

PE

Curriculum Principles

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

- have developed a secure foundation of fundamental movement skills which allow students to apply basic and core principles to a range of sports.
- have developed knowledge in a wide range of sports including physical, tactical and decision-making skills that can be applied successfully into a competitive situation.
- know the physical, mental and social benefits of 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 unifying 'sentence' is: "The PE department endeavours to instil a love for lifelong participation of physical activity and inclusion, independence, challenge and opportunity for success for all students"

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

- Throughout KS3 students will build on and apply fundamental skills into sport specific practices. Tactical principles will be introduced and will be applied in a competitive environment. KS3 students will develop the skill, knowledge and confidence to participate in accessible specific sport practices out of the classroom environment to develop their journey towards a healthy, active lifestyle.
- In KS3 every PE lesson will begin with a topic specific student lead Do Now that will ensure students are suitably warmed up ready for the lesson. Throughout the half term 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. using the gym) to enable them to apply this in their own healthy active lifestyle. At KS4 student 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.
- 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. In lower and middle peak, 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 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 as 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.

Year 7 Boys PE

	Week 0	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
Cycle 1	W/C 30/08	W/C 06/09	W/C 13/09	W/C 20/09	W/C 27/09	W/C 04/10	W/C 11/10	W/C 18/10	W/C 01/11	W/C 08/11	W/C 15/11	W/C 22/11	W/C 29/11	W/C 06/12
	Term 1 Inset 1 & 2	Orientation	Handball Basketball	Handball Basketball	Handball Basketball	Handball Basketball	Handball Basketball	Handball Basketball	Football Swimming	Football Swimming	Football Swimming	Football Swimming	Football Swimming	Football Swimming
	Orientation		Ball familiarisation	Passing and receiving	Dribbling	Shooting	Tactics	Assessment	Passing and receiving Swim test	Dribbling Body position	Shooting Legs	Attacking Arms	Defending Breathing	Tactics Assessment preparation
Cycle 2		W/C 13/12	W/C 20/12	W/C 03/01	W/C 10/01	W/C 17/01	W/C 24/01	W/C 30/01	W/C 07/02	W/C 14/02	W/C 28/02	W/C 07/03	W/C 14/03	W/C 21/03
		Football Swimming	Choice	Football Table Tennis	Football Table Tennis	Football Table Tennis	Football Table Tennis	Football Table Tennis	Football Table Tennis	Choice	Fitness Swimming	Fitness Swimming	Fitness Swimming	Fitness Swimming
		Assessment		Passing and receiving Grip / push	Passing and receiving Serve	Dribbling Forehand	Tactics Backhand	Tactics Tactics	Assessment Assessment		Bleep Test / Cooper run Baseline assess	Fitness tests Body position	Circuit training / fitness suite Legs	Circuit training / fitness suite Arms
Cycle 3		W/C 28/03	W/C 04/04	W/C 25/04	W/C 02/05	W/C 09/05	W/C 16/05	W/C 23/05	W/C 06/06	W/C 13/06	W/C 20/06	W/C 27/06	W/C 04/07	W/C 11/07
		Fitness Swimming	Choice	Athletics Badminton	Athletics Badminton	Athletics Badminton	Athletics Badminton	Athletics Badminton	Dodgeball Swimming	Dodgeball Swimming	Dodgeball Swimming	Dodgeball Swimming	Dodgeball Swimming	Choice
		Bleep test / Cooper run Assessment		35m Sprint Grip and ready position	Middle distance Serve	Long distance Clears	Jumping Tactics	Throwing Assessment	Baseline Swim fit /Water polo	Throwing / catching Swim fit /Water polo	Dodging Swim fit /Water polo	Tactics Swim fit /Water polo	Assessment Swim fit /Water polo	

