduction to Athletics Students to complete runs, jumps and throws across a wide range of athletics events.	Introduction to <ul style="list-style-type: none"> Batting Bowling Fielding Catching Throwing
Multi Sports	Rugby	Fitness	Dance	Theory	Fitness	Gymnastics	Fitness	Athletics	Netball/ Football	Athletics	Softball/ Rounders Cricket

Y8

Autumn 1		Autumn 2			Spring 1		Spring 2		Summer 1		Summer 2
Gymnastics	Invasion Games	OAA	Healthy Bodies	Life Skills in PE	Healthy Bodies	Leadership	Invasion Games	Athletics	Striking and Fielding	Athletics	Striking and Fielding
Development of gymnastics skills from Year 7 focusing on: <ul style="list-style-type: none"> Shapes Rolls Balances Transition Movement 	Development of skills which focuses on: <ul style="list-style-type: none"> Passing Footwork Throwing Catching Attacking Defending 	Challenges that help to develop: <ul style="list-style-type: none"> Team work Build on trust Problem solving skills 	Development of fitness and wellbeing that covers: <ul style="list-style-type: none"> Different fitness tests Training methods Components of fitness 	CPR, first aid, sports careers and lifestyle choices.	Development of fitness and wellbeing that covers: <ul style="list-style-type: none"> Different fitness tests Training methods Components of fitness 	Sport Education to help develop leadership skills, such as <ul style="list-style-type: none"> Organisation Cooperation Communication Creativity Leadership Teamwork 	Introduction to in relation to netball/ football. <ul style="list-style-type: none"> Passing Footwork Throwing Catching Attacking Defending 	Development of athletics. <ul style="list-style-type: none"> Students will develop an understanding of the correct technique for each athletics event. They will analyse their own and others performance. 	Development of <ul style="list-style-type: none"> Batting Bowling Fielding Catching Throwing 	Building on prior knowledge of athletics. <ul style="list-style-type: none"> Students will develop an understanding of the correct technique for each athletics event. They will analyse their own and others performance. 	Development of <ul style="list-style-type: none"> Batting Bowling Fielding Catching Throwing
Gymnastics	Rugby	OAA	Fitness	Theory	Fitness	Multi Games	Football / Netball	Athletics	Softball/ Rounders Cricket	Athletics	Cricket Softball/Rounders

Y9

Autumn 1		Autumn 2			Spring 1		Spring 2		Summer 1		Summer 2
Invasion Games	Gymnastics	Healthy Bodies	Invasion Games	Life Skills in PE	Leadership	Healthy Bodies	Athletics	Invasion Games	Striking and Fielding	Athletics	Striking and Fielding
Further development of skills <ul style="list-style-type: none"> • Passing • Footwork • Throwing • Catching • Attacking • Defending • Strategies and tactics 	Development of gymnastics skills from Year 7 focusing on: <ul style="list-style-type: none"> • Shapes • Rolls • Balances • Transition • Movement 	Students will apply their knowledge of: <ul style="list-style-type: none"> • Components of fitness • Fitness testing • Training methods • Evaluating performance 	Further development of skills <ul style="list-style-type: none"> • Passing • Footwork • Throwing • Catching • Attacking • Defending • Strategies and tactics 	CPR, first aid, sports careers and improving health.	Sport Education to help develop leadership skills, such as <ul style="list-style-type: none"> • Organisation • Cooperation • Communication • Creativity • Leadership • Teamwork 	Students will apply their knowledge of: <ul style="list-style-type: none"> • Components of fitness • Fitness testing • Training methods • Evaluating performance 	Building on prior knowledge of athletics. <ul style="list-style-type: none"> • Students will develop an understanding of the correct technique for each athletics event. • They will analyse their own and others performance. • Know how to improve their own performance to increase speed, height or distance. 	Further development of skills <ul style="list-style-type: none"> • Passing • Footwork • Throwing • Catching • Attacking • Defending • Strategies and tactics 	Further development of <ul style="list-style-type: none"> • Batting • Bowling • Fielding • Catching • Throwing • Strategies and tactics 	Building on prior knowledge of athletics. <ul style="list-style-type: none"> • Students will develop an understanding of the correct technique for each athletics event. • They will analyse their own and others performance. • Know how to improve their own performance to increase speed, height or distance. 	Further development of <ul style="list-style-type: none"> • Batting • Bowling • Fielding • Catching • Throwing • Strategies and tactics
Rugby	Gymnastics	Fitness	Handball	Theory	Leadership Football/ Netball	Fitness	Athletics	Basketball	Softball/ Rounders	Athletics	Cricket

