

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>Head: Knowledge and understanding</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. 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><u>Heart: employability skills</u></p> <p>Students will learn the qualities of a good leader and work on their communication skills required for leading warm ups and giving peer feedback. They will understand the importance of effort and resilience and develop their confidence in their physical literacy over the course of the year.</p> <p><u>Hands: practical demonstrating and application</u></p> <p>Students will consolidate the foundation skills required for basic physical literacy and use these to learn and demonstrate the core skills required to play a wide variety of sports. Students will be challenged to demonstrate skills and basic tactics through isolated practices small sided games.</p>	<p>All strands will be taught through a broad range of sport and physical activity.</p> <p><u>Head: Knowledge and understanding</u></p> <p>Students will deepen their knowledge of sport specific rules to understand and officiate games. They will learn more sports specific tactics which can be applied during competitive games. 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 benefits of taking part in sport</p> <p><u>Heart: employability skills</u></p> <p>Students will continue to develop their leadership skills when leading warm ups. They will develop communication skills when analyzing and feeding back to their peers. Their effort and respect for equipment and other players will be improved through interaction in a variety of sports.</p> <p><u>Hands: practical demonstrating and application</u></p> <p>Students will recap and consolidate the core skills required to take part in a variety of sports. This will be applied through isolated drills and conditioned practices. They will be challenged within competitive games to see how pressure impacts their performance.</p>	<p>All strands will be taught through a broad range of sport and physical activity.</p> <p><u>Head: Knowledge and understanding</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 techniques and tactics will be deepened as they will take on coaching roles during small sided games and expected to impact the game with their decisions. Students will develop their knowledge of the components of fitness and how they can be improved.</p> <p><u>Heart: employability skills</u></p> <p>Students will focus on their confidence when taking participating, officiating and coaching a range of sports. They will be challenged to show more resilience as they are placed into situations they are not comfortable with.</p> <p><u>Hands: practical demonstrating and application</u></p> <p>Students will learn the advance sport specific skills required for taking part in specific sport. This will applied through isolated practices, conditioned practices and games.</p>	<p>All strands will be taught through a broad range of sport and physical activity. Students will have the opportunity to select sports they are more confident with in Y11 as they start make decisions about what sport and physical activity they will take part in once they leave school.</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 have the opportunity to take charge of games as an official applying their knowledge of the rules in competitive situations. Where appropriate 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>Heart: employability skills</u></p> <p>Students will work on independent learning, teamwork, leadership and communication through participating in student lead drills and games. Students will work on their resilience and commitment to sports.</p> <p><u>Hands: practical demonstrating and application</u></p> <p>Students will consolidate all the core and advance sport specific skills learnt during KS3. They will develop these through isolated drills, small sided games and competitive and recreational situations.</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 Preparing and planning for Health and Fitness</u></p> <p>Students will learn about the different lifestyle factors that impact health active lifestyles. They will learn how to analyse lifestyles and fitness levels. Their knowledge of training methods will be deepened and applied by planning and implementing fitness programmes for another person.</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> <p><u>Anatomy and physiology</u></p> <p>Students will deepen their knowledge and understanding of the Skeletal system, muscular system, cardiovascular system, respiratory system and energy system</p> <p><u>Exercise health and lifestyle</u></p> <p>Students will deepen their knowledge and understanding of how lifestyle impacts health. They will analyse a profile of stranger and complete a programme to develop healthy active lifestyles.</p> <p><u>Sports and exercise massage</u></p> <p>Students will learn about the role of the sports masseur. They will learn how to evaluate clients and carry out sports massage sessions. This will be done through practical lessons</p> <p><u>Preparation for a career in sport and physical activity</u></p> <p>Students will learn about the different career paths available in the sports industry. They will create a CV and practice interview techniques.</p> <p><u>Leadership in sport</u></p> <p>Students will consolidate and develop their leadership skills taught in KS3/4. They will learn about what makes a successful leader in sport and plan and deliver a sports session.</p> <p><u>Sports nutrition</u></p> <p>Students will learn about the digestive system, the components of a healthy diet, how to balance the energy demands of an athlete and how to control weight. Students will evaluate a persons diet and create a diet plan to improve performance.</p>