Year 7 Girls PE

	Week 0	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
Cycle 1	W/C 30/08	W/C 06/09	W/C 13/09	W/C 20/09	W/C 27/09	W/C 04/10	W/C 11/10	W/C 18/10	W/C 01/11	W/C 08/11	W/C 15/11	W/C 22/11	W/C 29/11	W/C 06/12
	Term 1 Inset 1 & 2	Orientation	Football Swimming	Football Swimming	Football Swimming	Football Swimming	Football Swimming	Football Swimming	Netball Dodgeball	Netball Dodgeball	Netball Dodgeball	Netball Dodgeball	Netball Dodgeball	Netball Dodgeball
	Orientation		Ball familiarisation Swim test	Passing and receiving Body position	Dribbling Legs	Shooting Arms	Tactics Breathing	Assessment Assessment	Ball familiarisation Baseline Assessment	Passing and receiving Throwing	Footwork Catching	Positioning Dodging	Shooting Tactics	Tactics Tactics
Cycle 2		W/C 13/12	W/C 20/12	W/C 03/01	W/C 10/01	W/C 17/01	W/C 24/01	W/C 30/01	W/C 07/02	W/C 14/02	W/C 28/02	W/C 07/03	W/C 14/03	W/C 21/03
		Football Swimming	Choice	Fitness Swimming	Fitness Swimming	Fitness Swimming	Fitness Swimming	Fitness Swimming	Fitness Swimming	Choice	Badminton Dance	Badminton Dance	Badminton Dance	Badminton Dance
	Assessment			Bleep Test / Cooper run Baseline assess	Fitness tests Body position	Circuit training / fitness suite Legs	Circuit training / fitness suite Arms	Circuit training / fitness suite Assessment preparation	Bleep test / Cooper run Assessment		Grip and ready position	Serve	Clears	Tactics
Cycle 3		W/C 28/03	W/C 04/04	W/C 25/04	W/C 02/05	W/C 09/05	W/C 16/05	W/C 23/05	W/C 06/06	W/C 13/06	W/C 20/06	W/C 27/06	W/C 04/07	W/C 11/07
		Badminton Dance	Choice	Athletics Swimming	Athletics Swimming	Athletics Swimming	Athletics Swimming	Athletics Swimming	Rounders Handball	Rounders Handball	Rounders Handball	Rounders Handball	Rounders Handball	Choice
	Assessment			35m Sprint Swim fit /Water polo	Middle distance Swim fit /Water polo	Long distance Swim fit /Water polo	Jumping Swim fit /Water polo	Throwing Swim fit /Water polo	Throwing and catching Passing and receiving	Bowling Dribbling	Batting Shooting	Tactics Tactics	Assessment Assessment	

Year 8 Boys PE

	Week 0	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
Cycle 1	W/C 30/08	W/C 06/09	W/C 13/09	W/C 20/09	W/C 27/09	W/C 04/10	W/C 11/10	W/C 18/10	W/C 01/11	W/C 08/11	W/C 15/11	W/C 22/11	W/C 29/11	W/C 06/12
	Term 1 Inset 1 & 2	Orientation	Handball Basketball	Handball Basketball	Handball Basketball	Handball Basketball	Handball Basketball	Handball Basketball	Football Swimming	Football Swimming	Football Swimming	Football Swimming	Football Swimming	Football Swimming
	Orientation		Ball familiarisation	Passing and receiving	Dribbling	Shooting	Tactics	Assessment	Passing and receiving Swim test	Dribbling Body position	Shooting Legs	Attacking Arms	Defending Breathing	Tactics Assessment preparation
Cycle 2		W/C 13/12	W/C 20/12	W/C 03/01	W/C 10/01	W/C 17/01	W/C 24/01	W/C 30/01	W/C 07/02	W/C 14/02	W/C 28/02	W/C 07/03	W/C 14/03	W/C 21/03
		Football Swimming	Choice	Football Table Tennis	Football Table Tennis	Football Table Tennis	Football Table Tennis	Football Table Tennis	Football Table Tennis	Choice	Fitness Swimming	Fitness Swimming	Fitness Swimming	Fitness Swimming
		Assessment		Passing and receiving Grip / push	Passing and receiving Serve	Dribbling Forehand	Tactics Backhand	Tactics Tactics	Assessment Assessment		Bleep Test / Cooper run Baseline assess	Fitness tests Body position	Circuit training / fitness suite Legs	Circuit training / fitness suite Arms
Cycle 3		W/C 28/03	W/C 04/04	W/C 25/04	W/C 02/05	W/C 09/05	W/C 16/05	W/C 23/05	W/C 06/06	W/C 13/06	W/C 20/06	W/C 27/06	W/C 04/07	W/C 11/07
		Fitness Swimming	Choice	Athletics Badminton	Athletics Badminton	Athletics Badminton	Athletics Badminton	Athletics Badminton	Dodgeball Swimming	Dodgeball Swimming	Dodgeball Swimming	Dodgeball Swimming	Dodgeball Swimming	Choice
		Bleep test / Cooper run Assessment		35m Sprint Grip and ready position	Middle distance Serve	Long distance Clears	Jumping Tactics	Throwing Assessment	Baseline Swim fit /Water polo	Throwing / catching Swim fit /Water polo	Dodging Swim fit /Water polo	Tactics Swim fit /Water polo	Assessment Swim fit /Water polo	

