

PE

Curriculum Principles

By the end of their secondary education, a student of PE at Dixons Broadgreen will:

Aims of the PE National Curriculum is to develop competences. To excel in a broad range of physical activities and be physically active for sustain periods of time, engaging in competitive sports activities and lead healthy active lifestyles.

At Dixons Broadgreen Academy the PE department aims to use the 3 pillars of progression to meet the breadth and ambition of the National Curriculum.

- 1. Motor competence knowledge and range of movements that become increasingly sport and physical active specific.
- 2. Rules, strategies and tactics knowledge of the conventions of participation in different sports and physical activities.
- 3. Healthy participation knowledge of safe and effective participation.

At DBA we aim for students to

- have developed a secure foundation of fundamental movement skills which allow students to develop and apply their motor competence to a wide range of sports
- have developed knowledge in a wide range of sports including rules, strategies and tactical decision-making skills that can be applied successfully into either competitive situations or situations that apply pressure to students decision making.
- know the physical, mental and social benefits of healthy lifelong participation in physical activity and have considered the negative impacts of following a sedentary lifestyle.
- have, if they continue their study to examination PE at key stage 4, developed their knowledge in a wide range of sporting contexts outside of performing including understanding how the body works and its response to exercise, sports psychology and diet.

Our uniting 'sentence' is: " The PE department endeavours to instil a love for lifelong participation of physical activity for all students"

In order to achieve a true understanding of PE, topics have been intelligently sequence based on the following rationale:

- In order to meet the aims of the NC we aim to develop students' knowledge, understanding and applications of motor competence, rules, strategies, tactics and their understanding of healthy participation in PA.
- Throughout KS3 students will develop their motor competence to build on and apply fundamental motor skills into sport specific practices. Staff are aware of the close link between competence and confidence. Low competence can lead to low confidence. Lesson are carefully planned and sequenced to provide students with confidence (low stake tasks / discussions about prior experience) in order to develop their motor competence in the long term. Rules strategies and tactical principles will be introduced and will be applied in a competitive environment. The main focus will be to improve students decision making based on the rules or tactics for each specific sport. This will be done through competitive and conditioned practices. Motor competence and rules, strategies and tactics are mutually taught. With the main focus being motor competence in Year 7. Students will be introduced to rules, strategies and tactics from Y7 but not assessed on their application of them until Y9. This gives student adequate time to develop their motor competence without the pressure of applying tactics to their performance. This does not mean students will not be taught rules, strategies and tactics as they are a fundamental part of sport.
- KS3 students will develop the skill, knowledge and confidence to understand healthy participation in PA in and outside
 of the classroom environment. Students will be taught the benefits exercise can have on the body. How exercise can affect heart
 rate and how fitness can not only positively impact sporting performance but also general health and well being. The aim is to
 develop their knowledge and understanding of healthy participation so they can apply it to their journey towards a healthy, active
 lifestyle.
- In KS3 every PE lesson will begin with a topic specific student lead practical 'Do Now' that will ensure students are suitably warmed up ready for the lesson. Throughout the cycle students are introduced to key underlying skills and principles through skills practices which will then be embedded into a competitive situation or conditioned practice or performance situation. Rules, regulations, tactics and performance techniques will be developed throughout lessons.



- At KS4 core PE the activities are aimed to develop high quality athletes that can demonstrate and apply basic, core and advanced physical skills; a range of tactical proficiencies; a deep understanding of rules and regulation principles and an ability to apply all of these correctly in a range sport-specific competition. In KS4 students are given more autonomy over their learning allowing them to focus on selected sports / activities they aim to master (e.g. swimming, Badminton) to enable them to apply this in their own healthy active lifestyle. There is a greater emphasis on rules, strategies and tactics at KS4 as student should have developed their FMS and motor competence during KS3 and now be applying these competences to game / competitive situations. At KS4 student also have the opportunity to study GCSE PE, Btec Sport and Btec Dance allowing students autonomy over their preferred examination subject.
- At KS5 students can study OCR Cambridge Technical Diploma in Sport and Physical Activity which is a vocational course. The course is designed to provide specialist work related qualifications and give the students the knowledge, understanding and skills that they need to prepare for employment or higher education. The course consists of 8 units internally assessed through a mixture of coursework and practical, and 3 external examination units. Students have 10 lessons across two weeks and the course is equivalent to 2 A-Levels.
- Technical proficiency of physical skills relies on regular practice over an extended period of time. Topics from KS3 are interleaved and structured to allow for ongoing development and practice of skill and sport specialisms. Skills and tactics can be transferred across multiple sports. Staff make these links clear to students to reduce their cognitive load and support their application. For example pivoting in basketball and Handball, tactics in Badminton and Table Tennis.
- Fundamentally, the curriculum has been sequenced to allow students to gradually build a depth of physical skill through the application of this procedural and substantive knowledge in a wide range of sporting contexts. These encompass western and non- western traditions from throughout history and will be explored through performance in lessons and extra-curricular opportunities such as the clubs and fixtures.

The PE curriculum will address social disadvantage by addressing gaps in students' knowledge and skills:

- Our curriculum is designed around the most disadvantaged learner in our community. We are careful not to assume any prior general knowledge or access to physical activity and sport. All students are taught a rigorous curriculum which extends beyond the expectations set by the national curriculum for PE. Although students are taught in groups, we have the same high expectations of all students and we do not narrow the curriculum based on prior attainment. All students are taught from the same scheme so that everyone has access to the same powerful knowledge, but some activities may be supplemented or modelled as required for individual or small groups of students.
- Disadvantaged students and those from identified underrepresented groups are prioritised by teachers when creating and implementing their intervention and prevention plans. Teachers will identify the gap instruction focus and then personalise highly tailored teaching methods such as targeted questioning, scaffolding, peer coaching or breakout groups for those students.
- Communication and teamwork can be a key determining factor in a child's future social and professional success. Often, students
 from disadvantaged backgrounds do not always have the same level of social and cultural competencies as their non-disadvantaged
 peers. As a result, the PE curriculum strongly promotes and provides many opportunities for practice of communicating effectively
 with others to be successful in a team or deal with conflict. Teacher's pre-plan groups prior to the lesson to ensure students are
 working with the most suitable peer to support their learning. Roles such a Do Now leader/ equipment manager will also be given
 to targeted students who may benefit from experience with increased responsibility and leadership.
- Students with special educational needs or disabilities are given extra support were identified on IP sheets. Students can be taught or re-taught in a small group setting so that their needs can be catered for. Students who are new to English will receive extra support with vocabulary and literacy in PE. Teachers will use suitable buddies and groupings to support learning of most vulnerable and SEND students.

We fully believe PE can contribute to the personal development of students at DBA:

- PE lessons are imperative for a student to develop their physical health and well-being, but also understand why being physically healthy is important so that they can thrive in a top job and have a great life. Students will engage in high levels of activity that have lasting impact on their cardiorespiratory and muscular systems when sustained. Students in KS4 examination classes will study the impact of drugs, obesity and a sedentary lifestyle on people.
- The social development (social health) of our students is nurtured through the challenges that each individual sport or activity presents. All lessons will require students to communicate effectively with each other and, at times, work in teams or small groups to overcome barriers. Lessons have been designed to support students in being confident communicators taking lead where necessary and be comfortable with making mistakes or losing.
- Resilience, determination and self-esteem are just some of the many psychological factors that can be imperative to a person's mental health. It is well researched that exercise can have positive effects on a person's mental well-being and the PE curriculum has high expectations and challenging activities will push students out of their comfort zones and careful scaffolding of successes and next



steps will help students to improve their self-esteem. Fitness activities that focus on cardiovascular and muscular endurance will help instil that grit and determination to not give up when faced with difficulty.

Throughout all years, students will be breaking down cultural barriers that exist within sport and society. Students will work together
in mixed ability groups to understand and appreciate different backgrounds such as gender, religion and disability. For example,
all students will take part in activities such as Dance and Football. At KS4 in GCSE / BTEC PE, students will have time to discuss
priority groups in sport and look at some of the barriers that they must overcome. Student also have the opportunity to develop
their leadership skills within the curriculum and outside of school hours. Students can take part in dance leadership and football
leadership with local primary schools. In KS5 students will host events for primary students and be responsible for all aspects of
the event from the planning to the delivery.

At KS4 and KS5, our belief is that homework should be interleaved revision of powerful knowledge that has been modelled and taught in lessons. This knowledge is recalled and applied through a range of low stakes quizzing and practice.

