

Subject: PE/SPORT
Term 1.2 Nov - Dec

Core PE		
Year	Topic (s)	Why this? Why now?
KS3 Core PE	Core PE <u>Boys 1</u> Creative Movement <u>Boys 2</u> Hand Eye Coordination <u>Girls 1</u> Collaborative <u>Girls 2</u> Pass & Catch	<p>Year 7 focus for core PE is to develop fundamental movement skills (FMS). We continue to focus on FMS though year 8 and year 9 with different aims. This will be the first time that students will experience our curriculum with these priorities.</p> <p>Year 8 focus for core PE is to apply FMS in competition.</p> <p>Set 1 boys will be learning creative movement which involves dance, gymnastics and trampolining. Set 2 boys will experience hand-eye coordination such as table tennis, tennis and badminton.</p> <p>Set 1 girls will now be on collaborative which focuses on team work in orienteering, football and gaelic football. Set 2 girls will be on pass & catch through netball, basketball and lacrosse.</p>
KS4	Core PE Option blocks of Astro, Gym, Sports Hall and Trampolining	<p>In KS4 students use student voice to have their focus of activities for the term. We have the spaces of the Astro, Gym, Sports Hall and Activity Hall. Gym suit is for weight training and cardio. The activity hall has trampolines set up for KS3. Which leaves the Astro for all weather activities such as outdoor walking and football. The sports hall which gives the choice of basketball, badminton, bench ball and or dodgeball.</p>
Sport		
10	BTEC Level 2 Sport Component 1: Learning Aim A	<p>Students have finished the delivery of LAC which is the planning of a warm up. In practical lessons students will continue to practice this for their delivery however, in theory lessons the focus will be on LAA where we will make suggestions for the case study of what sport, physical activity and or outdoor adventurous activity.</p>
11	BTEC Level 2 Sport Component 3: Learning Aim C & D	<p>Now coursework has completed, students will be doing their preparation for their exam in January. During this term students will learn about fitness tests and how to complete them, training methods to enhance components of fitness, relevant personal information for training plans and finally motivation techniques.</p>
13	BTEC Level 3 Sport Unit 1 and 7: Unit 3:	<p>Students will begin to turn their attention to the exam unit which is unit 1. We will be revisiting this in preparation for their exam in January. Alongside this we will be completing some unit 7 practicals in preparation to finish completing their unit 7 coursework post the January exam.</p> <p>3. Students will be working on their final learning aim which includes a job application process, interview and reflection. Students will then make necessary amendments for final grades.</p>