Year 8 Girls PE

	Week 0	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
Cycle 1	W/C 30/08	W/C 06/09	W/C 13/09	W/C 20/09	W/C 27/09	W/C 04/10	W/C 11/10	W/C 18/10	W/C 01/11	W/C 08/11	W/C 15/11	W/C 22/11	W/C 29/11	W/C 06/12
	Term 1 Inset 1 & 2	Orientation	Football Swimming	Football Swimming	Football Swimming	Football Swimming	Football Swimming	Football Swimming	Netball Dodgeball	Netball Dodgeball	Netball Dodgeball	Netball Dodgeball	Netball Dodgeball	Netball Dodgeball
	Orientation		Ball familiarisation Swim test	Passing and receiving Body position	Dribbling Legs	Shooting Arms	Tactics Breathing	Assessment Assessment	Ball familiarisation Baseline Assessment	Passing and receiving Throwing	Footwork Catching	Positioning Dodging	Shooting Tactics	Tactics Tactics
Cycle 2		W/C 13/12	W/C 20/12	W/C 03/01	W/C 10/01	W/C 17/01	W/C 24/01	W/C 30/01	W/C 07/02	W/C 14/02	W/C 28/02	W/C 07/03	W/C 14/03	W/C 21/03
		Football Swimming	Choice	Fitness Swimming	Fitness Swimming	Fitness Swimming	Fitness Swimming	Fitness Swimming	Fitness Swimming	Choice	Badminton Dance	Badminton Dance	Badminton Dance	Badminton Dance
	Assessment			Bleep Test / Cooper run Baseline assess	Fitness tests Body position	Circuit training / fitness suite Legs	Circuit training / fitness suite Arms	Circuit training / fitness suite Assessment preparation	Bleep test / Cooper run Assessment		Grip and ready position	Serve	Clears	Tactics
Cycle 3		W/C 28/03	W/C 04/04	W/C 25/04	W/C 02/05	W/C 09/05	W/C 16/05	W/C 23/05	W/C 06/06	W/C 13/06	W/C 20/06	W/C 27/06	W/C 04/07	W/C 11/07
		Badminton Dance	Choice	Athletics Swimming	Athletics Swimming	Athletics Swimming	Athletics Swimming	Athletics Swimming	Rounders Handball	Rounders Handball	Rounders Handball	Rounders Handball	Rounders Handball	Choice
	Assessment			35m Sprint Swim fit /Water polo	Middle distance Swim fit /Water polo	Long distance Swim fit /Water polo	Jumping Swim fit /Water polo	Throwing Swim fit /Water polo	Throwing and catching Passing and receiving	Bowling Dribbling	Batting Shooting	Tactics Tactics	Assessment Assessment	

