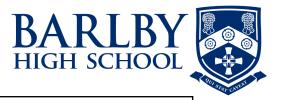


# **Curriculum Overview for KS3 in Sport**

The table below details the skills and knowledge students will be covering each half term in Year 7 in this subject area.

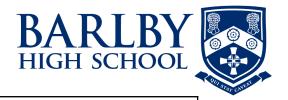
Half Term	1	2	3	4	5	6
Through the medium of the following activities:	FOOTBALL BASKETBALL	HANDBALL RUGBY	GYMNASTICS DANCE	NETBALL BADMINTON	HOCKEY ORIENTEERING	ATHLETICS ROUNDERS
Knowledge and skills which will be covered this year	skills; make  Understand principles a  Know the ti their own e  Know Plan  Know the p safely and  Know the b interpersor and lead sr  Understand independer  Understand Know the p safely and	e suggestions to imed strategic and tact at a basic level; to a he basic common experience; Perform, Evaluate orinciples behind was effectively components, order and parts of a pract the main age apped the nature of the ontly in small groups of compositional ideorinciples behind was effectively	ical principles in far anticipate and responserors and corrections and start to use it arm-up and cool do and muscles involve fferent sections of a and communication tical session ropriate rules and rechallenge in order to	miliar situations in cond to situations as in order to: be a as a tool for self rewn in order to prepared in the warm-up. A practical session skills necessary to be develop the intervences in response with order to prepared in the second in order to prepared in order to prepared in the second in order to prepared in order	order to: apply strate ble to observe other flection. For and recover in order to develop work independent activity. Personal skills necessare for and recover pare for and recover to set composition ware for and recover to set composition ware for and recover to set composition was activity.	egic and tactical ers and learn from r from exercise the ly in small groups essary to work al tasks



- Recognise that different types of activity require different types of fitness
- Recognise the benefits to their health of regular exercise and good hygiene and the benefits of being active.

The table below details the skills and knowledge students will be covering each half term in Year 8 in this subject area.

Half Term	1	2	3	4	5	6
Through the medium of the following activities:	FOOTBALL BASKETBALL	HANDBALL RUGBY	GYMNASTICS DANCE	NETBALL BADMINTON	HOCKEY ORIENTEERING	ATHLETICS ROUNDERS
Knowledge and skills which will be covered this year	<ul> <li>Understand str and tactical prin familiar activities principles more</li> <li>Know Plan, Pe</li> <li>Know the organ order to develor practical session</li> <li>Understand the performance in performance; a responsibility for The main age and Understand concompositional to</li> </ul>	ategic and tactical nciples more effectives/ground to unfame effectively. If the skills necession econcepts of the actional yee performance to making decisions appropriate rules and mpositional ideas masks	c skills in order to a principles more effectively; to select their iliar situations; to an duse it as a tool for munication skills neary to work independentivity and the strenge and use the informations of each of the components and the components are effectively and the components and the components are effectively and the effective effectively are effectively and the effective effec	ectively in familiar so knowledge and un nticipate and descri- reself reflection. ecessary to lead smadently in larger ground gths and weakness of strengths and we mation to influence elop and improve the ne activity.	ituations in order to iderstanding when ibe outcomes, strate hall parts of a praction oups and lead small ses in their own and eaknesses in their of and improve their neir own and others	o: apply strategic moving from tegic and tactical ical session in I parts of a d others' own and others' progress; take s' progress



- Understand the principles used to prepare and recover from exercise
- Recognise and describe how regular involvement in sporting activities affects fitness, health and social wellbeing.
- Know where and how to get involved in health-enhancing activity.

The table below details the skills and knowledge students will be covering each half term in Year 9 in this subject area.

Half Term	1	2	3	4	5	6
Through the medium of the following activities:	FOOTBALL BASKETBALL	HANDBALL RUGBY	BOXERCISE PARKOUR	NETBALL BADMINTON	HOCKEY ORIENTEERING	ATHLETICS ROUNDERS
Knowledge and skills which will be covered this year	activities up quality of the control and Knowledge situations.  • Knowledge themselves strategies at the performance and that of own play at Know Plan Organisation	ndertaken; refine and echniques required of fluency of techniques of specific situations of specific situations as a team and so and tactics used in the concepts of the concepts of the others; use information of the work of others, the concepts of the concepts of the others; use information of the work of others, and communication of warm up safely and warm up safely and communication.	more advanced skind adapt technique to be successful in ues to bring about sons that occur in the catrategies to overselect and apply sone game and apply and the sone initiative and detain gained from a ters.  The and have it embed ation skills necessal and effectively in sread effectively effec	s in different circum invasion games; of successful performine activity in order ercome these scentrategies consister by them to a different trengths and weak cide how to developalysis of a performation at the cide as a tool for sarry to lead small particular trengths.	nstances; improve levelop consistence ance. to anticipate and enarios in order to atly and effectively nt one. nesses in their owr p and improve their ance to influence elf reflection.	the range and by in the precision, respond to organise and adapt and others' rown progress and improve their ession in order to:



- Know the structure of different sections of a practical session.
- How the rules change as the age group increases and a closer to full version of the sport is played.
- Know how to prepare and recover from exercise
- Theoretical knowledge: Effect on performance of the different components of the warm-up. How to take your pulse (fitness testing and emergency). Format of the fitness tests
- Know how to link the fitness tests to training methods. How to set up training methods to meet targets. Borg's RPE and HR training zones.

