

Physical Education and Sport

Key Stage 3						
Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	<ul style="list-style-type: none"> Rugby <i>Teamwork/Aiming High</i> Badminton <i>Listening/Speaking</i> Dance <i>Creativity/Staying Positive</i> Handball <i>Aiming High/Leadership</i> Netball <i>Aiming High/Leadership</i> Health Based PE <i>Aiming High/Speaking</i> 	<ul style="list-style-type: none"> Rugby <i>Teamwork/Aiming High</i> Badminton <i>Listening/Speaking</i> Dance <i>Creativity/Staying Positive</i> Handball <i>Aiming High/Leadership</i> Netball <i>Aiming High/Leadership</i> Health Based PE <i>Aiming High/Speaking</i> 	<ul style="list-style-type: none"> Football <i>Teamwork/Aiming High</i> Gymnastics <i>Creativity/Speaking & Listening</i> Table Tennis <i>Aiming High/Creativity</i> Trampolining <i>Creativity/Staying Positive</i> Basketball <i>Teamwork/Leadership</i> OAA <i>Teamwork/Problem Solving</i> Health Based PE <i>Aiming High/Speaking</i> 	<ul style="list-style-type: none"> Football <i>Teamwork/Aiming High</i> Gymnastics <i>Creativity/Speaking & Listening</i> Table Tennis <i>Aiming High/Creativity</i> Trampolining <i>Creativity/Staying Positive</i> Basketball <i>Teamwork/Leadership</i> OAA <i>Teamwork/Problem Solving</i> Health Based PE <i>Aiming High/Speaking</i> 	<ul style="list-style-type: none"> Athletics <i>Aiming High/Staying Positive/S & L</i> Striking and Fielding (Cricket, Softball, Rounders) <i>Teamwork/Problem Solving/Leadership</i> Tennis <i>Creativity/Speaking & Listening</i> Volleyball <i>Teamwork/Problem Solving</i> Basketball <i>Teamwork/Leadership</i> Health Based PE <i>Aiming High/Speaking</i> 	<ul style="list-style-type: none"> Athletics <i>Aiming High/Staying Positive/S & L</i> Striking and Fielding (Cricket, Softball, Rounders) <i>Teamwork/Problem Solving/Leadership</i> Tennis <i>Creativity/Speaking & Listening</i> Volleyball <i>Teamwork/Problem Solving</i> Basketball <i>Teamwork/Leadership</i> Health Based PE <i>Aiming High/Speaking</i>
8	<ul style="list-style-type: none"> Rugby <i>Teamwork/Aiming High</i> Badminton <i>Listening/Speaking</i> Dance <i>Creativity/Staying Positive</i> Handball 	<ul style="list-style-type: none"> Rugby <i>Teamwork/Aiming High</i> Badminton <i>Listening/Speaking</i> Dance <i>Creativity/Staying Positive</i> Handball 	<ul style="list-style-type: none"> Football <i>Teamwork/Aiming High</i> Gymnastics <i>Creativity/Speaking & Listening</i> Table Tennis <i>Aiming High/Creativity</i> 	<ul style="list-style-type: none"> Football <i>Teamwork/Aiming High</i> Gymnastics <i>Creativity/Speaking & Listening</i> Table Tennis <i>Aiming High/Creativity</i> 	<ul style="list-style-type: none"> Athletics <i>Aiming High/Staying Positive/S & L</i> Striking and Fielding (Cricket, Softball, Rounders) <i>Teamwork/Problem</i> 	<ul style="list-style-type: none"> Athletics <i>Aiming High/Staying Positive/S & L</i> Striking and Fielding (Cricket, Softball, Rounders) <i>Teamwork/Problem</i>