Opportunities are built in to make links to the world of work to enhance the careers, advice and guidance that students are exposed to:

• The PE department teaches links to careers throughout KS4 and KS5 examination classes. Providing students with the knowledge and understanding of what is required for the next steps of their career and development. Students are exposed to careers via workshops, employability links and an embedded CEIAG whole school curriculum. Students are given advice on areas such as teaching, personal training, coaching, physiotherapy.

A true love of PE involves learning about various cultural domains. We teach beyond the specification requirements, but do ensure students are well prepared to be successful in GCSE examinations:

- The activities pupils are provided with transfer many of the skills acquired and needed to be successful at GCSE but offer students the opportunity to explore sports from different cultures across the world and find an activity to pursue into adulthood.
- The PE Department offers many extra-curricular clubs after school and are available to all students to develop their skill set, understanding of the game/activity and socialise with peers. As part of this, students are given multiple opportunities to represent the academy at local competitions.

Assessment rational

Students will be assessed across 8 sports throughout the academic years. They will be given a percentage out of 100 for each sport they participate in. The percentage marks will be broken into grade boundaries with the use of terminology to support the students understanding of what the percentage means.

The assessment scale moves from foundation towards excellence. Students being graded in the foundation stage will be able to perform basic skills in isolation with limited success in a game situtation or conditioned practice. Student being graded in the excellence stage will be able to perform complex skills with auccess nearly all the time while under pressure in a game situtation or conditioned practice.



| Week | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Week 13 | Week 14 |
|------------------|--|--|--|---|--|---|---|---|---|--|--|---|---|--|
| Cycle 1 | 30/08/22 | 05/09/22 | 12/09/22 | 19/09/22 | 26/09/22 | 03/10/22 | 10/10/22 | 17/10/22 | 07/11/22 | 14/11/22 | 21/11/22 | 28/11/22 | 05/11/22 | |
| Notes | All seating plans to be completed | | | | | | | | <mark>07/11/22</mark> student reset | 18/11/22 Data and planning day | | | | |
| | Onboarding | Boys – Table Tennis Basketball | Boys – Table Tennis Basketball | Boys – Table Tennis Basketball | Boys – Table Tennis Basketball | Boys – Table Tennis Basketball | Boys – Football Basketball | Boys – Football Fitness | Boys – Football Basketball | Boys – Football Fitness | Boys – Football Fitness | Boys – Football Fitness | Boys – Football Fitness | |
| | | Girls – Swimming Football | Girls – Swimming Football | Girls – Swimming Football | Girls – Swimming Football | Girls – Swimming Football | Girls – Badminton Fitness | Girls - Badminton Fitness | Girls - Badminton Fitness | Girls – Badminton Dodgeball Y11 PPE exam in Sportshall | Girls – Badminton Fitness Y11 PPE exam in Sportshall | Girls - Badminton Fitness | Girls - Badminton Fitness | |
| Test | | | | | | | | | | | | | | |
| Retest | 42/42/22 | 40/42/22 | 02/04/22 | 00/01/22 | 4.6.104.100 | 22/04/22 | 20/04/22 | 00/00/00 | 20/02/22 | 27/02/22 | 00/00/00 | 42/02/22 | 20/02/22 | |
| Cycle 2 Notes | 12/12/22 16/12/22 Data and planning day | 19/12/22 | 02/01/23 04/01/23 student reset | 09/01/23 Y10 Mid-year Exams | 16/01/23 Y10 Mid-year Exams | 23/01/23 | 30/01/23 | 06/02/23 10/02/23 Dixons Trust Inset Day | 20/02/23 20/02/23 student reset | 27/02/23 | 06/03/23 6/03/23 and 07/03/22 Data & planning days 09/03/23 Y10 parents evening | 13/03/23 | 20/03/23 | |
| | Boys – Badminton Football Girls – Swimming | Boys – Badminton Football Girls - Swimming | Boys – Girls – Swimming Dodgeball | Boys – House competition Girls – | Boys – House competition Girls – | Boys – Swimming Dodgeball Girls – Netball | Boys – Swimming Dodgeball Girls – Netball | Boys – House competition Girls – | Boys – House competition Girls – | |
| | Dodgeball | Dodgeball | | Y10 PPE exams in Sporthall | Y10 PPE exams in Sporthall | Fitness | Fitness | Fitness | Fitness | Fitness | Fitness | Y11 PPE exam in Sportshall | Y11 PPE exam in Sportshall | |
| Test | | | | | | | | | | | | | | |
| Retest | | | | | | | | | | | | | | |
| Cycle 3 Notes | 27/03/23 | 17/04/22 17/04/23 student reset | 24/04/23 | 01/05/23 01/05/22 May Day | 08/05/23 | 15/05/23 | 22/05/23 | 05/06/23 05/06/23 student reset | 12/06/23 | 19/06/23 | 26/06/23 | 03/07/23 | 10/07/22 | 17/07/22 20/07/23 Data and planning day 21/07/23 End of term |
| | Boys – Athletics Handball Girls – | Boys – Athletics Handball Girls – | Boys – Athletics Handball | Boys – Athletics Handball | Boys – Athletics Handball Girls – | Boys – Athletics Handball | Boys – Athletics Handball | Boys – Swimming Basketball / Dodgeball | Boys – Swimming Basketball / Dodgeball | Boys – Swimming Basketball / Dodgeball | Boys – Swimming Basketball / Dodgeball | Boys – Swimming Basketball / Dodgeball | Boys – Swimming Basketball / Dodgeball | |
| | Swimming Dance | Swimming Dance | Girls – Swimming Dance | Girls – Swimming Dance | Swimming Dance | Girls – Swimming Dance Summer | Girls – Rounders Athletics | Girls – Rounders Athletics | Girls – Rounders Athletics | Girls – Rounders Athletics | Girls – Rounders Athletics | Girls – Rounders Athletics | Girls – Rounders Athletics | |
| | | | | | | Exams start | | | | | | | | |
| Test | | | | | | | | | | | | | | |
| Retest | | | | | | | | | | | | | | |



| Week | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Week 13 | Week 14 |
|------------------|--|--|--|---|---|--|--|---|---|--|--|---|---|--|
| Cycle 1 | 30/08/22 | 05/09/22 | 12/09/22 | 19/09/22 | 26/09/22 | 03/10/22 | 10/10/22 | 17/10/22 | 07/11/22 | 14/11/22 | 21/11/22 | 28/11/22 | 05/11/22 | |
| Notes | All seating plans to be completed | | | | | | | | 07/11/22 student reset | 18/11/22 Data and planning day | | | | |
| | Onboarding | Boys – Table Tennis Basketball | Boys – Table Tennis Basketball | Boys – Table Tennis Basketball | Boys – Table Tennis Basketball | Boys – Table Tennis Basketball | Boys – Football Basketball | Boys – Football Fitness | Boys – Football Basketball | Boys – Football Fitness | Boys – Football Fitness | Boys – Football Fitness | Boys – Football Fitness | |
| | | Girls – Swimming Football | Girls – Swimming Football | Girls – Swimming Football | Girls – Swimming Football | Girls – Swimming Football | Girls – Badminton Fitness | Girls - Badminton Fitness | Girls - Badminton Fitness | Girls – Badminton Dodgeball Y11 PPE exam in Sportshall | Girls – Badminton Fitness Y11 PPE exam in Sportshall | Girls - Badminton Fitness | Girls - Badminton Fitness | |
| Test Retest | | | | | | | | | | | | | | |
| Cycle 2 | 12/12/22 | 19/12/22 | 02/01/23 | 09/01/23 | 16/01/23 | 23/01/23 | 30/01/23 | 06/02/23 | 20/02/23 | 27/02/23 | 06/03/23 | 13/03/23 | 20/03/23 | |
| Notes | 16/12/22 Data and planning day | | 04/01/23 student reset | Y10 Mid-year Exams | Y10 Mid-year Exams | | | 10/02/23 Dixons Trust Inset Day | 20/02/23 student reset | | 6/03/23 and 07/03/22 Data & planning days 09/03/23 Y10 parents evening | | | |
| | Boys – Badminton Football Girls – | Boys – Badminton Football Girls - | Boys – Girls – Swimming Dodgeball | Boys – House competition Girls – | Boys – House competition Girls – | Boys – Swimming Dodgeball Girls – | Boys – Swimming Dodgeball Girls – | Boys – Swimming Dodgeball Girls – | Boys – Swimming Dodgeball Girls – | Boys – Swimming Dodgeball Girls – | Boys – Swimming Dodgeball Girls – | Boys – House competition Girls – | Boys – House competition Girls – | |
| | Swimming Dodgeball | Swimming Dodgeball | Dougeoun | Y10 PPE exams in Sporthall | Y10 PPE exams in Sporthall | Netball Fitness | Netball Fitness | Netball Fitness | Netball Fitness | Netball Fitness | Netball Fitness | Y11 PPE exam in Sportshall | Y11 PPE exam in Sportshall | |
| Test | | | | | | | | | | | | | | |
| Retest | | | | | | | | | | | | | | |
| Cycle 3 Notes | 27/03/23 | 17/04/22 17/04/23 student reset | 24/04/23 | 01/05/23 01/05/22 May Day | 08/05/23 | 15/05/23 | 22/05/23 | 05/06/23 05/06/23 student reset | 12/06/23 | 19/06/23 | 26/06/23 | 03/07/23 | 10/07/22 | 17/07/22 20/07/23 Data and planning day 21/07/23 End of term |
| | Boys – Athletics Handball | Boys – Athletics Handball | Boys – Athletics Handball | Boys – Athletics Handball | Boys – Athletics Handball | Boys – Athletics Handball | Boys – Athletics Handball | Boys – Swimming Basketball / Dodgeball | Boys – Swimming Basketball / Dodgeball | Boys – Swimming Basketball / Dodgeball | Boys – Swimming Basketball / Dodgeball | Boys – Swimming Basketball / Dodgeball | Boys – Swimming Basketball / Dodgeball | |
| | Girls – Athletics Dance | Girls – Athletics Dance | Girls – Athletics Dance | Girls – Athletics Dance | Girls – Athletics Dance | Girls – Athletics Dance | Girls – Rounders | Girls – Rounders | Girls – Rounders | Girls – Rounders | Girls – Rounders | Girls – Rounders | Girls – Rounders | |
| | | | | | | Summer Exams start | | | | | | | | |
| Test | 1 | | 1 | 1 | 1 | | 1 | | | | | | | |
| | 1 | | 1 | | | | 1 | | | | | | 1 | 1 |



