

Applied anatomy and physiology (continued)

Health fitness and wellbeing

Use of data in sport

Movement analysis

Year 11

R041

Reducing the risk of sports injuries

R046

Technology in Sport

Sports psychology

Socio-cultural influences

Applied anatomy and physiology

Physical training

Health fitness and wellbeing

Year 10

R042

Applying Principles of training

R045

Sports Nutrition

Pupils will build upon their knowledge of tactics and strategies across an even wider range of physical activities. Pupils will participate in activities such as badminton, basketball, football, tennis, striking & fielding, hockey and volleyball which will enhance cultural capital. Pupils will be exposed to more adept skills, tactics and strategies within these sports. Pupils will have knowledge of a wide range of tactics and strategies that can gain an advantage upon the opposition.

Within the subject of fitness, pupils will build upon their ability to analyse their own performance on fitness based activities. Pupils will have a good understanding of how to analyse a range of different components of fitness and how to develop these components of fitness. Pupils will also be able to assess health and safety measures alongside securing knowledge of methods of training.

Year 9

Ethical issues

Sports psychology

Cardiorespiratory system

Injury in sport

Ethical issues (continued)

Within the subject of Outdoor and Adventurous Activity, pupils will build upon skills such as orienteering and team building. Pupils will be exposed to more advanced intellectual and physical challenges.

Within the subject of athletics and gymnastics, pupils will be able to monitor their own performance and link performance to technique used. Pupils will be able to utilise self-assessment and peer-assessment to evaluate technique and enhance performance. Within athletics students will be able to gather personal bests etc.

Pupils will build upon their knowledge of tactics and strategies across a wider range of physical activities. Pupils will participate in activities such as badminton, football, rugby, handball, striking & fielding and netball which will enhance cultural capital. Pupils will be exposed to more adept skills, tactics and strategies within these sports.

Year 8

Leadership

Media

Muscular system

Skill related components of fitness

Participation

Pupils will engage in a wide range of activities such as basketball, rugby, netball and striking & fielding in order to build upon knowledge and skills acquired in KS2. Pupils will begin to understand the importance of developing key skills within the specific sport and understand the importance of gaining a tactical advantage.

Pupils will gain and develop techniques within subject areas such as gymnastics and athletics. Students will be able to monitor their own performance and link performance to technique used.

Within the subject of fitness, pupils will be able to analyse their own performance on fitness based activities and acquire abilities such as calorie tracking. Pupils will be introduced to different components of fitness and training methods alongside health and safety.

Within the subject of Outdoor and Adventurous Activity, pupils will be able to gain and build upon skills such as orienteering and team building. Pupils will be exposed to both intellectual and physical challenges.

Year 7

Health and fitness

Skeletal system

Technology

**Health related
components of fitness**

History of sport

**Introduction to
core PE and sport
science given to
all pupils**