

Headlands School PE Sequencing of Learning

Year 7	Year 8	Year 9	Y10 and Y11	Y10 & Y11 Exams	Y12 & Y13
<p>All strands will be taught through a broad range of sport and physical activity.</p> <p><u>Physical Skills:</u></p> <p>Students will consolidate the foundation skills required for physical literacy these include; throwing, catching, running, jumping and hitting. These will be applied through game based sessions and isolated drills.</p> <p><u>Knowledge of rules and tactics:</u></p> <p>Students will develop their knowledge of the basic rules required to play and officiate sport in small sided games. They will learn basic attack and defend tactics.</p> <p><u>Analysis and knowledge:</u></p> <p>Students will learn how to reflect on their own ability stating their strengths and weaknesses. Students will learn about the importance of a warm up and the location of major muscles in the body.</p>	<p>All strands will be taught through a broad range of sport and physical activity.</p> <p><u>Physical Skills:</u></p> <p>Students will learn the specific core skills required to take part in all sports covered e.g. how to bowl overarm in cricket. This will be applied through isolated drills and conditioned practices.</p> <p><u>Knowledge of rules and tactics:</u></p> <p>Students will deepen their knowledge of sport specific rules and officiate games. They will learn sports specific tactics which can be applied during competitive games.</p> <p><u>Analysis and Knowledge:</u></p> <p>Students will develop the skills required to analyse their peers performances and identify their strengths and weaknesses. Students will learn about the short term effects of exercise on the body. They will also develop their knowledge of the components of fitness and how to test them.</p>	<p>All strands will be taught through a broad range of sport and physical activity.</p> <p><u>Physical Skills:</u></p> <p>Students will learn the advance sport specific skills required for taking part in sport e.g. spin bowling in cricket. This will be applied through conditioned practices and games.</p> <p><u>Knowledge of rules and tactics</u></p> <p>Students will develop their officiating skills using verbal and non verbal communication to take charge of small sided games competitive games. Students knowledge and application of tactics will be deepened as they will take on coaching roles during small sided games and expected to impact the game with their decisions.</p> <p><u>Analysis and Evaluation</u></p> <p>Students will develop their knowledge of how to create a development plan after identifying strengths and weaknesses. Students will learn about the basic principles of training and how they are applied in training.</p>	<p>All strands will be taught through a broad range of sport and physical activity.</p> <p><u>Physical Skills:</u></p> <p>Students will consolidate all the core and advance sport specific skills learnt during KS3. They will develop these under competitive situations and recreational situations.</p> <p><u>Knowledge of rules and tactics:</u></p> <p>Students will focus on developing and applying a range of tactics both as a player and a coach in recreational and competitive sport. They will take charge of games as an official applying their knowledge of the rules in competitive situations.</p> <p><u>Analysis and theoretical knowledge:</u></p> <p>Students will take responsibility for their own learning identifying and working on their own and peers strengths and weaknesses to develop sessions that are specific to their individual needs. Their knowledge of the human body, fitness training methods and principles of training will be consolidated and applied in personal fitness units.</p>	<p><u>Year 10 Functions of the body systems</u></p> <p>Students will learn about the different systems that make up the body these include the skeletal, the muscular, the cardiovascular, the respiratory system and the energy systems. Students will Consolidate their knowledge and understanding of the principles of training and training methods with application to a range of sports</p> <p><u>Year 11 Applying the Principles of Personal Training</u></p> <p>Training programme Design</p> <p>Application of training principles</p> <p>Structure of musculoskeletal system</p> <p>Structure of Cardiorespiratory system</p> <p>Implementation of training programmes</p> <p>Measures of success in training</p> <p>Review of training programmes</p>	<p><u>Year 12– NCFE Sport and exercise science</u></p> <p>Students will complete 6 units of work that cover a broad range of Sporting topics these include</p> <ul style="list-style-type: none"> Anatomy and physiology Exercise health and lifestyle Sports and exercise massage Preparation for a career in sport and physical activity Leadership in sport Sports nutrition <p><u>Y13 A level PE</u></p> <p><u>Paper 1</u></p> <p>Applied anatomy and physiology and Biomechanics- See separate handout</p> <p><u>Paper 2</u></p> <p>Sports Psychology- see separate sheet</p> <p><u>Paper 3</u></p> <p>Sociocultural Studies– see separate sheet</p>