



Term	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn Term	<p>Rotation of activities. Skill development.</p> <p>Application of skills within conditioned game.</p> <p>Knowledge of basic rules.</p>	<p>Rotation of activities. Skill development.</p> <p>Specific role development within the game.</p> <p>Basic tactical awareness.</p> <p>Application of skills within the full game.</p> <p>Application of rules within the full game.</p>	<p>Rotation of activities. Advanced skill development.</p> <p>Full game situation.</p> <p>Development of tactical awareness.</p> <p>Application and variation on rules within the full game.</p>	<p>Theory Content Preparation for on-screen exam.</p> <p>Components of fitness and fitness testing.</p>	<p>Practical Sport Continued. Describe the rules regulations and scoring systems for two sports.</p> <p>Officiate four scenarios for two different sports of their choosing.</p> <p>Evaluation and analysis of own performance with recommendations for improvement.</p> <p>Controlled assessment: Practical Sport</p>
Spring Term	<p>Fitness</p> <p>Components of fitness and activities in which they are required.</p> <p>Choice of recreational activity focus on life-long participation.</p>	<p>Fitness testing</p> <p>Linking of the components of fitness to fitness testing. Recall of equipment, units and method of testing.</p> <p>Choice of recreational activity focus on life-long participation.</p>	<p>Fitness methods and principles.</p> <p>Knowledge development of how to improve different components of fitness.</p> <p>Choice of recreational activity focus on life-long participation.</p>	<p>Theory Content-Preparation for exam.</p> <p>Methods and Principles of Training.</p> <p>Students will complete the exam.</p>	<p>Sports Performer in Action</p> <p>Production of booklet outlining the short and long term effects of exercise on the cardio-respiratory system.</p> <p>Description of the three energy systems with application to sporting examples.</p> <p>Controlled assessment: Sport Performer in Action</p>
Summer Term	<p>Athletic Activities.</p> <p>Knowledge of basic technique and rules of competition.</p> <p>Striking and Fielding</p> <p>Basic skill development.</p> <p>Application of skills within the conditioned game.</p> <p>Knowledge of basic rules.</p>	<p>Athletic Activities</p> <p>Exploration of principles of throwing, running and jumping. Breaking down of event into phases. Officiating the event.</p> <p>Striking and Fielding</p> <p>Specific role development within the game.</p> <p>Basic tactical awareness.</p> <p>Application of skills within the game.</p> <p>Application of rules within the full game.</p>	<p>Athletic Activities</p> <p>Knowledge of advanced technique and rules regulations and tactics of full competition. Running of a competition.</p> <p>Striking and Fielding</p> <p>Advanced skill development.</p> <p>Full game situation.</p> <p>Development of tactical awareness.</p> <p>Application and variation on rules within the full game.</p>	<p>Practical Sport</p> <p>Students demonstrate skills in two sports and perform in a fully officiated game.</p> <p>Students will describe the skills and tactics required.</p>	<p>Leadership in Sport</p> <p>Analysis of leadership qualities with the comparison of two successful leaders.</p> <p>Planning, delivery and analysis of two sporting sessions.</p> <p>Controlled assessment: leadership in Sport.</p>