| Week | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Week 13 | Week 14 |
|-------------------|---|---|---|---|---|---|---|---|--|--|--|--|--|--|
| Cycle 1 | 30/08/22 | 05/09/22 | 12/09/22 | 19/09/22 | 26/09/22 | 03/10/22 | 10/10/22 | 17/10/22 | 07/11/22 | 14/11/22 | 21/11/22 | 28/11/22 | 05/11/22 | Week 21 |
| Notes | All seating plans to be completed | | | | | | | | 07/11/22 student reset | 18/11/22 Data and planning day | | | | |
| | Oshaardiaa | Choice of Football Badminton Basketball | Choice of Football Badminton Basketball | Choice of Football Badminton Basketball | Choice of Football Badminton | Choice of Football Badminton Basketball | Choice of Football Badminton Basketball | |
| | Onboarding | Table Tennis Fitness Swimming | Table Tennis Fitness Swimming | Table Tennis Fitness Swimming | Basketball Table Tennis Fitness Swimming | Table Tennis Fitness Swimming | Table Tennis Fitness Swimming | |
| | | Applying skill to a game situation | Applying skill to a game situation | Applying skill to a game situation | Applying skill to a game situation | Applying skill to a game situation | Applying skill to a game situation | Applying skill to a game situation | Applying skill to a game situation | Applying skill to a game situation | Applying skill to a game situation | Applying skill to a game situation | Applying skill to a game situation | |
| Test | | | | | | | | | | | | | | |
| Retest Cycle 2 | 12/12/22 | 19/12/22 | 02/01/23 | 09/01/23 | 16/01/23 | 23/01/23 | 30/01/23 | 06/02/23 | 20/02/23 | 27/02/23 | 06/03/23 | 13/03/23 | 20/03/23 | |
| Notes | 16/12/22 Data and planning day | | 04/01/23 student reset | Y10 Mid-year Exams | Y10 Mid-year Exams | | | 10/02/23 Dixons Trust Inset Day | <mark>20/02/23</mark> student reset | | 6/03/23 and 07/03/22 Data & planning days 09/03/23 Y10 parents evening | | | |
| | Choice of Football Badminton Basketball Table Tennis Fitness Swimming | Choice of Football Badminton Dodgeball Table Tennis Fitness Swimming | |
| Test | Applying skill to a game situation | Applying skill to a game situation | Applying skill to a game situation | Applying skill to a game situation | Applying skill to a game situation | Applying skill to a game situation | Applying skill to a game situation | Applying skill to a game situation | |
| Retest | | | | | | | | | | | | | | |
| Cycle 3 | 27/03/23 | 17/04/22 | 24/04/23 | 01/05/23 | 08/05/23 | 15/05/23 | 22/05/23 | 05/06/23 | 12/06/23 | 19/06/23 | 26/06/23 | 03/07/23 | 10/07/22 | 17/07/22 |
| Notes | | 17/04/23 student reset | | <mark>01/05/22</mark> May Day | | | | <mark>05/06/23</mark> student reset | | | | | | 20/07/23 Data and planning day 21/07/23 End of term |
| | Choice of Football | Choice of Football | Choice of Football | Choice of Football | Choice of Football | Choice of Football | |
| | Badminton | Dodgeball | Dodgeball | Dodgeball | Dodgeball | Dodgeball | Dodgeball | |
| | Dodgeball Table Tennis | Fitness | Fitness Swimming | Fitness Swimming | Fitness Swimming | Fitness Swimming | Fitness Swimming | |
| | Fitness | Swimming Rounders | Rounders | Rounders | Rounders | Rounders | Rounders | |
| | Swimming | Applying skill to a game situation | Applying skill to a | |
| | Applying skill to a game situation | Applying skill to a game situation | Applying skill to a game situation | Applying skill to a game situation | | game situation | |
| Test | | | | | | | | | | | | | | |
| Retest | | | | | | | | | | | | | | |
| netest | | | | | | | | | | | | | | |



| Week | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Week 13 | Week 14 |
|----------------|---|--|--|----------------------------------|---------------------------|---------------------------------------|---------------------------|--|--|--|--|---------------------------------------|--------------------------------|--|
| Cycle 1 | 30/08/22 | 05/09/22 | 12/09/22 | 19/09/22 | 26/09/22 | 03/10/22 | 10/10/22 | 17/10/22 | 07/11/22 | 14/11/22 | 21/11/22 | 28/11/22 | 05/11/22 | |
| Notes | All seating plans to be completed | | | | | | | | <mark>07/11/22</mark> student reset | 18/11/22 Data and planning day | | | | |
| | | Skeletal system | Skeletal system | Skeletal system | Skeletal system | Muscular- system | Muscular-system | Muscular-system | Revision | Revision / Recall test | QLA – exam analysis | CV System | CV system | CV System |
| | Onboarding | Orientations / Baseline assessment | Functions | Type of bones | Joints | Types of movement | Antagonistic pairs | Fibre Types | | | | Functions | Arteries veins and cappilaries | Blood |
| Test | | Table Tennis Badminton | Table Tennis Badminton | Table Tennis Badminton | Table Tennis Badminton | Table Tennis Badminton | Table Tennis Badminton | Table Tennis Badminton | Table Tennis Badminton | | Table Tennis Badminton | Table tennis Badminton | Table Tennis Badminton | Table Tennis Badminton |
| Test Retest | | | | | | | | | | | | | | |
| Cycle 2 | 12/12/22 | 19/12/22 | 02/01/23 | 09/01/23 | 16/01/23 | 23/01/23 | 30/01/23 | 06/02/23 | 20/02/23 | 27/02/23 | 06/03/23 | 13/03/23 | 20/03/23 | |
| Notes | 16/12/22 Data and planning day | | 04/01/23 student reset | Y10 Mid-year Exams | Y10 Mid-year Exams | | | 10/02/23 Dixons Trust Inset Day | 20/02/23 student reset | | 6/03/23 and 07/03/22 Data & planning days 09/03/23 Y10 parents evening | | | |
| | Respiratory systems | Respiratory system | Respiration Short and long term effects of exercise | Revision / PPE exam | Revision / PPE exam | QLA – Exam analysis Closing Gap | Closing Gaps | Components of Fitness | Components of Fitness | Methods of training | Methods of training | Training Zones and Thresholds | Principles of Training | Principles of Training |
| | Table Tennis Badminton | Table Tennis Badminton | Table Tennis Badminton | Table Tennis Badminton | Table Tennis Badminton | Table Tennis Badminton | Table Tennis Badminton | Table Tennis Badminton | Table Tennis Badminton | Table Tennis Badminton | Table Tennis Badminton | Table Tennis Badminton | Table Tennis Badminton | Table Tennis Badminton |
| Test | | | | | | | | | | | | | | |
| Retest | | | | | | | | | | | | | | |
| Cycle 3 | 27/03/23 | 17/04/22 | 24/04/23 | 01/05/23 | 08/05/23 | 15/05/23 | 22/05/23 | 05/06/23 | 12/06/23 | 19/06/23 | 26/06/23 | 03/07/23 | 10/07/22 | 17/07/22 |
| Notes | | 17/04/23 student reset | | <mark>01/05/22</mark> May Day | | | | <mark>05/06/23</mark> student reset | | | | | | 20/07/23 Data and planning day 21/07/23 End of term |
| | Coursework | Coursework | Coursework | Coursework | Coursework | Coursework | Coursework | Coursework | Revision and consolidation in preparation for C3 assessment | Revision and consolidation in preparation for C3 assessment | QLA – Exam analysis Closing Gap | QLA – Exam analysis Closing Gap | Table Tennis Badminton | |
| | Table Tennis Badminton | Training program | Training program | Training program | Training program | Training program | Training program | Training program | | | | | | |
| Test | | | | | | | 1 | | | | | | | |
| Retest | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |



