

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>Practical Skills, Knowledge and understanding</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>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 living a health active lifestyle.</p>	<p>All strands will be taught through a broad range of sport and physical activity.</p> <p><u>Practical Skills, Knowledge and understanding</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>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>All strands will be taught through a broad range of sport and physical activity.</p> <p><u>Practical Skills, Knowledge and understanding</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>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>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>Practical skills, Knowledge of rules and tactics:</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>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>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– Cambridge Technical Extended Certificate and Diploma in Sport</u></p> <p>Students will complete 6 units of work that cover a broad range of Sporting topics these include</p> <p><u>Body Systems and the effects of physical activity</u></p> <p>Students will consolidate their knowledge from KS4 and deepen their understanding of the Skeletal system, muscular system, cardiovascular system, respiratory system and energy system</p> <p><u>Performance Analysis</u></p> <p>Students will develop their skills and knowledge required to carry out performance profiling and analysis and deliver feedback to the performers in a manner that is suitable for them.</p> <p><u>Organising Sports Events</u></p> <p>Students will o develop skills in planning, promoting and delivering a sports event; with a focus primarily on your individual role as well as working as part of a team and reflecting on your input and future personal development.</p> <p><u>Working Safely in sports and Exercise Leisure</u></p> <p>Students will gain an understanding of key safety requirements to be able to ensure their own, and their clients' safety. Topics include: understanding key health and safety legislations, knowing how to administer emergency first aid, understanding roles, responsibilities and reporting duties in safeguarding children and vulnerable adults and finally, knowledge of key health and safety documents, including how to carry out risk assessments.</p> <p><u>Practical Skills in sport and Physical Activity</u></p> <p>Students will apply skills, tactics, techniques and knowledge in individual sports, team sports and outdoor and adventurous activities which will them you to participate effectively, safely and enjoyably</p> <p><u>Sports Injuries and rehabilitation</u></p> <p>Students will learn how to recognise and treat common sports injuries both immediately and through long-term rehabilitation programmes, the possible psychological impacts of sports injuries and how to minimise the risk of sports injuries occurring in the first instance.</p> <p><u>Physical Activities for Specific Groups</u></p> <p>Students will develop a knowledge and understanding of the different groups of individuals who would benefit physiologically, psychologically and sociologically from participating in physical activity and why these particular groups are targeted by initiatives. This knowledge and understanding will then support you in planning suitable</p>