Year 9 Boys PE

	Week 0	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
Cycle 1	W/C 30/08	W/C 06/09	W/C 13/09	W/C 20/09	W/C 27/09	W/C 04/10	W/C 11/10	W/C 18/10	W/C 01/11	W/C 08/11	W/C 15/11	W/C 22/11	W/C 29/11	W/C 06/12
	Term 1 Inset 1 & 2	Orientation	Handball Basketball	Handball Basketball	Handball Basketball	Handball Basketball	Handball Basketball	Handball Basketball	Football Swimming	Football Swimming	Football Swimming	Football Swimming	Football Swimming	Football Swimming
	Orientation		Ball familiarisation	Passing and receiving	Dribbling	Shooting	Tactics	Assessment	Passing and receiving Swim test	Dribbling Body position	Shooting Legs	Attacking Arms	Defending Breathing	Tactics Assessment preparation
Cycle 2		W/C 13/12	W/C 20/12	W/C 03/01	W/C 10/01	W/C 17/01	W/C 24/01	W/C 30/01	W/C 07/02	W/C 14/02	W/C 28/02	W/C 07/03	W/C 14/03	W/C 21/03
		Football Swimming	Choice	Football Table Tennis	Football Table Tennis	Football Table Tennis	Football Table Tennis	Football Table Tennis	Football Table Tennis	Choice	Fitness Swimming	Fitness Swimming	Fitness Swimming	Fitness Swimming
		Assessment		Passing and receiving Grip / push	Passing and receiving Serve	Dribbling Forehand	Tactics Backhand	Tactics Tactics	Assessment Assessment		Bleep Test / Cooper run Baseline assess	Fitness tests Body position	Circuit training / fitness suite Legs	Circuit training / fitness suite Arms
Cycle 3		W/C 28/03	W/C 04/04	W/C 25/04	W/C 02/05	W/C 09/05	W/C 16/05	W/C 23/05	W/C 06/06	W/C 13/06	W/C 20/06	W/C 27/06	W/C 04/07	W/C 11/07
		Fitness Swimming	Choice	Athletics Badminton	Athletics Badminton	Athletics Badminton	Athletics Badminton	Athletics Badminton	Dodgeball Swimming	Dodgeball Swimming	Dodgeball Swimming	Dodgeball Swimming	Dodgeball Swimming	Choice
		Bleep test / Cooper run Assessment		35m Sprint Grip and ready position	Middle distance Serve	Long distance Clears	Jumping Tactics	Throwing Assessment	Baseline Swim fit /Water polo	Throwing / catching Swim fit /Water polo	Dodging Swim fit /Water polo	Tactics Swim fit /Water polo	Assessment Swim fit /Water polo	

Year 9 Girls PE

	Week 0	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
Cycle 1	W/C 30/08	W/C 06/09	W/C 13/09	W/C 20/09	W/C 27/09	W/C 04/10	W/C 11/10	W/C 18/10	W/C 01/11	W/C 08/11	W/C 15/11	W/C 22/11	W/C 29/11	W/C 06/12
	Term 1 Inset 1 & 2	Orientation	Football Swimming	Football Swimming	Football Swimming	Football Swimming	Football Swimming	Football Swimming	Netball Dodgeball	Netball Dodgeball	Netball Dodgeball	Netball Dodgeball	Netball Dodgeball	Netball Dodgeball
	Orientation		Ball familiarisation Swim test	Passing and receiving Body position	Dribbling Legs	Shooting Arms	Tactics Breathing	Assessment Assessment	Ball familiarisation Baseline Assessment	Passing and receiving Throwing	Footwork Catching	Positioning Dodging	Shooting Tactics	Tactics Tactics
Cycle 2		W/C 13/12	W/C 20/12	W/C 03/01	W/C 10/01	W/C 17/01	W/C 24/01	W/C 30/01	W/C 07/02	W/C 14/02	W/C 28/02	W/C 07/03	W/C 14/03	W/C 21/03
		Football Swimming	Choice	Fitness Swimming	Fitness Swimming	Fitness Swimming	Fitness Swimming	Fitness Swimming	Fitness Swimming	Choice	Badminton Dance	Badminton Dance	Badminton Dance	Badminton Dance
	Assessment			Bleep Test / Cooper run Baseline assess	Fitness tests Body position	Circuit training / fitness suite Legs	Circuit training / fitness suite Arms	Circuit training / fitness suite Assessment preparation	Bleep test / Cooper run Assessment		Grip and ready position	Serve	Clears	Tactics
Cycle 3		W/C 28/03	W/C 04/04	W/C 25/04	W/C 02/05	W/C 09/05	W/C 16/05	W/C 23/05	W/C 06/06	W/C 13/06	W/C 20/06	W/C 27/06	W/C 04/07	W/C 11/07
		Badminton Dance	Choice	Athletics Swimming	Athletics Swimming	Athletics Swimming	Athletics Swimming	Athletics Swimming	Rounders Handball	Rounders Handball	Rounders Handball	Rounders Handball	Rounders Handball	Choice
	Assessment			35m Sprint Swim fit /Water polo	Middle distance Swim fit /Water polo	Long distance Swim fit /Water polo	Jumping Swim fit /Water polo	Throwing Swim fit /Water polo	Throwing and catching Passing and receiving	Bowling Dribbling	Batting Shooting	Tactics Tactics	Assessment Assessment	



Year 10 and 11 Core PE

- Students draw on the knowledge, skills and understanding they have gained in KS3 in order to be able to effectively select and apply the knowledge and skills they required to be successful in a breadth of activities. Students are provided with a choice of activities to give them some autonomy over their learning. It is driven by the pupils and their emerging needs. Options will change throughout the year to provide student with different activities. These options are fluid and have input from students.

