PE Knowledge Journey

We endeavor for 1 unit to be an external hire. E.g. yoga and boxercise.

Boys:
Boxercise
Volleyball
Throwminton
Stoolball

Table tennis

Girls:
Yoga
Volleyball
Throwminton
Stoolball

Just Dance

Healthy and active lifestyles

Lifelong participation

Healthy competition

YEAR 11

Our PE curriculum for Yr11 is based around alternative sports and taking part in activities that are out of the ordinary.

Emphasis will be placed on participation, recognsing the importance of frequent exercise and how exercise can help relieve stress.

Cricket
- ❑ Batting, bowling & fielding
- ❑ Scoring/wickets
- ❑ Adapted match play

Tennis
- ❑ Singles
- ❑ Doubles
- ❑ K&A of rules
- ❑ Sportsmanship

Athletics
- ❑ Safety
- ❑ Technique
- ❑ Participation
- ❑ ESA (Bronze, silver and gold)

Hockey
- ❑ A&K of rules
- ❑ Positioning
- ❑ Decision making
- ❑ Safe application

Netball
- ❑ Decision making
- ❑ Game play
- ❑ Positioning
- ❑ A&K of rules

YEAR 10

Badminton
- ❑ Court markings
- ❑ Scoring
- ❑ Rules
- ❑ Sportsmanship

Badminton
- ❑ Shot selection
- ❑ Tactics and strategies
- ❑ Deception
- ❑ Court markings (doubles vs singles)
- ❑ Angles

Tennis
- ❑ Shot Selection
- ❑ Analysis
- ❑ Split step
- ❑ Skill recap

Athletics
- ❑ Safety
- ❑ Technique
- ❑ Measure
- ❑ ESA (B, S, G)

Hockey
- ❑ Skill recap
- ❑ Tactics and strategies
- ❑ Performance analysis

Cricket
- ❑ Skill recap
- ❑ Adapted game play
- ❑ Technical "care"

Our Yr10 curriculum is focused on application of skills into competition, with the use of tactics. Students will be expected to analyse performance and adapt performance.

Basketball
- ❑ Game play
- ❑ Full court press, 5 out & man to man marking
- ❑ Application and knowledge of rules

Football
- ❑ Positioning
- ❑ Formation
- ❑ Phases of play
- ❑ Application and knowledge of rules

YEAR 9

Topics will be adapted appropriately depending on misconceptions and general ability (Hands, Head and Heart)

Netball
- ❑ Officiating with rule application
- ❑ Technique analysis (1 to 1, peer and team)
- ❑ Tactics and strategies to outwit

Basketball
- ❑ BEEF
- ❑ Full court game play
- ❑ Screening
- ❑ Triple threat
- ❑ Positioning

Football
- ❑ Performance analysis (1 to 1, peer and team)
- ❑ Attacking and defending tactics
- ❑ Technical *'care'*

Cricket
- ❑ Technique of fundamentals
- ❑ Basic rule application
- ❑ Long barrier

Tennis
- ❑ Recap of Yr7 skills
- ❑ Hitting to space
- ❑ Spatial awareness
- ❑ Angle of racket strings

Athletics
- ❑ Safety
- ❑ Technique
- ❑ Measure
- ❑ ESA (Bronze, silver and gold)

Hockey
- ❑ Different types of passes
- ❑ Indian dribble
- ❑ Control
- ❑ Safe application

Badminton
- ❑ Overhead clear
- ❑ Drop shot
- ❑ Smash
- ❑ Push serve vs underarm serve
- ❑ Spatial awareness
- ❑ Movement

Athletics events:
- 100m
- 200m
- 400m
- 800m
- Shot put
- High jump
- Discus
- Javelin

YEAR 8

Hockey
- ❑ Push pass
- ❑ Gripping the stick
- ❑ Safe gameplay
- ❑ Basic dribbling
- ❑ Basic rule application in small sided gameplay

