

Department: PE/BTEC Sport

EPS	Year 7	Year 8	Year 9	Year 10	Year 11
2	Focus:	Focus:	Focus:	Focus: Leading Sports Activities	Focus:
	Boys – Rugby, Table tennis	Boys – Rugby, Table Tennis	Boys – Rugby, Table Tennis		Fitness for Sport and Exercise
	Girls – Netball, Dance	Girls – Netball, Dance	Girls – Netball, Dance	Structure:	
					<u>Structure</u>
	Structure:	Structure:	Structure:	Unit 6 split into 3 specific	
				assignments:	1 paper worth 25% of overall final
	Ongoing formative assessment of	Ongoing formative assessment of	Ongoing formative assessment of	1 – What makes a good sports	grade. Marked out of 60.
	relevant skills, techniques, tactics	relevant skills, techniques, tactics and choreography.	relevant skills, techniques, tactics	leader?	Pupils have opportunity to re-sit
	and choreography. Summative assessment lesson	Summative assessment lesson	and choreography. Summative assessment lesson	2 – Planning and delivering a sports session	exam paper once during year 11
	focusing on all key skill areas	focusing on all key skill areas	focusing on all key skill areas	3 – Evaluation a sports activity	Knowledge and skills
	learnt and how pupils apply learnt	learnt and how pupils apply learnt	learnt and how pupils apply learnt	session	assessed:
	knowledge into competitive	knowledge into competitive	knowledge into competitive	36331311	<u>assesseu.</u>
	situations.	situations.	situations.	Knowledge and skills	Physical fitness and skill-related
				assessed:	fitness components.
	Knowledge and skills	Knowledge and skills	Knowledge and skills		manese compensation.
	assessed:	assessed:	assessed:	Know the attributes associated	Exercise intensity including Max
				with successful sports leadership.	HR, HR training zones and
	Pupils will be assessed against	Pupils will be assessed against	Pupils will be assessed against	, , , ,	Rating of Perceived Exertion
	practical elements of the activity	practical elements of the activity	practical elements of the activity	Know what a good sports leader	(Borg Scale)
	and against individual skills,	and against individual skills,	and against individual skills,	is and understand how to become	(Borg Scale)
	techniques and team tactics	techniques and team tactics	techniques and team tactics	one.	FITT D
	where appropriate.	where appropriate.	where appropriate.	5110.	FITT Principles of Training
				Understand the structure when	
				planning and delivering a lesson.	Additional Principles of Training
				pianning and delivering a lesson.	including: Progressive Overload,
				Understand how to offertively	Specificity, Adaptation, Variation,
				Understand how to effectively	Rest and Recovery
				communicate with others.	
					Methods of Training for Flexibility,
				Risk assessments - how and why	Strength, Muscular Endurance
				they are needed.	and Power. Aerobic Endurance
					and Speed.
					Fitness Testing and interpreting
					results for Aerobic Endurance.
					,
					Muscular Endurance, Power,

Speed, Flexibility, Muscular Strength and Body Composition. Applying sport-specific examples to a range of fitness related questions. Focus: Applying the principles of Focus: Focus: Boys - Basketball, Football Boys - Basketball, Football Focus: personal training Boys - Basketball, Football Girls – Trampolining, Football Girls – Trampolining, Football Girls – Trampolining, Football Structure: Structure: Ongoing formative assessment of Structure: Unit covers topics including Structure: relevant skills, techniques, tactics Ongoing formative assessment of anatomy and physiology, Ongoing formative assessment of and choreography. relevant skills, techniques, tactics designing and implement a six relevant skills, techniques, tactics Summative assessment lesson and choreography. week training programme, and choreography. focusing on all key skill areas Summative assessment lesson evaluating a programme with Summative assessment lesson learnt and how pupils apply learnt focusing on all key skill areas future goal setting focusing on all key skill areas knowledge into competitive learnt and how pupils apply learnt learnt and how pupils apply learnt situations. knowledge into competitive Knowledge and skills knowledge into competitive situations. assessed: situations. Knowledge and skills assessed: Knowledge and skills Information to aid a fitness Knowledge and skills assessed: training programme assessed: Pupils will be assessed against practical elements of the activity Pupils will be assessed against Programme design Pupils will be assessed against and against individual skills, practical elements of the activity practical elements of the activity techniques and team tactics and against individual skills, Musculoskeletal system and against individual skills, where appropriate. techniques and team tactics techniques and team tactics where appropriate. Cardiorespiratory system where appropriate.