Year 10 GCSE PE

	Week 0	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
	W/C 30/08	W/C 06/09	W/C 13/09	W/C 20/09	W/C 27/09	W/C 04/10	W/C 11/10	W/C 18/10	W/C 01/11	W/C 08/11	W/C 15/11	W/C 22/11	W/C 29/11	W/C 06/12
Cycle 1	Term 1 Inset 1 & 2	Orientation	Skeletal system	Skeletal system	Muscular - system	Muscular systems	CV System	CV System	Respiratory system	Long and short term effects	Assessment	Levers	Planes and Axis	Levers and planes and axis
	Orientation		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
Cycle 2		W/C 13/12	W/C 20/12	W/C 03/01	W/C 10/01	W/C 17/01	W/C 24/01	W/C 30/01	W/C 07/02	W/C 14/02	W/C 28/02	W/C 07/03	W/C 14/03	W/C 21/03
		Revision	Revision	Components of Fitness	Components of fitness	Training methods	Training methods	Training zones	Principles of training	Principles of training	Intro coursework	Coursework	Coursework	Coursework
		Table Tennis Badminton	Table Tennis Badminton	Football handball	Football handball	Football handball	Football handball	Football handball	Football handball	Football handball	Football handball	Football handball	Football handball	Football handball
Cycle 3		W/C 28/03	W/C 04/04	W/C 25/04	W/C 02/05	W/C 09/05	W/C 16/05	W/C 23/05	W/C 06/06	W/C 13/06	W/C 20/06	W/C 27/06	W/C 04/07	W/C 11/07
		Coursework	Coursework	Coursework	Coursework	Coursework	Coursework	Coursework	Coursework	Anatomy and physiology	Anatomy and physiology	Anatomy and physiology	Fitness training	Fitness Training
		Football handball	Football handball	Training program	Training program	Training program	Training program	Training program	Training program	Table Tennis Badminton	Table Tennis Badminton	Table Tennis Badminton	Table Tennis Badminton	Table Tennis Badminton

Year 11 Btec Sport Girls class

	Week 0	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
	W/C 30/08	W/C 06/09	W/C 13/09	W/C 20/09	W/C 27/09	W/C 04/10	W/C 11/10	W/C 18/10	W/C 01/11	W/C 08/11	W/C 15/11	W/C 22/11	W/C 29/11	W/C 06/12
Cycle 1	Term 1 Inset 1 & 2	Orientation	Unit 2 Practical sports Learning aim C	Unit 2 Practical sports Learning aim C	Unit 2 Practical sports Learning aim C	Unit 2 Practical sports Learning aim C	Unit 2 Practical sports Learning aim C	Unit 2 Practical sports Learning aim C	Unit 2 Practical sports Learning aim A B & C	Unit 2 Practical sports Learning aim A B & C	Unit 2 Practical sports Learning aim A B & C	Unit 2 Practical sports Learning aim A B & C	Unit 2 Practical sports Learning aim A B & C	Unit 2 Practical sports Learning aim A B & C
	Orientation	Orientation	Review, explain and analyse own performance in two selected sports	Review, explain and analyse own performance in two selected sports	Review, explain and analyse own performance in two selected sports	Review, explain and analyse own performance in two selected sports	Review, explain and analyse own performance in two selected sports	Review, explain and analyse own performance in two selected sports	Review, explain and analyse own performance in two selected sports	Perform and Describe the technical and tactical demands within a selected sport Review, explain and analyse own performance in two selected sports	Perform and Describe the technical and tactical demands within a selected sport Review, explain and analyse own performance in two selected sports	Perform and Describe the technical and tactical demands within a selected sport Review, explain and analyse own performance in two selected sports	Perform and Describe the technical and tactical demands within a selected sport Review, explain and analyse own performance in two selected sports	Perform and Describe the technical and tactical demands within a selected sport Review, explain and analyse own performance in two selected sports
Cycle 2		W/C 13/12	W/C 20/12	W/C 03/01	W/C 10/01	W/C 17/01	W/C 24/01	W/C 30/01	W/C 07/02	W/C 14/02	W/C 28/02	W/C 07/03	W/C 14/03	W/C 21/03
		Unit 2 Practical sports Learning aim A B & C	Unit 2 Practical sports Learning aim A B & C	Unit 1 Fitness for sport and exercise Unit 3 Applying the principles for personal training	Unit 1 Fitness for sport and exercise Unit 3 Applying the principles for personal training	Unit 1 Fitness for sport and exercise Unit 3 Applying the principles for personal training	Unit 1 Fitness for sport and exercise Unit 3 Applying the principles for personal training	Unit 1 Fitness for sport and exercise Unit 3 Applying the principles for personal training	Unit 1 Fitness for sport and exercise Unit 3 Applying the principles for personal training	Unit 1 Fitness for sport and exercise Unit 3 Applying the principles for personal training	Unit 1 Fitness for sport and exercise Unit 3 Applying the principles for personal training	Unit 1 Fitness for sport and exercise Unit 3 Applying the principles for personal training	Unit 1 Fitness for sport and exercise Unit 3 Applying the principles for personal training	Unit 1 Fitness for sport and exercise Unit 3 Applying the principles for personal training
		Perform and Describe the technical and tactical demands within a selected sport Review, explain and analyse own performance in two selected sports	Perform and Describe the technical and tactical demands within a selected sport Review, explain and analyse own performance in two selected sports	Fitness testing/training programmes All learning aims	Fitness testing/training programmes All learning aims	Fitness testing/training programmes All learning aims	Fitness testing/training programmes All learning aims	Fitness testing/training programmes All learning aims	Fitness testing/training programmes All learning aims	Fitness testing/training programmes All learning aims	Fitness testing/training programmes All learning aims	Fitness testing/training programmes All learning aims	Fitness testing/training programmes All learning aims	Learning aim A Know the attributes associated with successful sports leadership