| Cycle 130/08/22NotesAll seating plans to be completedOnboardingOnboardingTestRetestCycle 212/12/22Notes16/12/22Data and planning dayHealth Fitness and wellbeingTestTable tennis BadmintonsTestRetest | 05/09/22 Orientation Information Information Information Information | 12/09/22Recap y10 content – Introduce planes and axisHandball02/01/23 student reset 05/01/23 Y11 parents evening Nutrition | 19/09/22 Recap Y10 content – Handball 09/01/23 Nutrition | 26/09/22 Safety in sport Handball Ind/01/23 Classification of skills | Handball 23/01/23 Guidance and | 10/10/22 Performance Enhancing Drugs Handball 30/01/23 Mental | 17/10/22Exam 1 Revision Introduce Levers / PlanesHandball Assessment Off timetable for filming06/02/2310/02/23 Dixons Trust Inset DayInfluences of | 07/11/22 07/11/22 student reset Exam 1 Revision Table tennis Badmintons 20/02/23 20/02/23 20/02/23 student reset | 14/11/22 18/11/22 Data and planning day Y11 PPE1 Exams PPE1 exam – Paper 1 Table tennis Badmintons 27/02/23 | 21/11/22 Y11 PPE1 Exams PPE1 Exam – paper 1 Table tennis Badmintons 06/03/23 6/03/23 and 07/03/23 Data & planning days | 28/11/22 QLA analysis and closing the gaps Table tennis Badmintons 13/03/23 Y11 PPE2 Exams | 05/11/22 Closing the gaps Table tennis Badmintons 20/03/23 Y11 PPE2 Exams | Closing the gaps Table tennis Badmintons |
|--|---|--|--|--|--------------------------------|---|--|---|---|---|--|--|--|
| plans to be completedOnboardingTestRetestCycle 216/12/22Notes16/12/22Data and planning dayHealth Fitness and wellbeingTable tennis BadmintonsTest | 19/12/22 Lifestyle choices | content – Introduce planes and axis Handball 02/01/23 04/01/23 student reset 05/01/23 Y11 parents evening | content – Handball 09/01/23 | Handball Inf/01/23 | Handball 23/01/23 Guidance and | Enhancing Drugs Handball 30/01/23 | Introduce Levers / Planes Handball Assessment Off timetable for filming 06/02/23 10/02/23 Dixons Trust Inset Day | reset Exam 1 Revision Table tennis Badmintons 20/02/23 20/02/23 student reset | and planning day Y11 PPE1 Exams PPE1 exam – Paper 1 Table tennis Badmintons | PPE1 Exam – paper 1 Table tennis Badmintons 06/03/23 6/03/23 and 07/03/23 Data & | closing the gaps Table tennis Badmintons 13/03/23 | Table tennis Badmintons | Table tennis |
| TestRetestCycle 212/12/22Notes16/12/22Data and planning dayHealth Fitness and wellbeingTable tennis BadmintonsTestImage: Comparison of the second | 19/12/22 Lifestyle choices | content – Introduce planes and axis Handball 02/01/23 04/01/23 student reset 05/01/23 Y11 parents evening | content – Handball 09/01/23 | Handball Inf/01/23 | Handball 23/01/23 Guidance and | Enhancing Drugs Handball 30/01/23 | Introduce Levers / Planes Handball Assessment Off timetable for filming 06/02/23 10/02/23 Dixons Trust Inset Day | Table tennis Badmintons 20/02/23 20/02/23 student reset | Paper 1 Table tennis Badmintons | paper 1 Table tennis Badmintons 06/03/23 6/03/23 and 07/03/23 Data & | closing the gaps Table tennis Badmintons 13/03/23 | Table tennis Badmintons | Table tennis |
| Retest Cycle 2 12/12/22 Notes 16/12/22 Data and planning day Health Fitness and wellbeing Table tennis Badmintons Test | Lifestyle choices | 02/01/23 04/01/23 student reset 05/01/23 Y11 parents evening | 09/01/23 | 16/01/23 Classification | 23/01/23 Guidance and | 30/01/23 | Assessment Off timetable for filming 06/02/23 10/02/23 Dixons Trust Inset Day | Badmintons 20/02/23 20/02/23 student reset | Badmintons | Badmintons 06/03/23 6/03/23 and 07/03/23 Data & | Badmintons 13/03/23 | Badmintons | |
| Retest Cycle 2 12/12/22 Notes 16/12/22 Data and planning day Health Fitness and wellbeing Table tennis Badmintons Test | Lifestyle choices | 04/01/23 student reset 05/01/23 Y11 parents evening | | Classification | Guidance and | | 10/02/23 Dixons Trust Inset Day | <mark>20/02/23</mark> student reset | 27/02/23 | <mark>6/03/23</mark> and 07/03/23 Data & | | | |
| Cycle 212/12/22Notes16/12/22 Data and planning dayHealth Fitness and wellbeingTable tennis BadmintonsTest | Lifestyle choices | 04/01/23 student reset 05/01/23 Y11 parents evening | | Classification | Guidance and | | 10/02/23 Dixons Trust Inset Day | <mark>20/02/23</mark> student reset | 27/02/23 | <mark>6/03/23</mark> and 07/03/23 Data & | | | |
| Notes 16/12/22 Data and planning day Health Fitness and wellbeing Health Fitness and wellbeing Table tennis Badmintons Health Fitness Test Health Fitness | Lifestyle choices | 04/01/23 student reset 05/01/23 Y11 parents evening | | Classification | Guidance and | | 10/02/23 Dixons Trust Inset Day | <mark>20/02/23</mark> student reset | | <mark>6/03/23</mark> and 07/03/23 Data & | | | |
| and wellbeing Table tennis Badmintons Test | choices | Nutrition | Nutrition | | | Mental | Influences of | | | | | | |
| Badmintons Test | | | | | feedback | preparations | Participation | Commercialisation' | Sporting Behaviour | Revision | PPE1 Exam – paper 1 | PPE1 Exam – paper 1 | QLA analysis and closing the gaps |
| | Table tennis Badmintons Off time table for assessment | Table tennis Badmintons Off time table for assessment | | | | | | | Football assessment | | | | |
| Rotoct | | | | | | | | | | | | | |
| Nelesi | | | | | | | | | | | | | |
| Cycle 3 27/03/23 | 17/04/22 | 24/04/23 | 01/05/23 | 08/05/23 | 15/05/23 | 22/05/23 | 05/06/23 | 12/06/23 | 19/06/23 | 26/06/23 | 03/07/23 | 10/07/22 | 17/07/22 |
| Notes | 17/04/23 student reset | | 01/05/22 May Day | 00,00,20 | | | 05/06/23 student reset | | 25/00/25 | | | | |
| QLA analysis an closing the gaps | | Exam preparation | Exam preparation | Exam preparation | Exam preparation | Exam preparation | Exam preparation | | | | | | |
| Test | | 1 | | | | | | | | | | | |
| Retest | 1 | 1 | 1 | | 1 | 1 | 1 | | | | | | <u> </u> |