					Safely completing a fitness training programme Review a fitness training programme
6	Focus: Boys – Athletics and Cricket Girls – Athletics and Striking and Fielding Structure: Ongoing formative assessment of relevant skills, techniques, tactics and choreography. Summative assessment lesson focusing on all key skill areas learnt and how pupils apply learnt knowledge into competitive situations. Knowledge and skills assessed: Pupils will be assessed against practical elements of the activity and against individual skills, techniques and team tactics where appropriate.	Focus: Boys – Athletics and Cricket Girls – Athletics and Striking and Fielding Structure: Ongoing formative assessment of relevant skills, techniques, tactics and choreography. Summative assessment lesson focusing on all key skill areas learnt and how pupils apply learnt knowledge into competitive situations. Knowledge and skills assessed: Pupils will be assessed against practical elements of the activity and against individual skills, techniques and team tactics where appropriate.	Focus: Boys – Athletics and Cricket Girls – Athletics and Striking and Fielding Structure: Ongoing formative assessment of relevant skills, techniques, tactics and choreography. Summative assessment lesson focusing on all key skill areas learnt and how pupils apply learnt knowledge into competitive situations. Knowledge and skills assessed: Pupils will be assessed against practical elements of the activity and against individual skills, techniques and team tactics where appropriate.	Focus: Practical Sports Performance Structure: Unit 2 split into 3 specific units 1 – Rules and regulations of 2 selected sports 2. – Practical sports performance in 2 selected sports 3 – Evaluate performance suggestions areas for development with justifications Knowledge and skills assessed: Rules and regulations of 2 different sports activities Roles and responsibilities of officials in in 2 different sports activities The scoring systems of 2 different sports activities Isolated practices Conditioned practices Competitive situations of 2 selected sports Designing and implementing an observation checklist	

	Strengths and areas for development of your sports	
	performance	

PHYSICAL EDUCATION	Autumn Term	Spring term	Summer term	Assessment of learning	Enrichment opportunities / wider reading
Year 7	Boys –Rugby, Table tennis Girls – Netball, Dance	Boys – Basketball, Football Girls – Trampolining, Football	Boys – Cricket and Athletics Girls – Athletics and Striking and Fielding	Assessment in Physical Education is a formative process where pupils are assessed practically in all the sports they complete throughout Year 7, 8 and 9. Pupils also complete assessment-tracking booklets where they set targets against areas for development in each sport and respond to them at the end of each unit of work	Across key stage 3 there are a wide range of school teams and clubs for pupils to access including: Boys football Girls football Girls Netball Boys Rugby Girls Rugby Basketball Badminton Dance Cricket Athletics Rounders
Year 8	Boys –Rugby, Table tennis Girls – Netball, Dance	Boys – Basketball, Football Girls – Trampolining, Football	Boys – Cricket and Athletics Girls – Athletics and Striking and Fielding		
Year 9	Boys –Rugby, Table tennis Girls – Netball, Dance	Boys – Basketball, Football Girls – Trampolining, Football	Boys – Cricket and Athletics Girls – Athletics and Striking and Fielding		
Year 10 – BTEC SPORT	In Year 10, the BTEC Sport course covers Unit 6 Leading Sports Activities , where pupils learn about the attributes, qualities and responsibilities that a good sports leader requires. Pupils also research two different sports leaders, whilst also designing, delivering an evaluating a sports leadership lesson that they teach to primary school aged pupils. Also in Year 10, pupils complete Unit 2 Practical Sports Performance . This unit includes pupils completing a range of different assessments in 2 sports of their choice.			The BTEC Sport Level 2 course is assessed using a variety of methods. Assignments for each unit vary; however include PowerPoint presentations, written Word documents, observation record sheets, written reports and practical sports performance. The Unit 1	At KS4, clubs, school teams and extracurricular activities are still offered as outlined above at KS3 however, there a variety of lunchtime and after-school EPS sessions to support pupils on the BTEC Sport course. Useful Links to Revision Materials
Year 11 – BTEC SPORT	In the first terms of Year 11, pupils complete Unit 1 Fitness for Sport and Exercise , which is assessed by online examination. Topics covered include: components of fitness and principles of training, fitness training methods and fitness testing. Finally, in the Spring/Summer terms of Year 11, pupils complete Unit 3 Applying the Principles of Personal Training. In this unit pupils, design and evaluate a personal training programme alongside learning about the cardiorespiratory and musculoskeletal systems.		Fitness for Sport and Exercise topic is an online examination which can be re-visited if pupils are unhappy with their original grading.	https://www.amazon.co.uk/BTEC- First-Sport-Revision-Guide/ https://www.amazon.co.uk/BTEC- First-Sport-Revision-Workbook	

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