In Year's 10 and 11, GCSE PE students follow a specified sports path which is chosen to ensure students get the best possible opportunity to increase their practical grades. A number of non-GCSE students will also join them in order to ensure there are sufficient numbers but also that students who have opted not to choose GCSE are still participating with students of a similar skill level. These students will follow a mixture of GCSE and non-GCSE options. Non-GCSE students are given options to select each half term. Students will participate in variety of activities throughout KS4. Students must complete a minimum of one invasion game, one striking and fielding game, athletics and OAA/Team Building. The focus of KS4 is to get students active and applying the skills they have learnt in KS3. We also aim to promote a love of sport, exercise and physical activity that still remains long after their time at the Calder Learning Trust.

GCSE PE	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 10 (2021)	<p>GCSE – Boys Basketball</p> <ul style="list-style-type: none"> - Passing and receiving – chest, bounce, javelin, overhead - Shooting – lay-up, reverse lay-up with weak hand, set, jump - Dribbling – either hand, changes of direction, pace, crossover, spin - Rebounding and boxing out - Footwork – pivot, stop. <p>Girls Netball</p> <ul style="list-style-type: none"> - Passing (shoulder, chest, bounce, two handed over-head) - Handling (ball control) - Catching (one handed, two handed, static, on the move) - Footwork (landing, pivot, running pass) - Evasion (holding space, dodging) - Shooting where appropriate to position (one/two handed, forward/backward step shot) - Defending stages (1: player-to-player; 2: defending the pass; 3: denying space) - Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation 	<p>GCSE – Badminton</p> <ul style="list-style-type: none"> - Serves – low and short, high and deep, flick, drive - Clear shot – forehand and backhand; attacking and defending; overhead, underarm - Drop shot – fast, slow - Drives shot – forehand, backhand; cross court and down-the-line - Smash - Block shot – drop, straight, angled - Net shots – forehand, backhand - Round-the-head clear - Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation 	<p>GCSE - Table Tennis</p> <ul style="list-style-type: none"> - Grip and ready position - Movement at and around the table - Push – forehand and backhand - Topspin drives – forehand and backhand - Serves – chop, top spin and side spin - Return of serve - Loop – forehand and backhand - Sidespin loop – forehand Block. - Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation 	<p>GCSE – Athletics</p> <p>Jump: high, pole, long or triple.</p> <ul style="list-style-type: none"> - Run-up - Take-off - Flight - Landing. <p>Throw: shot putt, javelin, hammer or discus.</p> <ul style="list-style-type: none"> - Initial stance - Grip - Preparation - Movement - Release - Recovery - Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation 	<p>GCSE – Handball</p> <ul style="list-style-type: none"> - Passing (right and left hand, short, long, stationary, on the move) - Catching (one handed, two handed, static, on the move) - Control (stability in performance of skills) - Footwork (running pass, running shot, dribbling) - Evasion (breakthrough, feints with and without a ball) - Shooting where appropriate to position (jump shot from the wing, jump shot from the back court, dive shot, standing shot) - Defending (blocking, tackling, interceptions, stealing, man to man, zonal) - Goal keeping skills (shot stopping – hands, legs, trunk, putting the ball down, long and short shots, fast attack). - Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation 	<p>GCSE – Cricket</p> <p>Batting –</p> <ul style="list-style-type: none"> - Grip, stance, footwork, and back lift - Defensive shots off front and back foot; drives (off, on, cover), cuts and glances (square, late, leg) - Pull, hook and sweep, reverse sweep - Calling, backing up, running between wickets <p>Bowling –</p> <ul style="list-style-type: none"> - Grip, run-up, delivery, follow-through - Line and length - Variation in pace/flight for spin bowling - Variations in pace and line and length for fast/medium bowling - Field placing <p>Fielding –</p> <ul style="list-style-type: none"> - Stopping and returning - Catching close to/away from batsman - Throwing to wicket keeper or at the stumps - Chasing and returning <p>Wicket keeping –</p> <ul style="list-style-type: none"> - Positioning (in relation to pitch and type of bowler), - Stance, - Receiving ball from bowling/fielding,