Long Term Planning Document 22/23

Year 10 Btec Sport

| Week | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Week 13 | Week 14 |
|------------------|--|--|---|--|--|--|---|--|---|---|--|--|---|---------|
| Cycle 1 | 30/08/22 | 05/09/22 | 12/09/22 | 19/09/22 | 26/09/22 | 03/10/22 | 10/10/22 | 17/10/22 | 07/11/22 | 14/11/22 | 21/11/22 | 28/11/22 | 05/11/22 | |
| Notes | All seating plans to be completed | | | | | | | | <mark>07/11/22</mark> student reset | 18/11/22 Data and planning day | | | | |
| | Onboarding | Unit 1 – Types of provision of sport and physical activity for different types of participants. What is sport Practical – 2 selected sport including preparation for leadership assessments | Unit 1 – Types of provision of sport and physical activity for different types of participants. Outdoor activities Practical – 2 selected sport including preparation for leadership assessments | onit 1 – Types of provision of sport and physical activity for different types of participants. Outdoor activities Practical – 2 selected sport including preparation for leadership assessments | Unit 1 – Types o provision of sport and physical activity for different types of participants. Physical fitness activities Practical – 2 selected sport including preparation for leadership assessments | Unit 1 – Types of provision of sport and physical activity for different types of participants. Physical activities Practical – 2 selected sport including preparation for leadership assessments | Unit 1 – Types of provision of sport and physical activity for different types of participants. Provision of sport and physical activity Practical – 2 selected sport including preparation for leadership assessments | Unit 1 – Types of provision of sport and physical activity for different types of participants. Provision of sport and physical activity Practical – 2 selected sport including preparation for leadership assessments | Unit 1 – Types of provision of sport and physical activity for different types of participants. Physical activity needs of participants Practical – 2 selected sport including preparation for leadership assessments | Unit 1 – Types of provision of sport and physical activity for different types of participants. Types of participants Practical – 2 selected sport including preparation for leadership assessments | Unit 1 – Types of provision of sport and physical activity for different types of participants. Participants with disabilities Practical – 2 selected sport including preparation for leadership assessments | Unit 1 – Types of provision of sport and physical activity for different types of participants. Participants with long term health conditions Practical – 2 selected sport including preparation for leadership assessments | Unit 1 – Types of provision of sport and physical activity for different types of participants. Barriers to participation in sport Practical – 2 selected sport including preparation for leadership assessments | |
| Test Retest | | | | | | | | | | | | | | |
| Cycle 2 Notes | 12/12/22 16/12/22 Data and planning day | 19/12/22 | 02/01/23 04/01/23 student reset | 09/01/23 Y10 Mid-year Exams | 16/01/23 Y10 Mid-year Exams | 23/01/23 | 30/01/23 | 06/02/23 10/02/23 Dixons Trust Inset Day | 20/02/23 20/02/23 student reset | 27/02/23 | 06/03/23 6/03/23 and 07/03/22 Data & planning days 09/03/23 Y10 parents evening | 13/03/23 | 20/03/23 | |
| | Unit 1 – Types of provision of sport and physical activity for different types of participants. Barriers to participation in sport Practical – 2 selected sport including preparation for leadership assessments | Unit 1 – Types of provision of sport and physical activity for different types of participants. Barriers to participation in sport Practical – 2 selected sport including preparation for leadership assessments | preparation Practical – 2 | Controlled assessment preparation Practical – 2 selected sport including preparation for leadership assessments | Controlled assessment preparation Practical – 2 selected sport including preparation for leadership assessments | Controlled assessment preparation Practical – 2 selected sport including preparation for leadership assessments | Controlled assessment preparation Practical – 2 selected sport including preparation for leadership assessments | Controlled assessment preparation Practical – 2 selected sport including preparation for leadership assessments | Component 2a – Components of fitness Practical – 2 selected sport including preparation for leadership assessments | Component 2a – Components of fitness Practical – 2 selected sport including preparation for leadership assessments | Component 2a – Components of fitness Practical – 2 selected sport including preparation for leadership assessments | Component 2a – Components of fitness Practical – 2 selected sport including preparation for leadership assessments | Component 2a – Components of fitness Practical – 2 selected sport including preparation for leadership assessments | |



| Test | | | | | | | | | | | | | | |
|----------------------------|--|--|---|--|--|--|--|--|--|--|--|--|--|---|
| Retest Cycle 3 Notes | 27/03/23 | 17/04/22 17/04/23 student reset | 24/04/23 | 01/05/23 01/05/22 May Day | 08/05/23 | 15/05/23 | 22/05/23 | 05/06/23 05/06/23 student reset | 12/06/23 | 19/06/23 | 26/06/23 | 03/07/23 | 10/07/22 | 17/07/22 20/07/23 Data and planning day 21/07/23 End of term |
| | Component 2a - Components of fitness Practical – 2 selected sport including preparation for leadership assessments | Component 2b - Participate in sport and understand the roles and responsibilities of official. Practical – 2 selected sport including preparation for leadership assessments | 2b – Participate in sport and understand | Component 2b – Participate in sport and understand the roles and responsibilitie s of official. Practical – 2 selected sport including preparation for leadership assessments | Component 2b – Participate in sport and understand the roles and responsibilitie s of official. Practical – 2 selected sport including preparation for leadership assessments | Component 2b – Participate in sport and understand the roles and responsibilitie s of official. Practical – 2 selected sport including preparation for leadership assessments | Component 2b – Participate in sport and understand the roles and responsibilities of official. Practical – 2 selected sport including preparation for leadership assessments | Component 2c – Demonstrate ways to improve different sporting techniques Practical – 2 selected sport including preparation for leadership assessments | Component 2c – Demonstrate ways to improve different sporting techniques Practical – 2 selected sport including preparation for leadership assessments | Component 2c – Demonstrate ways to improve different sporting techniques Practical – 2 selected sport including preparation for leadership assessments | Component 2c – Demonstrate ways to improve different sporting techniques Practical – 2 selected sport including preparation for leadership assessments | Component 2c – Demonstrate ways to improve different sporting techniques Practical – 2 selected sport including preparation for leadership assessments | Component 2c – Demonstrate ways to improve different sporting techniques Practical – 2 selected sport including preparation for leadership assessments | Component 2c – Demonstrate ways to improve different sporting techniques Practical – 2 selected sport including preparation for leadership assessments |
| Test | | | | | | | | | | | | | | |
| Retest | | | | | | | | | | | | | | |

Year 11 Btec sport new specification

| Week | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Week 13 | Week 14 |
|------------------|--|--|--|--|--|--|---|---|--|--|---|--|---|--|
| Cycle 1 | 30/08/22 | 05/09/22 | 12/09/22 | 19/09/22 | 26/09/22 | 03/10/22 | 10/10/22 | 17/10/22 | 07/11/22 | 14/11/22 | 21/11/22 | 28/11/22 | 05/11/22 | |
| Notes | All seating plans to be completed | | | | | | | | <mark>07/11/22</mark> student reset | 18/11/22 Data and planning day | | | | |
| | Onboarding | Component 3 – External exam Explore the importance of fitness for sports performance | Component 3 – External exam Explore the importance of fitness for sports performance | Component 3 – External exam Explore the importance of fitness for sports performance | Component 3 – External exam Explore the importance of fitness for sports performance | Component 3 – External exam Explore the importance of fitness for sports performance | Component 3 – External exam Explore the importance of fitness for sports performance | Component 3 – External exam Explore the importance of fitness for sports performance | Component 3 – External exam Investigate fitness testing to determine fitness levels Practical – Fitness tests | Component 3 – External exam Investigate fitness testing to determine fitness levels Practical – Fitness tests | Component 3 – External exam Investigate fitness testing to determine fitness levels Practical – Fitness tests | Component 3 – External exam Investigate fitness testing to determine fitness levels Practical – Fitness tests | Component 3 – External exam Investigate fitness testing to determine fitness levels Practical – Fitness tests | Component 3 – External exam Investigate fitness testing to determine fitness levels Practical – Fitness tests |
| | | Practical – 2 selected sport to improve assessment levels | Practical – 2 selected sport to improve assessment levels | Practical – 2 selected sport to improve assessment levels | Practical – 2 selected sport to improve assessment levels | Practical – 2 selected sport to improve assessment levels | Practical – 2 selected sport to improve assessment levels | Practical – 2 selected sport to improve assessment levels | | | | | | |
| Test | | | | | | | | | | | | | | |
| Retest | 12/12/22 | 19/12/22 | 00/04/00 | 09/01/23 | 16/01/23 | 23/01/23 | 30/01/23 | 06/02/23 | 20/02/23 | 27/02/23 | 06/03/23 | 4.0.100.100 | 20/02/22 | |
| Cycle 2 Notes | 16/12/22 Data and planning day | 13/12/22 | 02/01/23 04/01/23 student reset | Y10 Mid-year Exams | Y10 Mid-year Exams | 23/01/23 | 30/01/23 | 10/02/23 Dixons Trust Inset Day | 20/02/23 student reset | 27/62/23 | 6/03/23 and 07/03/22 Data & planning days 09/03/23 Y10 parents evening | 13/03/23 | 20/03/23 | |
| | Component 3 – External exam Investigate fitness testing to determine fitness levels Practical – Fitness tests | Component 3 – External exam Investigate fitness testing to determine fitness levels Practical – Fitness tests | Component 3 – external exam Investigate different fitness training methods Practical – Perform training methods | Component 3 – external exam Investigate different fitness training methods Practical – Perform training methods | Component 3 – external exam Investigate different fitness training methods Practical – Perform training methods | Component 3 – External exam – Investigate fitness program and to improve fitness and sports performance Consolidation of practical performance working towards final assessments | performance Consolidation of practical performance working towards | Component 3 – External exam – Investigate fitness program and to improve fitness and sports performance Consolidation of practical performance working towards final assessments | program and to improve fitness and sports performance Consolidation of practical performance working towards | Component 3 – External exam – Investigate fitness program and to improve fitness and sports performance Consolidation of practical performance working towards final assessments | |