Year 11 Btec Sport Boys

	Week 0	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
	W/C 30/08	W/C 06/09	W/C 13/09	W/C 20/09	W/C 27/09	W/C 04/10	W/C 11/10	W/C 18/10	W/C 01/11	W/C 08/11	W/C 15/11	W/C 22/11	W/C 29/11	W/C 06/12
Cycle 1	Term 1 Inset 1 & 2	orientation	Unit 3 'applying principles of personal training'	Unit 3 'applying principles of personal training'	Unit 3 'applying principles of personal training'	Unit 3 'applying principles of personal training'	Unit 3 'applying principles of personal training'	Unit 3 'applying principles of personal training'	Unit 3 'applying principles of personal training'	Unit 3 'applying principles of personal training'	Unit 3 'applying principles of personal training'	Unit 3 'applying principles of personal training'	Unit 3 'applying principles of personal training'	Data 1 Planning Unit 3 'applying principles of personal training' 1
	Orientation	Recap previous content and review in preparation of program	Planning for commencement of 6 week training program	Planning for commencement of 6 week training program	Performance of 6 week program maintaining training diary	Performance of 6 week program maintaining training diary	Performance of 6 week program maintaining training diary	Performance of 6 week program maintaining training diary	Performance of 6 week program maintaining training diary	Performance of 6 week program maintaining training diary	Performance of 6 week program maintaining training diary	Post program fitness testing and review	Post program fitness testing and review	Post program fitness testing and review
		W/C 13/12	W/C 20/12	W/C 03/01	W/C 10/01	W/C 17/01	W/C 24/01	W/C 30/01	W/C 07/02	W/C 14/02	W/C 28/02	W/C 07/03	W/C 14/03	W/C 21/03
Cycle 2		Unit 3 'applying principles of personal training'		Term 3 Inset Unit 3 'applying principles of personal training' 3 & 4	Unit 3 'applying principles of personal training'	Unit 3 'applying principles of personal training'	Unit 3 'applying principles of personal training'	Unit 3 'applying principles of personal training'	Unit 3 'applying principles of personal training'	Unit 3 'applying principles of personal training'	Term 4 Data 2 Unit 6 'leading sports activities'	Unit 6 'leading sports activities'	Unit 6 'leading sports activities'	Unit 6 'leading sports activities'
		Post program fitness		Learning aim C Review training program	Learning aim C Review training program	Learning aim C Review	Learning aim C Review	Learning aim C Review	Learning aim C Review	Learning aim C Review	Learning aim C Review	Learning aim A 'attributes and qualities'	Learning aim A 'attributes'	Learning aim A 'attributes'