						<ul style="list-style-type: none">- Catches,- Stumping- Runouts- Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation
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Core PE Year 10 (2021)	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
	Application of: Table Tennis - Grip and ready position - Movement - Shots Trampolining - Jumps - Landings - Somersaults - Routines Football - passing - running with the ball - Tackling - Goal keeping	Application of: Dance - Travel/locomotion/stepping/ pathways - Balance/stillness - Rotation/turning/weight transference - Jumps/elevations - Gestures and motifs Basketball - Passing - Receiving - Dribbling - Footwork Handball - Throwing - Catching - Dribbling - Shooting - Attacking - Defending	Application of: Basketball - Throwing - Catching - Dribbling - Shooting - Footwork Indoor Football - passing - running with the ball - Tackling - Goal keeping Badminton - Serves - Shots - Tactics	Application of: Athletics - Running, - Jumping - Throwing Cricket - Throwing - Catching - Bowling - Fielding Rounders - Throwing - Catching - Batting - Fielding - Tactics Softball - Throwing - Catching - Batting - Fielding - Tactics Handball - Throwing - Catching - Dribbling - Footwork - Shooting - Tactics	Application of: Athletics - Running, - Jumping - Throwing Cricket - Throwing - Catching - Bowling - Fielding Rounders - Throwing - Catching - Batting - Fielding - Tactics Softball - Throwing - Catching - Batting - Fielding - Tactics Handball - Throwing - Catching - Dribbling - Footwork - Shooting - Tactics	Application of: Athletics - Running, - Jumping - Throwing Cricket - Throwing - Catching - Bowling - Fielding Rounders - Throwing - Catching - Batting - Fielding - Tactics Softball - Throwing - Catching - Batting - Fielding - Tactics Handball - Throwing - Catching - Dribbling - Footwork - Shooting - Tactics

GCSE PE (2022)	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
	<p>GCSE – Rugby</p> <ul style="list-style-type: none"> - Passing (running pass, dummy half pass) - Offloading (before/after contact) - Tackling (front, side) - Play the ball (ball presentation/away) - Catching (high ball) - Kicking (goal kicking, punt, grubber) - Running with the ball (evasion – side step or swerve) - Scrum (as per position: binding, drive, hook). <p>- Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation</p>	<p>GCSE – Boys Basketball</p> <ul style="list-style-type: none"> - Passing and receiving – chest, bounce, javelin, overhead - Shooting – lay-up, reverse lay-up with weak hand, set, jump - Dribbling – either hand, changes of direction, pace, crossover, spin - Rebounding and boxing out - Footwork – pivot, stop. <p>Girls Netball</p> <ul style="list-style-type: none"> - Passing (shoulder, chest, bounce, two handed over-head) - Handling (ball control) - Catching (one handed, two handed, static, on the move) - Footwork (landing, pivot, running pass) - Evasion (holding space, dodging) - Shooting where appropriate to position (one/two handed, forward/backward step shot) - Defending stages (1: player-to-player; 2: defending the pass; 3: denying space) - Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation 	<p>GCSE – Hockey</p> <p>Outfield:</p> <ul style="list-style-type: none"> - Passing (drive, push, flick, drag flick, reverse hit) - Receiving the ball (from right, left, behind) - Running with the ball (dribbling, feints, close control) - Tackling (block, lunge, jab) - Evasion (stick side, non-stick side) - Shooting, where appropriate to position (forward line attack, penalty corner) - Defending (channelling, shadowing, man to man, zonal) <p>Goal keeping (if player’s chosen position):</p> <ul style="list-style-type: none"> - Shot stopping (ready position to movement to the ball to deal with angles/deflections, free hits, penalties) - Dealing with ground shots (stick side, non-stick side) - Dealing with aerial shots (stick side, non-stick side) - Kicking (distribution, clearance) - Use of stick/hand - Tackling <p>- Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation</p>	<ul style="list-style-type: none"> • GCSE – Internal moderation of all sports 		