| Test Retest | | | | | | | | | | | | | | |
|----------------|---|---|---|--|---|---|---|---------------------------------------|----------|----------|----------|----------|----------|--|
| Cycle 3 | 27/03/23 | 17/04/22 | 24/04/23 | 01/05/23 | 08/05/23 | 15/05/23 | 22/05/23 | 05/06/23 | 12/06/23 | 19/06/23 | 26/06/23 | 03/07/23 | 10/07/22 | 17/07/22 |
| Notes | 21/03/23 | 17/04/22 17/04/23 student reset | 24/04/23 | 01/05/23 01/05/22 May Day | 00/03/23 | 13/03/23 | 22/03/23 | 05/06/23 05/06/23 student reset | 12/00/25 | 13/00/23 | 20/00/23 | 03/07/23 | | 20/07/23 Data and planning day 21/07/23 End of term |
| | External exam – Investigate fitness program and to improve fitness and sports performance | External exam – Investigate fitness program and to improve fitness and sports performance Consolidation of practical performance | External exam – Investigate fitness program and to improve fitness and sports performance Consolidation of practical performance | and to improve fitness and sports performance | External exam – Investigate fitness program and to improve fitness and sports performance | External exam – Investigate fitness program and to improve fitness and sports performance Consolidation of practical performance | Investigate fitness program and to improve fitness and sports performance Consolidation of | | | | | | | |
| Test | | | | | | | | | | | | | | |
| Retest | | | | | | | | | | | | | | |

| Week | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Week 13 | Week 14 |
|------------------|--|---|---|---|---|--|---|---|--|--|--|---|--|--|
| Cycle 1 | 30/08/22 | 05/09/22 | 12/09/22 | 19/09/22 | 26/09/22 | 03/10/22 | 10/10/22 | 17/10/22 | 07/11/22 | 14/11/22 | 21/11/22 | 28/11/22 | 05/11/22 | |
| Notes | All seating plans to be completed | | | | | | | | 07/11/22 student reset | 18/11/22 Data and planning day | | | | |
| | Onboarding | Component 1 Exploration of the Performing Arts Introduction Outline content | Component 1 CWK – Theory Exploration of professional dance works and style | Component 1 CWK – Theory Exploration of professional dance works and style | Component 1 CWK – Theory Purpose of professional work | Component 1 CWK – Theory Purpose of professional work | Component 1 CWK – Theory Responding to a stimuli and themes | Component 1 CWK – Theory Contextual influences and creative influences | Component 1 CWK – Theory Researching Professional work Practical – Single | Component 1 CWK – Theory Researching Professional work | Component 1 CWK – Theory Researching Professional work | Component 1 CWK – Theory Researching Professional work | Component 1 CWK – Theory Researching Professional work | |
| | | and assessment requirements | Practical Developing skills | Practical Developing skills | Practical - Hairspray Developing skills | Practical - Hairspray Developing skills | Practical - Hairspray Developing skills | Practical - Hairspray Developing skills | ladies Developing skills | Practical – Single ladies Developing skills | Practical – Single ladies Developing skills | Practical – Single ladies Developing skills | Practical – Rosas Danst Rosas Developing skills | |
| Test | | | | | | | | | | | | | | |
| Retest | | 10/10/00 | | | | | | | | | | | | |
| Cycle 2 Notes | 12/12/22 16/12/22 Data and planning day | 19/12/22 | 02/01/23 04/01/23 student reset | 09/01/23 Y10 Mid-year Exams | 16/01/23 Y10 Mid-year Exams | 23/01/23 | 30/01/23 | 06/02/23 10/02/23 Dixons Trust Inset Day | 20/02/23 20/02/23 student reset | 27/02/23 | 06/03/23 6/03/23 and 07/03/22 Data & planning days 09/03/23 Y10 parents evening | 13/03/23 | 20/03/23 | |
| | Component 1 CWK – Theory Researching Professional work | Component 1 CWK – Theory Researching Professional work | Component 1 – Brief released explore Hamilton | Component 1 – Brief released explore Hamilton | Component 1 – Brief released explore Hamilton | Component 1 – Brief released explore Hamilton | Component 1 – Brief released research Hamilton | Component 1 – CWK Brief released research Hamiltor | Component 1 – CWK Brief released research Hamilton | Component 1 – CWK Brief released research Hamilton | Component 1 – CWK Brief released research Hamilton | Component 1 – CWK Brief released research Hamilton | Component 1 – CWK Brief released research Hamilton | |
| | Practical – Rosas Danst Rosas Developing skills | Practical – Rosas Danst Rosas Developing skills | Practical – Hamilton Developing skills | Practical – Hamilton Developing skills | Practical – Hamilton Developing skills | Practical – Hamilton Developing skills | Practical – Hamilton Developing skills | Practical – Hamilton Developing skills | Practical – Hamiltor Developing skills | Practical – Hamilton Developing skills | Practical – Hamilton Developing skills | Practical – Hamilton Developing skills | Practical – Hamilton Developing skills | |
| Test | | | | | | | | | | | | | | |
| Retest | | | | | | | | | | | | | | |
| | 27/02/22 | 47/04/22 | 24/04/22 | 04/05/22 | 00/05/22 | 45 /05 /22 | 22/05/22 | 05/06/22 | 42/05/22 | 40/06/22 | 25/05/22 | 02/07/22 | 40/07/22 | 47/07/22 |
| Cycle 3 Notes | 27/03/23 | 17/04/22 17/04/23 student reset | 24/04/23 | 01/05/23 01/05/22 May Day | 08/05/23 | 15/05/23 | 22/05/23 | 05/06/23 05/06/23 student reset | 12/06/23 | 19/06/23 | 26/06/23 | 03/07/23 | 10/07/22 | 17/07/22 20/07/2 ³ Data and planning day 21/07/2 ³ End of term |
| | Component 1 – CWK Brief released research Hamilton | Component 2 Developing skills and techniques in the performing arts Introduction | Exploring and interpreting different dance styles | Component 2 Exploring and interpreting different dance styles | Component 2 Exploring and interpreting different dance styles Phrase | Component 2 CWK Developing skills and techniques in the performing arts | Component 2 CWK Developing skills and techniques in the performing arts | Component 2 CWK Developing skills and techniques in the performing arts | Component 2 CWK Developing skills and techniques in the performing arts | Component 2 CWK Developing skills and techniques in the performing arts | Component 2 CWK Developing skills and techniques in the performing arts | Component 2 CWK Developing skills and techniques in the performing arts | Component 2 CWK Developing skills and techniques in the performing arts Rehearse and | Component 2 CWK Developing skills and techniques in the performing arts Rehearse and |
| | Practical – Hamilton Developing skills | Outline content and assessment requirements | Basic steps and techniques specific to | Phrase in selected discipline | development in selected discipline | Choreograph y and rehearsal | Choreography and rehearsal | Choreography and rehearsal | Choreography and rehearsal | Choreography and rehearsal | Choreography and rehearsal | Rehearse and refine | refine | refine |
| | | | style | | | | | | | | | | | |
| ſest | | | | | | | | C1 CWK DUE | | | | | | |



