

<b>Subject: PE/SPORT</b>	<b>Term 2.1 (Jan - Mar)</b>
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This term, we are studying...

Year	Topic(s)	Why this? Why now?
Year 7	<u>CORE PE</u> Boys: Table Tennis  Girls: Trampolining	<p>Boys are currently completing Table Tennis this term due to the unpredictable weather moving to an indoor net and wall sport means there is less likelihood of interruptions.</p> <p>Girls are currently completing Trampolining and completing the health and safety required to perform on the trampoline to them complete simple aerial shapes.</p>
Year 8	<u>CORE PE</u> Boys: Badminton  Girls: Trampolining	<p>Boys are currently playing Badminton. The reason behind this is to have a different variety of net &amp; wall sports within their KS3 core PE lessons.</p> <p>Girls are currently on Trampolining. They will be re-visiting the health and safety as well as basic shapes from year 7. To then progress to different landings on the trampoline.</p>
Year 9	<u>CORE PE</u> Boys: Basketball  Girls: Sport Development	<p>Boys are currently playing Tchoukball. The reason behind this is to have a different variety of net &amp; wall sports within their KS3 core PE lessons. This is a sport which is a mix with invasion sports which can be played inside and outside.</p> <p>Girls are completing sport development which means over the next 8 lessons the group and teacher will agree on an activity to develop. This could be a brand new sport or revisiting a previous activity that needs further requirement.</p>
Year 10 & Year 11	<u>CORE PE</u> Physical activity options	<p>This term we are offering different sports and physical activities to maintain high levels of physical participation accompanied with our student voice of choice of activities. The activities on offer are Gym Suite, Football, Trampolining, Table Tennis and Bench ball.</p> <p>We offer the gym suite all year round due to the limitations of 24 students at one time due to health and safety.</p>
Year 10	<u>BTEC Sport</u> Component 1	<p>Within the previous term students completed the delivery of Component 1 which is detailed below. They will be completing the write up and delivery of these tasks in exam conditions to complete 30% of their overall grade.</p>

		Students will be completing learning aim A (LAA) and learning aim B (LAB) in their theory lessons. LAA is based around engaging different people into sport and physical activity with addressing barriers. LAB will be looking into sports clothing and equipment in a sport of their choice. Meanwhile, in practical lessons, learning aim C (LAC) will be practiced in their delivery of a warm up.
Year 11	<u>GCSE PE</u> Paper 1 - Anatomy and Physiology	Students have now completed their coursework and be working on paper 1 content of the exam which is worth 30% of their GCSE. This will be revisiting content delivered in year 10.

Year 12	<u>BTEC Level 3 Sport</u> Unit 2: Fitness training for health, fitness and well-being.	This topic is being delivered now as the content within is specific to questions 4, 5 & 6 which are worth a heavy percentage of marks across the paper and it follows the order that we recommend you answer the questions in. You need to know how to analyse clients personal information from their lifestyle questionnaire and then be able to plan appropriate training programmes taking into account individual needs. You are also learning about a variety of training methods as you will need to justify your choice for your client in question 6. Following AP2, you will be <b>learning about programme related nutritional needs</b> and also complete exam practice in readiness for the external exam series.
Year 13	<u>BTEC Level 3 Sport</u> Unit 5: Application of fitness testing	This is the final unit of the qualification to be delivered and studied. Content delivered in unit 2 will aid your understanding of this unit. You will gain an understanding of the principles of fitness testing and the requirements of fitness testing and learn how to safely conduct a range of fitness tests for different components of fitness (unit 2 content). The topics will be delivered in order of the BTEC assignment brief so that the work can be accessed at the correct time. This unit lends itself to a more practical delivery which finishes the course on a lighter note whilst you have other examinations to complete for other subjects.