<p>Core PE (2022)</p>	<p>Ultimate Frisbee - Throwing - Catching - Spatial awareness - Attack and defence</p> <p>Trampolining - Jumps - Landings - Somersaults - Routines</p> <p>Basketball - Passing - Receiving - Dribbling - Footwork</p>	<p>Ultimate Frisbee - Throwing - Catching - Spatial awareness - Attack and defence</p> <p>Trampolining - Jumps - Landings - Somersaults - Routines</p> <p>Basketball - Passing - Receiving - Dribbling - Footwork</p>	<p>Application of:</p> <p>Basketball - Throwing - Catching - Dribbling - Shooting - Footwork</p> <p>Indoor Football - passing - running with the ball - Tackling - Goal keeping</p> <p>Badminton - Serves - Shots - Tactics</p> <p>Gymnastics - Shapes - Rolls - Balances - Transition - Movement</p> <p>Orienteering/Team Building - Communication - Leadership - Map reading - Problem Solving</p>	<p>Application of:</p> <p>Athletics - Running, - Jumping - Throwing</p> <p>Cricket - Throwing - Catching - Bowling - Fielding</p> <p>Rounders - Throwing - Catching - Batting - Fielding - Tactics</p> <p>Softball - Throwing - Catching - Batting - Fielding - Tactics</p> <p>Handball - Throwing - Catching - Dribbling - Footwork - Shooting - Tactics</p>	<p>Application of:</p> <p>Athletics - Running, - Jumping - Throwing</p> <p>Cricket - Throwing - Catching - Bowling - Fielding</p> <p>Rounders - Throwing - Catching - Batting - Fielding - Tactics</p> <p>Softball - Throwing - Catching - Batting - Fielding - Tactics</p> <p>Handball - Throwing - Catching - Dribbling - Footwork - Shooting - Tactics</p>	
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GCSE PE Year 10 (2020)	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
	<p>GCSE – Rugby</p> <ul style="list-style-type: none"> - Passing (running pass, dummy half pass) - Offloading (before/after contact) - Tackling (front, side) - Play the ball (ball presentation/away) - Catching (high ball) - Kicking (goal kicking, punt, grubber) - Running with the ball (evasion – side step or swerve) - Scrum (as per position: binding, drive, hook). <p>- Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation</p>	<p>GCSE – Football</p> <p>Outfield:</p> <ul style="list-style-type: none"> - Passing (short passes – push pass, instep) - Running with the ball (dribbling, feints, step overs) - Tackling (block, slide) - Turning with the ball – recycling (Cruyff, drag back) - Striking the ball (free kicks, shooting – dominant foot) OR <p>Goal keeping (if player’s chosen position):</p> <ul style="list-style-type: none"> - Shot stopping – angles, off line/down line, free kicks - Dealing with crosses – high/low - Dealing with back passes (keeping possession, long clearances) - Kicking (punt, goal kicking) - 1 v. 1, attacker v. keeper - Denying space, body position - Handling (catching, parry) - Distribution (throws, short passes). <p>- Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation</p>	<p>Lockdown – Fitness Testing</p> <ul style="list-style-type: none"> - Cooper 12 minute tests (run, swim), - Harvard Step Test; - Hand grip dynamometer - One-minute sit-up. - One-minute press-up - 30m sprint - Vertical jump. - Sit and reach 	<p>GCSE – Hockey</p> <p>Outfield:</p> <ul style="list-style-type: none"> - Passing (drive, push, flick, drag flick, reverse hit) - Receiving the ball (from right, left, behind) - Running with the ball (dribbling, feints, close control) - Tackling (block, lunge, jab) - Evasion (stick side, non-stick side) - Shooting, where appropriate to position (forward line attack, penalty corner) - Defending (channelling, shadowing, man to man, zonal) <p>Goal keeping (if player’s chosen position):</p> <ul style="list-style-type: none"> - Shot stopping (ready position to movement to the ball to deal with angles/deflections, free hits, penalties) - Dealing with ground shots (stick side, non-stick side) - Dealing with aerial shots (stick side, non-stick side) - Kicking (distribution, clearance) - Use of stick/hand - Tackling <p>- Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation</p>	<p>GCSE – Athletics</p> <p>Jump: high, pole, long or triple.</p> <ul style="list-style-type: none"> - Run-up - Take-off - Flight - Landing. <p>Throw: shot putt, javelin, hammer or discus.</p> <ul style="list-style-type: none"> - Initial stance - Grip - Preparation - Movement - Release - Recovery. <p>- Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation</p>	<p>GCSE – Cricket</p> <p>Batting –</p> <ul style="list-style-type: none"> - Grip, stance, footwork, and back lift - Defensive shots off front and back foot; drives (off, on, cover), cuts and glances (square, late, leg) - Pull, hook and sweep, reverse sweep - Calling, backing up, running between wickets <p>Bowling –</p> <ul style="list-style-type: none"> - Grip, run-up, delivery, follow-through - Line and length - Variation in pace/flight for spin bowling - Variations in pace and line and length for fast/medium bowling - Field placing <p>Fielding –</p> <ul style="list-style-type: none"> - Stopping and returning - Catching close to/away from batsman - Throwing to wicket keeper or at the stumps - Chasing and returning <p>Wicket keeping –</p> <ul style="list-style-type: none"> - Positioning (in relation to pitch and type of bowler), - Stance, - Receiving ball from bowling/fielding, - Catches, - Stumping - Runouts <p>- Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation</p>