Cricket
- ❑ Batting
- ❑ Bowling
- ❑ Throwing
- ❑ Catching
- ❑ Stopping the ball

Tennis
- ❑ Control
- ❑ Rallying
- ❑ Forehand
- ❑ Backhand
- ❑ Point scoring

Athletics
- ❑ Safety
- ❑ Technique
- ❑ Measure
- ❑ ESA (Bronze, silver and gold)

Netball
- ❑ Technique
- ❑ Recap of skills
- ❑ Rules
- ❑ Dodging

Basketball
- ❑ Shooting form (e.g. Technique)
- ❑ Tactics and strategies
- ❑ Different types of passes
- ❑ Marking

Football
- ❑ Technique of key skills
- ❑ Communication
- ❑ Rules + officiating
- ❑ Use of space
- ❑ Attacking vs defensive phases

Our spiral curriculum means topics will be repeated each year, but with deepening levels of difficulty / increasing complexity in lessons and reinforcing previous learning.

YEAR 7

Badminton
- ❑ Grip
- ❑ Ready position
- ❑ Forehand
- ❑ Backhand
- ❑ Serving
- ❑ Point scoring

Netball
- ❑ Passing
- ❑ Receiving
- ❑ Basic rule understanding
- ❑ Positioning
- ❑ Shooting

Basketball
- ❑ Lay up
- ❑ Set shot
- ❑ Dribbling
- ❑ Passing
- ❑ Basic rule application

Football
- ❑ Passing
- ❑ Dribbling
- ❑ Control
- ❑ Shooting
- ❑ Movement
- ❑ Awareness

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Sport Science Knowledge Journey

Careers in Sport

Higher Education Pathways

YEAR 11

R180 (EXAM) - Reducing the risk of sports injuries and dealing with common medical conditions

TA4 – Reducing, risk, treatment and rehab of sports injuries and medical condictions
TA5- Causes, symptoms and treatment of medical conditions
RAG of topics and recap
Exam based questions and past papers
Revision strategies
Exam technique

Exam – May 2027

L2 Sports Leaders

Unit 3 – Assist in planning and leading a sports/physical activity event

Unit 4 – Lead sport/physcial activity sessions in your community

Completion of workbook

R183 - Nutrition and Sports Performance

Task 1 - /6 marks

Nutrients for a healthy diet (fats, carbs, protein, vitamins, minerals, fibre & hydration)
Food sources/examples
Application to client

Task 2 - /12 marks

Nutrients needed for various types of physical activity (aerobic, anaerobic and strength exercises
Application to client

Task 3 - /12 marks

Diet plan design
Justification of choices and impact on the client

Task 4 - /10 marks

Nutritional behaviours (overeating, undereating and dehydration)
Impact on the client and their activity

YEAR 10

L2 Sports Leaders

Unit 1 – Building leadership skills
Unit 2 – Plan, lead and evaluate sports/physical activity sessions

Completion of workbook

R180 (EXAM) - Reducing the risk of sports injuries and dealing with common medical conditions

TA1 – Factors that influence injury
TA2 – Warm up and cool down
TA3 – Types and causes of sports injury
Termly topic assessments
Topic homework

Task 5 - /12 marks

Evaluation of training program
Pre, mid and post data
SMART summary

Task 4 - /14 marks

6 week training program
Contingency plan
Program considerations
W/U & C/D

R181 - Applying the principles of training: fitness and how it affects skill performance (60 marks)

Task 1 - /12 marks

Components of fitness
Fitness Testing
Normative data
Data analysis
Test conditions

Task 2a - /9 marks

Skill application
Sporting examples

Task 2b - /9 marks

Most important CoF
Activity design
Data analysis

Task 3a - /15 marks

Principles of training
SPOR
FITT
SMART
Application of client info

Task 3B - /9 marks

7 types of training (Continuous, Fartlek, Circuit, Plyometric, Weight/resistance, HIIT, Intensity)
Application of client info

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