	testing and review	DIXONS BROADGREEN ACADEMY	program training program		training program	training program	training program	training program	training program	of successful leaders	and qualities of successful leaders	and qualities of successful leaders	and qualities of successful leaders
	W/C 28/03	W/C 04/04	W/C 25/04	W/C 02/05	W/C 09/05	W/C 16/05	W/C 23/05	W/C 06/06	W/C 13/06	W/C 20/06	W/C 27/06	W/C 04/07	W/C 11/07
Cycle 3	Unit 6 'leading sports activities'	Unit 6 'leading sports activities'	Term Unit 6 'leading sports activities' 5	Unit 6 'leading sports activities'	Unit 6 'leading sports activities'	Unit 6 'leading sports activities'	Unit 6 'leading sports activities'	Term 6	Summer Exams Y7-10/12		Data 3 Planning 3		
	Plan leadership session	Plan leadership session	Learning Aim B Lead session to group	Learning aim C Review session	Learning aim C Review session	Learning aim C Review session	Learning aim C Review session						

Year 12 Ctec Sport

	Week 0	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
	W/C 30/08	W/C 06/09	W/C 13/09	W/C 20/09	W/C 27/09	W/C 04/10	W/C 11/10	W/C 18/10	W/C 01/11	W/C 08/11	W/C 15/11	W/C 22/11	W/C 29/11	W/C 06/12
Cycle 1	Term 1 Inset 1 & 2	Unit 1 Body systems Skeletal system	Unit 1 Body systems Skeletal system	Unit 1 Body systems Skeletal system	Unit 1 Body systems Muscular system	Unit 1 Body systems Muscular system	Unit 1 Body systems Muscular systems	Unit 1 Body systems Cardiovascular system	Unit 1 Body systems Cardio Vascular system	Term 2	Unit 1 Body systems Cardio Vascular system	Unit 1 Body systems Respirator system	Unit 1 Body systems Respirator system	Unit 1 body systems Respiratory systems
	Orientation	Unit 13 Health and Fitness Testing	Unit 13 Health and Fitness Testing	Unit 13 Health and Fitness Testing	Unit 13 Health and Fitness Testing	Unit 13 Health and Fitness Testing	Unit 13 Health and Fitness Testing	Unit 13 Health and Fitness Testing	Unit 13 Health and Fitness Testing	Unit 18 Practical Sport	Unit 18 Practical Sport	Unit 18 Practical Sport	Unit 18 Practical Sport	Unit 18 Practical Sport
		W/C 13/12	W/C 20/12	W/C 03/01	W/C 10/01	W/C 17/01	W/C 24/01	W/C 30/01	W/C 07/02	W/C 14/02	W/C 28/02	W/C 07/03	W/C 14/03	W/C 21/03
Cycle 2		Unit 1 Body systems Energy systems	Unit 1 Body systems energy systems	Term 3 Exam prep	Exam week	Unit 19 Sports Psychology	Unit 19 Sports Psychology	Unit 19 Sports Psychology	Unit 19 Sports Psychology	Unit 19 Sports Psychology	Term 4 Data 2 Planning 2	Unit 19 Sports Psychology	Unit 19 Sports Psychology	Unit 19 Sports Psychology
		Unit 18 Practical Sport	Unit 18 Practical Sport	Unit 18 Practical Sport	Unit 18 Practical Sport	Unit 18 Practical Sport	Unit 18 Practical Sport	Unit 18 Practical Sport	Unit 18 Practical Sport	Unit 4 Working Safely in Sport	Unit 4 Working Safely in Sport	Unit 4 Working Safely in Sport	Unit 4 Working Safely in Sport	Unit 4 Working Safely in Sport
Cycle 3		W/C 28/03	W/C 04/04	W/C 25/04	W/C 02/05	W/C 09/05	W/C 16/05	W/C 23/05	W/C 06/06	W/C 13/06	W/C 20/06	W/C 27/06	W/C 04/07	W/C 11/07
		Unit 19 Sports Psychology	Unit 19 Sports Psychology	Term 5	Unit 8 Organisation of Sports Event	Unit 8 Organisation of Sports Event	Unit 8 Organisation of Sports Event	Unit 8 Organisation of Sports Event	Term 6	Summer Exams Y7-10/12	Unit 8 Organisation of Sports Event	Data 3 Planning 3	Unit 8 Organisation of Sports Event	Unit 8 Organisation of Sports Event