| Week | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 |
|---------|--|---|--|--|--|---|---|---|--|---|---|
| Cycle 1 | 30/08/22 | 05/09/22 | 12/09/22 | 19/09/22 | 26/09/22 | 03/10/22 | 10/10/22 | 17/10/22 | 07/11/22 | 14/11/22 | 21/11/22 |
| Notes | All seating plans to be completed | | | | | | | | <mark>07/11/22</mark> student reset | 18/11/22 Data and planning day | |
| | Onboarding | Participating in Sport Anatomy and Physiology for exercise Student introductions | Participating in Sport LO4 Understand rules, regulations and the concept of fair play within sport Anatomy and Physiology for exercise LO1 Know the structure and function of the skeletal system | Participating in Sport LO4 Understand rules, regulations and the concept of fair play within sport Anatomy and Physiology for exercise LO1 Know the structure and function of the skeletal system | Participating in Sport LO4 Understand rules, regulations and the concept of fair play within sport Anatomy and Physiology for exercise LO1 Know the structure and function of the skeletal system | Understand | Participating in Sport LO1 Be able to organize a sports activity Anatomy and Physiology for exercise LO2 Know the structure and function of the muscular system | Participating in Sport LO1 Be able to organize a sports activity Anatomy and Physiology for exercise LO2 Know the structure and function of the muscular system | Participating in Sport LO1 Be able to organize a sports activity Anatomy and Physiology for exercise LO2 Know the structure and function of the muscular system | Participating in Sport LO1 Be able to organize a sports activity Anatomy and Physiology for exercise LO2 Know the structure and function of the muscular system | Participating in Sport LO1 Be able to organize a sports activity Anatomy and Physiology for exercise LO2 Know the structure and function of the muscular system |
| Test | | | | | | | | | | | |
| Retest | | | | | | | | | | | |
| Cycle 2 | 12/12/22 | 19/12/22 | 02/01/23 | 09/01/23 | 16/01/23 | 23/01/23 | 30/01/23 | 06/02/23 | 20/02/23 | 27/02/23 | 06/03/23 |
| Notes | <mark>16/12/22</mark> Data and planning day | | 04/01/23 student reset | Y10 Mid-year Exams | Y10 Mid-year Exams | | | 10/02/23 Dixons Trust Inset Day | 20/02/23 student reset | | 6/03/23 and 07/03/22 Data & planning days 09/03/23 Y10 parents evening |
| | Participating in Sport LO2 Be able to participate in the sports activity Anatomy and Physiology for exercise LO3 Know the | Participating in Sport LO2 Be able to participate in the sports activity Anatomy and Physiology for exercise LO3 Know the structure and | Participating in Sport LO3 Be able to review participation in the sports activity Anatomy and Physiology for exercise LO4 Know the | Participating in Sport LO3 Be able to review participation in the sports activity Anatomy and Physiology for exercise LO4 Know the structure and | Participating in Sport LO3 Be able to review participation in the sports activity Anatomy and Physiology for exercise LO4 Know the structure and | Participating in Sport LO3 Be able to review participation in the sports activity Anatomy and Physiology for exercise LO4 Know the structure and | Participating in Sport LO3 Be able to review participation in the sports activity Anatomy and Physiology for exercise LO5 Understand the nervous | Participating in Sport Final hand in Anatomy and Physiology for exercise LO5 Understand the nervous system and its relation to exercise | Anatomy and Physiology for exercise LO6 Understand the energy systems and their relation to exercise Outdoor and Adventurous Activities Introduction to | Anatomy and Physiology for exercise LO6 Understand the energy systems and their relation to exercise Outdoor and Adventurous Activities LO1 Know the | Anatomy and Physiology for exercise Final hand in Outdoor and Adventurous Activities LO1 Know the organization and provision of outdoor and adventurous |
| Test | structure and function of the cardiovascular system | function of the cardiovascular system | structure and function of the respiratory system | function of the respiratory system | function of the respiratory system | function of the respiratory system | system and its relation to exercise | | Unit | organization and provision of outdoor and adventurous activities | activities |



| | Week 12 28/11/22 | Week 13 05/11/22 | Week 14 |
|---|---|--|---------|
| | | | |
| | Participating in Sport LO2 Be able to participate in the sports activity Anatomy and Physiology for exercise LO3 Know the structure and function of the cardiovascular system | Participating in Sport LO2 Be able to participate in the sports activity Anatomy and Physiology for exercise LO3 Know the structure and function of the cardiovascular system | |
| | | | |
| | 13/03/23 | 20/03/23 | |
| | Introduction to | Introduction to | |
| f | Introduction to healthy exercise and nutrition LO1 understand the effects of exercise on the body Outdoor and Adventurous Activities LO1 Know the organization and provision of outdoor and adventurous activities | Introduction to healthy exercise and nutrition LO1 understand the effects of exercise on the body Outdoor and Adventurous Activities LO2 Know health and safety consideration and environmental impacts associated with participation in outdoor and adventurous activities | |

| Retest | | | | | | | | | | | | | | |
|---------|---|--|--|----------------------------------|----------|--|--|--|---|--|---|----------|----------|--|
| Cycle 3 | 27/03/23 | 17/04/22 | 24/04/23 | 01/05/23 | 08/05/23 | 15/05/23 | 22/05/23 | 05/06/23 | 12/06/23 | 19/06/23 | 26/06/23 | 03/07/23 | 10/07/23 | 17/07/23 |
| Notes | | <mark>17/04/23</mark> student reset | | <mark>01/05/22</mark> May Day | | | | <mark>05/06/23</mark> student reset | | | | | | 20/07/2 ³ Data and planning day 21/07/23 End of term |
| | healthy exercise and nutrition LO1 understand the effects of | | healthy exercise and nutrition LO2 Understand | | | Introduction to healthy exercise and nutrition LO3 Understand the nutritional guidelines for different demographics Outdoor and Adventurous Activities LO 4 Be able to review performance in outdoor and adventurous activities | healthy exercise and nutrition LO3 Understand the nutritional guidelines for different demographics Outdoor and | and nutrition | Introduction to healthy exercise and nutrition LO4 Understand the health benefits of good nutrition Outdoor and Adventurous Activities LO 4 Be able to review performance in outdoor and adventurous activities | Introduction to healthy exercise and nutrition LO4 Understand the health benefits of good nutrition Outdoor and Adventurous Activities Final hand in | Introduction to healthy exercise and nutrition Final hand in | | | |
| Test | | | | | | | | | | | | | | |
| Retest | | | | | | | | | | | | | | |