<p>Core PE Year 10 (2020)</p>	<p>Orienteering - Communication - Leadership - Map reading - Problem Solving</p>	<p>Line ball (netball skills but no positions due to Covid restrictions) - Passing - Footwork - Throwing - Catching - Attacking - Defending</p> <p>Football - passing - running with the ball - Tackling - Goal keeping</p>		<p>Application of: Athletics - Running, - Jumping - Throwing</p> <p>Rounders - Throwing - Catching - Batting - Fielding - Tactics</p> <p>Softball - Throwing - Catching - Batting - Fielding - Tactics</p> <p>Handball - Throwing - Catching - Dribbling - Footwork - Shooting - Tactics</p>	<p>Application of: Athletics - Running, - Jumping - Throwing</p> <p>Rounders - Throwing - Catching - Batting - Fielding - Tactics</p> <p>Softball - Throwing - Catching - Batting - Fielding - Tactics</p> <p>Handball - Throwing - Catching - Dribbling - Footwork - Shooting - Tactics</p>	<p>Application of: Athletics - Running, - Jumping - Throwing</p> <p>Rounders - Throwing - Catching - Batting - Fielding - Tactics</p> <p>Softball - Throwing - Catching - Batting - Fielding - Tactics</p> <p>Handball - Throwing - Catching - Dribbling - Footwork - Shooting - Tactics</p>
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GCSE PE Year 11 (2021)	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
	<p>GCSE – Boys Basketball</p> <ul style="list-style-type: none"> - Passing and receiving – chest, bounce, javelin, overhead - Shooting – lay-up, reverse lay-up with weak hand, set, jump - Dribbling – either hand, changes of direction, pace, crossover, spin - Rebounding and boxing out - Footwork – pivot, stop. <p style="text-align: center;">- Girls Netball</p> <ul style="list-style-type: none"> - Passing (shoulder, chest, bounce, two handed over-head) - Handling (ball control) - Catching (one handed, two handed, static, on the move) - Footwork (landing, pivot, running pass) - Evasion (holding space, dodging) - Shooting where appropriate to position (one/two handed, forward/backward step shot) - Defending stages (1: player-to-player; 2: defending the pass; 3: denying space) - Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation 	<p>GCSE – Badminton</p> <ul style="list-style-type: none"> - Serves – low and short, high and deep, flick, drive - Clear shot – forehand and backhand; attacking and defending; overhead, underarm - Drop shot – fast, slow - Drives shot – forehand, backhand; cross court and down-the-line - Smash - Block shot – drop, straight, angled - Net shots – forehand, backhand - Lift - Round-the-head clear - Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation 	<p>GCSE - Table Tennis</p> <ul style="list-style-type: none"> - Grip and ready position - Movement at and around the table - Push – forehand and backhand - Topspin drives – forehand and backhand - Serves – chop, top spin and side spin - Return of serve - Loop – forehand and backhand - Sidespin loop – forehand - Block. - Application of skills, techniques and decision making under pressure during a conditioned practice and conditioned/formal/competitive situation 	<p>GCSE – Internal moderation of all sports</p>		