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	<ul style="list-style-type: none"> <i>Aiming High/Leadership</i> • Netball <i>Aiming High/Leadership</i> • Health Based PE <i>Aiming High/Speaking</i> 	<ul style="list-style-type: none"> <i>Aiming High/Leadership</i> • Netball <i>Aiming High/Leadership</i> • Health Based PE <i>Aiming High/Speaking</i> 	<ul style="list-style-type: none"> • Trampolineing <i>Creativity/Staying Positive</i> • Basketball <i>Teamwork/Leadership</i> • OAA <i>Teamwork/Problem Solving</i> • Health Based PE <i>Aiming High/Speaking</i> 	<ul style="list-style-type: none"> • Trampolineing <i>Creativity/Staying Positive</i> • Basketball <i>Teamwork/Leadership</i> • OAA <i>Teamwork/Problem Solving</i> • Health Based PE <i>Aiming High/Speaking</i> 	<ul style="list-style-type: none"> <i>Solving/Leadership</i> • Tennis <i>Creativity/Speaking & Listening</i> • Volleyball <i>Teamwork/Problem Solving</i> • Basketball <i>Teamwork/Leadership</i> • Health Based PE <i>Aiming High/Speaking</i> 	<ul style="list-style-type: none"> <i>Solving/Leadership</i> • Tennis <i>Creativity/Speaking & Listening</i> • Volleyball <i>Teamwork/Problem Solving</i> • Basketball <i>Teamwork/Leadership</i> • Health Based PE <i>Aiming High/Speaking</i>
9	<ul style="list-style-type: none"> • Rugby <i>Teamwork/Aiming High</i> • Badminton <i>Listening/Speaking</i> • Dance <i>Creativity/Staying Positive</i> • Handball <i>Aiming High/Leadership</i> • Netball <i>Aiming High/Leadership</i> • Health Based PE <i>Aiming High/Speaking</i> 	<ul style="list-style-type: none"> • Rugby <i>Teamwork/Aiming High</i> • Badminton <i>Listening/Speaking</i> • Dance <i>Creativity/Staying Positive</i> • Handball <i>Aiming High/Leadership</i> • Netball <i>Aiming High/Leadership</i> • Health Based PE <i>Aiming High/Speaking</i> 	<ul style="list-style-type: none"> • Football <i>Teamwork/Aiming High</i> • Gymnastics <i>Creativity/Speaking & Listening</i> • Table Tennis <i>Aiming High/Creativity</i> • Trampolineing <i>Creativity/Staying Positive</i> • Basketball <i>Teamwork/Leadership</i> • OAA <i>Teamwork/Problem Solving</i> • Health Based PE <i>Aiming High/Speaking</i> 	<ul style="list-style-type: none"> • Football <i>Teamwork/Aiming High</i> • Gymnastics <i>Creativity/Speaking & Listening</i> • Table Tennis <i>Aiming High/Creativity</i> • Trampolineing <i>Creativity/Staying Positive</i> • Basketball <i>Teamwork/Leadership</i> • OAA <i>Teamwork/Problem Solving</i> • Health Based PE <i>Aiming High/Speaking</i> 	<ul style="list-style-type: none"> • Athletics <i>Aiming High/Staying Positive/S & L</i> • Striking and Fielding (Cricket, Softball, Rounders) <i>Teamwork/Problem Solving/Leadership</i> • Tennis <i>Creativity/Speaking & Listening</i> • Volleyball <i>Teamwork/Problem Solving</i> • Basketball <i>Teamwork/Leadership</i> • Health Based PE <i>Aiming High/Speaking</i> 	<ul style="list-style-type: none"> • Athletics <i>Aiming High/Staying Positive/S & L</i> • Striking and Fielding (Cricket, Softball, Rounders) <i>Teamwork/Problem Solving/Leadership</i> • Tennis <i>Creativity/Speaking & Listening</i> • Volleyball <i>Teamwork/Problem Solving</i> • Basketball <i>Teamwork/Leadership</i> • Health Based PE <i>Aiming High/Speaking</i>

Key Stage 4		Course: OCR Cambridge National Sport Studies				
Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10	<p>R185: Performance and Leadership within Sport</p> <p>Task 1: Performance in sport</p> <p>Task 3: Planning a sports leadership session</p> <p>Task 4: Delivering a sports leadership session</p>	<p>R185: Performance and Leadership within Sport</p> <p>Task 1: Performance in sport</p> <p>Task 4: Delivering a sports leadership session</p> <p>Task 5: Evaluating a sports leadership session</p>	<p>R185: Performance and Leadership within Sport</p> <p>Task 1: Performance in sport</p> <p>Task 5: Evaluating a sports leadership</p> <p>Task 2: Applying practice methods to support improvement</p>	<p>R185: Performance and Leadership within Sport</p> <p>Task 2: Applying practice methods to support improvement</p>	<p>R187: Increasing Awareness of Outdoor Activities</p> <p>Task 1 & 2: Provision for different outdoor activities</p>	<p>R187: Increasing Awareness of Outdoor Activities</p> <p>Task 3: Planning an outdoor activity session</p>
11	<p>R187: Increasing Awareness of Outdoor Activities</p> <p>Task 3: Plan for an OAA session and be able to demonstrate skills in OAA</p> <p>Task 4: Evaluate performance in OAA</p>	<p>R187: Increasing Awareness of Outdoor Activities</p> <p>Task 3: Plan for an OAA session and be able to demonstrate skills in OAA</p> <p>Task 4: Evaluate performance in OAA</p>	<p>R184: Contemporary Issues in Sport</p> <p>Written Exam Prep</p>	<p>R184: Contemporary Issues in Sport</p> <p>Written Exam Prep</p>	<p>R184: Contemporary Issues in Sport</p> <p>Written Exam Prep</p>	

Post 16		Course: Edexcel BTEC National Extended Diploma in Sport				
Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
12	Unit 1 - Anatomy and Physiology External assessed examination	Unit 1 - Anatomy and Physiology Externally assessed examination	Unit 2 - Fitness and Training Program Externally assessed examination	Unit 2 - Fitness and Training Program Externally assessed examination	Unit 3 - Continued Professional Development in Sport Section A	Unit 3 - Continued Professional Development in Sport Section B
13	Unit 3 - Continued Professional Development in Sport	Unit 3 - Continued Professional Development in Sport	Optional Unit	Optional Unit	Revision for Unit 1 and 2 resit	