| Week | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Week 13 | Week 14 |
|------------------|--|---|---|--|--|---|--|---|---|--|--|---|---|---|
| Cycle 1 | 30/08/22 | 05/09/22 | 12/09/22 | 19/09/22 | 26/09/22 | 03/10/22 | 10/10/22 | 17/10/22 | 07/11/22 | 14/11/22 | 21/11/22 | 28/11/22 | 05/11/22 | |
| Notes | All seating plans to be completed | | | | | | | | 07/11/22 student reset | 18/11/22 Data and planning day | | | | |
| | Onboarding | Unit 1 Body systems Skeletal system Unit 13 Health and Fitness Testing | Unit 1 Body systems Skeletal system Unit 13 Health and Fitness Testing | Unit 1 Body systems Muscular system Unit 13 Health and Fitness Testing | Unit 1 Body systems Muscular system Unit 13 Health and Fitness Testing | Unit 1 Body systems Muscular system Unit 13 Health and Fitness Testing | Unit 1 Body systems CV system Unit 13 Health and Fitness Testing | Unit 1 Body systems CV system Unit 13 Health and Fitness Testing | Unit 1 Body systems CV system Unit 18 Practical Sport | Unit 1 Body systems CV system Unit 18 Practical Sport | Unit 1 Body systems Respirator System Unit 18 Practical Sport | Unit 1 Body systems Respirator System Unit 18 Practical Sport | Unit 1 Body systems Respirator System Unit 18 Practical Sport | Unit 1 Body systems Respirator System Unit 18 Practical Sport |
| Test | | | | | | | | | | | | | | |
| Retest | | | | | | | | | | | | | | |
| Cycle 2 Notes | 12/12/22 16/12/22 Data and planning day | 19/12/22 | 02/01/23 04/01/23 student reset | 09/01/23 Y10 Mid-year Exams | 16/01/23 Y10 Mid-year Exams | 23/01/23 | 30/01/23 | 06/02/23 10/02/23 Dixons Trust Inset Day | 20/02/23 20/02/23 student reset | 27/02/23 | 06/03/23 6/03/23 and 07/03/22 Data & planning days 09/03/23 Y10 parents evening | 13/03/23 | 20/03/23 | |
| | Unit 1 Body systems Energy systems Unit 18 Practical Sport | Unit 1 Body systems Energy systems Unit 18 Practical Sport | Unit 1 Body systems Energy systems Unit 18 Practical Sport | Unit 1 Body systems Energy systems Unit 18 Practical Sport | Unit 19 Sports Psychology Unit 18 Practical Sport | Unit 19 Sports Psychology Unit 18 Practical Sport | Unit 19 Sports Psychology Unit 18 Practical Sport | Unit 19 Sports Psychology Unit 18 Practical Sport | Unit 19 Sports Psychology Unit 4 Working Safely in Sport | Unit 19 Sports Psychology Unit 4 Working Safely in Sport | Unit 19 Sports Psychology Unit 4 Working Safely in Sport | Unit 19 Sports Psychology Unit 4 Working Safely in Sport | Unit 19 Sports Psychology Unit 4 Working Safely in Sport | |
| Test | | | | | | | | | | | | | | |
| Retest | | | | | | | | | | | | | | |
| Cycle 3 Notes | 27/03/23 | 17/04/22 17/04/23 student reset | 24/04/23 | 01/05/23 <mark>01/05/22</mark> May Day | 08/05/23 | 15/05/23 | 22/05/23 | 05/06/23 <mark>05/06/23</mark> student reset | 12/06/23 | 19/06/23 | 26/06/23 | 03/07/23 | 10/07/22 | 17/07/22 20/07/23 Data and planning day 21/07/23 End of term |
| | Unit 19 Sports Psychology Unit 4 Working Safely in Sport | Unit 8 Organisation of Sports Event Unit 4 Working Safely in Sport | Unit 8 Organisation of Sports Event Unit 4 Working Safely in Sport | Unit 8 Organisation of Sports Event Unit 4 Working Safely in Sport | Unit 8 Organisation of Sports Event Unit 4 Working Safely in Sport | Unit 8 Organisation of Sports Event Unit 4 Working Safely in Sport | Unit 8 Organisation of Sports Event Unit 4 Working Safely in Sport | Unit 8 Organisation of Sports Event Unit 17 Sports Injuries and Rehabilitation | Unit 8 Organisation of Sports Event Unit 17 Sports Injuries and Rehabilitation | Unit 8 Organisation of Sports Event Unit 17 Sports Injuries and Rehabilitation | Unit 8 Organisation of Sports Event Unit 17 Sports Injuries and Rehabilitation | Unit 8 Organisation of Sports Event Unit 17 Sports Injuries and Rehabilitation | Unit 8 Organisation of Sports Event Unit 17 Sports Injuries and Rehabilitation | Unit 8 Organisation of Sports Event Unit 17 Sports Injuries and Rehabilitation |
| Test | | | | | | | | | | | | | | |
| | | | | 1 | | | | | 1 | 1 | | 1 | 1 | 1 |



| Code La MANAGE/2 MANAGE/2 Code/10/2 Code/10/2 <thcode 10="" 2<="" th=""> <thcode 10="" 2<="" th=""> <thcode <="" th=""><th>Week</th><th>Week 1</th><th>Week 2</th><th>Week 3</th><th>Week 4</th><th>Week 5</th><th>Week 6</th><th>Week 7</th><th>Week 8</th><th>Week 9</th><th>Week 10</th><th>Week 11</th></thcode></thcode></thcode> | Week | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 |
|---|---------|---|--|---|---|--|--|---|--|--|--|--|
| Netes plassing completed plassing completed </th <th></th> | | | | | | | | | | | | |
| Result Paylenkay Result with and the different from shifterent from s | - | All seating plans to be | | | | | | | | 07/11/22 student reset | 18/11/22 Data and planning day | |
| Retext Image: constraint of the section of the sectin sectin seccond the section of the section of the section of th | | Onboarding | Psychology Unit 4 Working | Know the different factors that affect motivation for sport and exercise LO1 Understand emergency procedures in sport, exercise, health and | Know the different factors that affect motivation for sport and exercise 01 Understand emergency procedures in sport, exercise, | Know the different factors that affect motivation for sport and exercise LO2 Understand health and safety requirements in sport, exercise, health and | Understand attribution theory in relation to sport and exercise LO2 Understand health and safety requirements in sport, exercise, health | Understand attribution theory in relation to sport and exercise LO3 Understand how to minimise risk in sport, exercise, health | Understand attribution theory in relation to sport and exercise LO3 Understand how to minimise risk in sport, exercise, | Understand the effects of stress, anxiety and arousal in sport and exercise LO4 Know first aid requirements for sport, exercise, | Understand the effects of stress, anxiety and arousal in sport and exercise LO4 Know first aid requirements for sport, exercise, health and | Understand the effects of stress, anxiety and arousal in sport and exercise LO5 Know how to safeguard children and vulnerable adults in sport, exercise, health |
| Cycle 2 13/12/22 13/12/22 13/12/22 13/12/22 13/12/22 13/12/22 13/12/23 | | | | | | | | | | | | |
| Notes dy dy dy 16/12/22 Data student reset Dol(1/23 student reset 10 Mid/year Exams 10 Mid/year Exam | | 12/12/22 | 19/12/22 | 02/01/23 | 09/01/23 | 16/01/23 | 23/01/23 | 30/01/23 | 06/02/23 | 20/02/23 | 27/02/23 | 06/03/23 |
| Internal head the the group group evercise on responsabilities and ordprotance of group evercise on responsabilities and wellbeingUnderstand the heyschological impact of sport and evercise on mental headin and wellbeingUnderstand the psychological impact of sport and evercise on mental headin and wellbeingCoaching and evercise on mental headin and wellbeingUnderstand the psychological impact of sport and evercise on mental headin and wellbeingUnderstand the sport and evercise on mental headin and wellbeingUnderstand sport and evercise on the and wellbeingUnderstand sport and evercise on the and wellbeingDeleto stem mental headin and wellbeingDeleto stem t | | 16/12/22 Data and planning | | <mark>04/01/23</mark> | Y10 Mid-year | Y10 Mid-year | 23/01/23 | 30,01,23 | 10/02/23 Dixons | 20/02/23 student | | 6/03/23 and 07/03/22 Data & planning days 09/03/23 Y10 |
| RetsImage: constraint of the section of the sectin of the section of th | | Revision LO1 | Understand the importance of group dynamics in team sports and group exercise | Understand the psychological impact of sport and exercise on mental health and wellbeing | Understand the psychological impact of sport and exercise on mental health and wellbeing | Understand the psychological impact of sport and exercise on mental health and wellbeing | External exam | Coaching and | roles and responsibilities of sports coaches | Understand principles which underpin coaching and leading | Understand principles which underpin coaching | Be able to use methods to improve skills, techniques and |
| Cycle 327/03/2317/04/2224/04/2301/05/2308/05/2315/05/2322/05/2305/06/2312/06/2319/06/2326/06/23Notes10/0610/0601/05/22 May DayDay08/05/2315/05/2322/05/2305/06/2312/06/2319/06/2326/06/23Notes10/0610/0610/0610/0610/06/2310/06/2810/0610/06/23 </td <td>Test</td> <td></td> | Test | | | | | | | | | | | |
| Notes17/04/23 student reset10/05/22 May Day10/05/22 | Retest | | 1 | | | | | | | | | |
| Notes17/04/23 student reset10/05/22 May Day10/05/22 | Cycle 3 | 27/03/23 | 17/04/22 | 24/04/23 | 01/05/23 | 08/05/23 | 15/05/23 | 22/05/23 | 05/06/23 | 12/06/23 | 19/06/23 | 26/06/23 |
| Be able to deliver sports and activity sessionsBe able to deliver sports and activity | | | <mark>17/04/23</mark> | | 01/05/22 May | | | | 05/06/23 student | | | |
| | | Be able to deliver sports and activity | Be able to deliver sports and activity | Be able to deliver sports and activity | Be able to review sports and activity | | | | | | | |
| Retest | Test | | | | | | | | | | | |
| | Retest | | | | | | | | | | | |



| | Week 12 28/11/22 | Week 13 05/11/22 | Week 14 |
|---------------------|---|---|--|
| | | | |
| e s, t | LO4 Understand the importance of group dynamics in team sports and group exercise | LO4 Understand the importance of group dynamics in team sports and group exercise | |
| ılts h | L05 Know how to safeguard children and vulnerable adults in sport, exercise, health and leisure | Mock exam revision | |
| | | | |
| | 13/03/23 | 20/03/23 | |
| & g | | | |
| e s, id ir | LO3 Be able to use methods to improve skills, techniques and tactics in sport | LO4 Be able to plan sports and activity session | |
| | | | |
| | | | |
| | 03/07/23 | 10/07/22 | 17/07/22 20/07/23 Data and planning day 21/07/23 End of term |
| | | | |