Core PE Year 11 (2021)	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	
	Application of: Table Tennis - Grip and ready position - Movement - Shots Trampolining - Jumps - Landings - Somersaults - Routines Football - passing - running with the ball - Tackling - Goal keeping	Application of: Dance - Travel/locomotion/stepping/ pathways - Balance/stillness - Rotation/turning/weight transference - Jumps/elevations - Gestures and motifs Basketball - Passing - Receiving - Dribbling - Footwork Handball - Throwing - Catching - Dribbling - Shooting - Attacking - Defending	Application of: Basketball - Throwing - Catching - Dribbling - Shooting - Footwork Indoor Football - passing - running with the ball - Tackling - Goal keeping Badminton - Serves - Shots - Tactics	Application of: Athletics - Running, - Jumping - Throwing Cricket - Throwing - Catching - Bowling - Fielding Rounders - Throwing - Catching - Batting - Fielding - Tactics Softball - Throwing - Catching - Batting - Fielding - Tactics Hockey - Passing - Dribbling - Attacking - Defending - Shooting	Application of: Athletics - Running, - Jumping - Throwing Cricket - Throwing - Catching - Bowling - Fielding Rounders - Throwing - Catching - Batting - Fielding - Tactics Softball - Throwing - Catching - Batting - Fielding - Tactics Hockey - Passing - Dribbling - Attacking - Defending - Shooting	

**Y10
GCSE**

<p>Health, Fitness and Well-being (Paper 2: Health and Performance)</p>	<p>Sport Psychology (Paper 2: Health and Performance)</p>	<p>Health, Fitness and Well-being (Paper 2: Health and Performance)</p>	<p>Health, Fitness and Well-being (Paper 2: Health and Performance)</p>	<p>Socio-cultural Influences (Paper 2: Health and Performance)</p>	<p>Personal Exercise Programme (Controlled Assessment)</p>
<ul style="list-style-type: none"> Physical, emotional and social health Lifestyle choices Impact of lifestyle choices 	<ul style="list-style-type: none"> Sedentary lifestyles and consequences Balanced diet and the role of nutrients Dietary manipulation for sport Optimum weight 	<ul style="list-style-type: none"> Classification of skills Forms of practice – theory and practical application Types of guidance – theory and practical application Mental preparation for performance; Types of feedback Sports psychology – use of data Goal setting – SMART targets Application of principles of training to a PEP Methods of training Application of methods of training to a PEP 	<ul style="list-style-type: none"> An introduction to using a PEP to develop fitness, health, exercise and performance PARQs; warm ups and cool downs Components of fitness Fitness tests – theory and practice Principles of training Long term effects of training on the cardio-respiratory system Identification and treatment of injury Injury prevention in physical activity Performance enhancing drugs 	<ul style="list-style-type: none"> Factors affecting participation in physical activity Participation rate trends – use of data Commercialisation and the media Deviance in sport 	<ul style="list-style-type: none"> Students will analyse and evaluate their own performance.

**Y11
GCSE**

<p>Applied Anatomy and Physiology (Paper 1: Fitness and Body Systems)</p>	<p>Applied Anatomy and Physiology (Paper 1: Fitness and Body Systems)</p>	<p>Applied Anatomy and Physiology (Paper 1: Fitness and Body Systems)</p>	<p>Movement Analysis (Paper 1: Fitness and Body Systems)</p>	<p>Revision</p>	
<ul style="list-style-type: none"> Classification and roles of muscles Location and roles of key voluntary muscles Antagonistic muscles Fast and slow twitch muscle fibres Long term effects of training on the musculo-skeletal system PEP - Students will analyse and evaluate their own performance 	<ul style="list-style-type: none"> PEP - Students will analyse and evaluate their own performance Functions of the skeletal system Classification of bones Structure of the skeletal system Structure and function of the cardiovascular system Arteries, capillaries and veins Vascular shunting 	<ul style="list-style-type: none"> Components of blood and their significance for physical activity Components of blood and their significance for physical activity Respiratory system – composition of air; lung volumes Location and roles of principal components of respiratory system Structure and function of alveoli 	<ul style="list-style-type: none"> Energy sources; aerobic and anaerobic exercise and short term effects of exercise Lever system – first, second and third class levers Mechanical advantage in sport and physical activity Movement possibilities at joints; utilisation of movement in physical activity Joint classification and impact on movement axes Planes and axes – generalised movement patterns 	<ul style="list-style-type: none"> Recap of all topics covered in preparation for exam. 	