### **Curriculum Overview for Year KS4 in Sport - CORE**

The table below details the skills and knowledge students will be covering each half term in Year 10 in this subject area.

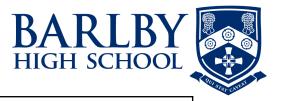
Half Term	1	2	3	4	5	6
Through the medium of the following activities:	FOOTBALL BASKETBALL	HANDBALL RUGBY	BOXERCISE PARKOUR	NETBALL BADMINTON	HOCKEY ORIENTEERING	ATHLETICS ROUNDERS
Knowledge and skills which will be covered this year	<ul> <li>The coaching points for advanced skills in order to show precision, control and fluency in a range of chosen activities;</li> <li>Knowledge of when to apply these techniques in order to apply techniques specific to the game effectively, safely and efficiently</li> <li>Knowledge of further specific situations that occur in the activity in order to adapt strategies, taking account of their own strengths and weaknesses and changing conditions and situations</li> <li>Knowledge of more advanced strategies to overcome these scenarios in order to use principles of performance in planning tactics and strategies for the tasks and challenges</li> <li>The organisational and communication skills necessary to set up and facilitate with appropriate teaching points practices/competition in groups actively coaching to ensure improvement.</li> </ul>					the game strategies, tuations e principles



- Organisational and communication skills necessary to warm up safely and effectively in groups in order to organise and warm up safely and effectively
- The full version of the rules and regulations for schools competition
- Understand the concepts of the activity and the strengths and weaknesses in their own and others' performance in order to: use Plan, Perform, Evaluate; improve their analytical skills and develop either their own or others' performance as a result of the analysis; consistently use information gained from analysis of a performance to influence and improve their own play and the work of others
- Know drills/practice structures and how to condition and adapt practices to change the objective in order to develop either their own or others' performance as a result of the analysis.
- Theoretical knowledge: How to link the fitness tests to training methods. How to set up training methods to meet targets. Borg's RPE and HR training zones. In order to consistently use information gained from analysis of a performance to influence and improve their own play and the work of others
- Basic effects of exercise in order to recognise and evaluate the impact that fitness has on performance and that activity has on fitness
- Know the effects on mental and physical health

The table below details the skills and knowledge students will be covering each half term in Year 11 in this subject area.

Half Term	1	2	3	4	5	6
	FOOTBALL BASKETBALL	HANDBALL RUGBY	BOXERCISE PARKOUR	NETBALL BADMINTON	HOCKEY ORIENTEERING	ATHLETICS ROUNDERS
Knowledge and skills which will be covered this year	tooringuos.					



#### needed

- The full version of the rules and regulations for the open age group version of the game.
- Know advanced drills/practice structures
- Know how to condition the game to change its objective and practise tactical play.
- Know the organisational and communication skills necessary to set up and facilitate with appropriate teaching points practices/competition in groups in order to develop leadership and more advanced collaborative skills.
- Know the organisational and communication skills necessary to set up and facilitate activity where the warm-up is run by students and activity is set-up and run by students.
- Theoretical knowledge: Training effects. Structuring training programmes and the principles of training in order to devise, implement and monitor their own and/or others' exercise and fitness programmes based on principles of safe and effective exercising



## **Curriculum Overview for Year 10 in Sport - BTEC TECH AWARD**

The table below details the skills and knowledge students will be covering each half term in this subject area. Time frames for when students will complete their interim and masters assessments have also been given. Both assessments will aim to assess the knowledge and skills a student has covered up to that point in their education, this also includes the curriculum covered in previous year/s.

Lief Tame					1st MAY	
Half Term	1	2	3	4	5	6
Knowledge and skills which will be covered this year	Component 1: Factivity	Preparing participar	nts to take part in s	port and physical	Component 2: improving othe sporting perform	
	Learning outcome A: Explore types and provision of sport and physical activity for different types of participant					
	_	me B: Examine equoto use when taking	Learning outc Understand ho components of used in differer	w different fitness are		
	Learning outcome sport and physical	me C: Be able to p	activities	,		



## **Curriculum Overview for Year 11 in Sport - BTEC TECH AWARD**

The table below details the skills and knowledge students will be covering each half term in this subject area. Time frames for when students will complete their interim and masters assessments have also been given. Both assessments will aim to assess the knowledge and skills a student has covered up to that point in their education, this also includes the curriculum covered in previous year/s.

Light Towns	15th DECEMBER				MAY 9th
Half Term	1	2	3	4	5
Knowledge and skills which will be covered this year	improving other sporting perform	ome B: Be able a sport and a roles and of officials  ome C: vays to improve	testing and trainin  Learning outcomfitness for sports p  Learning outcomfitness  Learning outcomfitness  Learning outcomfitness  Learning outcomfitness  Learning outcomfitness	ne A: Explore the ir performance ne B: Investigate fit	mportance of the stress testing to the stress testing te