Unit 4
Working
Safely in
Sport

Unit 4
Working
Safely in
Sport

Unit 4
Working
Safely in
Sport

Unit 4
Working
Safely in
Sport

Unit 4
Working
Safely in Sport

Unit 4
Working
Safely in Sport

Unit 4 Working
Safely in Sport

Unit 17
Sports
Injuries and
Rehabilitation

Unit 17
Sports
Injuries and
Rehabilitation

Unit 17
Sports
Injuries and
Rehabilitation

Unit 17
Sports
Injuries and
Rehabilitation


Unit 17
Sports
Injuries and
Rehabilitation

Unit 17
Sports
Injuries and
Rehabilitation

DIXONS
BROADGREEN
ACADEMY

Year 13 Ctec Sport

	Week 0	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
	W/C 30/08	W/C 06/09	W/C 13/09	W/C 20/09	W/C 27/09	W/C 04/10	W/C 11/10	W/C 18/10	W/C 01/11	W/C 08/11	W/C 15/11	W/C 22/11	W/C 29/11	W/C 06/12
Cycle 1	Term 1 Inset 1 & 2	Unit 19 Sports Psychology	LO1 Know the different factors that affect motivation for sport and exercise	LO1 Know the different factors that affect motivation for sport and exercise	LO1 Know the different factors that affect motivation for sport and exercise	LO2 Understand attribution theory in relation to sport and exercise	LO2 Understand attribution theory in relation to sport and exercise	LO2 Understand attribution theory in relation to sport and exercise	LO3 Understand the effects of stress, anxiety and arousal in sport and exercise	LO3 Understand the effects of stress, anxiety and arousal in sport and exercise	LO3 Understand the effects of stress, anxiety and arousal in sport and exercise	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	Data 1 Planning 1
	Orientation	Unit 4 Working Safely in Sport	LO1 Understand emergency procedures in sport, exercise, health and leisure	LO1 Understand emergency procedures in sport, exercise, health and leisure	LO2 Understand health and safety requirements in sport, exercise, health and leisure	LO2 Understand health and safety requirements in sport, exercise, health and leisure	LO3 Understand how to minimise risk in sport, exercise, health and leisure	LO3 Understand how to minimise risk in sport, exercise, health and leisure	LO4 Know first aid requirements for sport, exercise, health and leisure	LO4 Know first aid requirements for sport, exercise, health and leisure	LO5 Know how to safeguard children and vulnerable adults in sport, exercise, health and leisure	LO5 Know how to safeguard children and vulnerable adults in sport, exercise, health and leisure	Mock exam	Revision LO1

													
	W/C 13/12	W/C 20/12	W/C 03/01	W/C 10/01	W/C 17/01	W/C 24/01	W/C 30/01	W/C 07/02	W/C 14/02	W/C 28/02	W/C 07/03	W/C 14/03	W/C 21/03
Cycle 2	LO4 Understand the importance of group dynamics in team sports and group exercise	LO5 Understand the psychological impact of sport and exercise on mental health and wellbeing	LO5 Understand the psychological impact of sport and exercise on mental health and wellbeing	LO5 Understand the psychological impact of sport and exercise on mental health and wellbeing		Unit 2 Sports Coaching and Leadership	LO1 Know the roles and responsibilities of sports coaches and activity leaders	LO2 Understand principles which underpin coaching and leading	LO2 Understand principles which underpin coaching and leading	Term 4 Data 2 Planning 2	LO3 Be able to use methods to improve skills, techniques and tactics in sport	LO3 Be able to use methods to improve skills, techniques and tactics in sport	LO4 Be able to plan sports and activity sessions
	Revision LO2	Revision LO3	Revision LO4	Revision LO5	External exam								
Cycle 3	W/C 28/03	W/C 04/04	W/C 25/04	W/C 02/05	W/C 09/05	W/C 16/05	W/C 23/05	W/C 06/06	W/C 13/06	W/C 20/06	W/C 27/06	W/C 04/07	W/C 11/07
	LO6 Be able to deliver sports and activity sessions	LO6 Be able to deliver sports and activity sessions	Term 5	LO6 Be able to deliver sports and activity sessions	LO7 Be able to review sports and activity sessions			Term 6	Summer Exams Y7-10/12		Data 3 Planning 3		