

Themes – Intellectual Understanding, Tactics and strategies, Analysis and Evaluation, Performance and Replication, Creativity

Year Group	Autumn term	Spring term	Summer term
7	<p>In year 7 Students complete 4 week blocks in the following areas: 3G Pitch (Football, Rugby, Handball, Lacrosse, Cricket, Rounders, Softball), Sports Hall (Handball, Volleyball, Badminton, Fitness Training, Sports Hall Athletics, Basketball, Dodgeball, Netball, Cricket), Gymnasium (Gymnastics - Floor, Vaulting, Sports Acro, Fitness Training, Badminton, Volleyball, Dodgeball, Aerobics), Courts (Netball, Fitness training, Ultimate Frisbee, Handball, Zone Games), Field (Football, Rugby, Cross Country, Athletics, Cricket, Rounders, Softball), Fitness Suite (Fitness training methods), Swimming pool (Swimming, Water Polo, Lifesaving), Dance Studio (Contemporary, Tap, Ballet, Modern, Street)</p> <p>Year 7 Aims: Active Start and Fundamentals - Health and safety, Core skills in sports chosen by teacher, learn about importance of warming up and physiological benefits of exercise, Basic tactics in sport, Basic analysis and evaluation of performance and developing basic leadership skills</p> <p>Extracurricular Activities - refer to updated termly timetable</p>		
8	<p>In year 8 Students complete 4 week blocks in the following areas: 3G Pitch (Football, Rugby, Handball, Lacrosse, Cricket, Rounders, Softball), Sports Hall (Handball, Volleyball, Badminton, Fitness Training, Sports Hall Athletics, Basketball, Dodgeball, Netball, Cricket), Gymnasium (Gymnastics - Floor, Vaulting, Sports Acro, Fitness Training, Badminton, Volleyball, Dodgeball, Aerobics), Courts (Netball, Fitness training, Ultimate Frisbee, Handball, Zone Games), Field (Football, Rugby, Cross Country, Athletics, Cricket, Rounders, Softball), Fitness Suite (Fitness training methods), Swimming pool (Swimming, Water Polo, Lifesaving), Dance Studio (Contemporary, Tap, Ballet, Modern, Street)</p> <p>Year 8 Aims: Learning to train and Training to train - Basic Knowledge of Muscles and Bones, Taking ownership through questioning and answering, Identifying strengths and weaknesses of performance, Using key words to give appropriate feedback and developing knowledge by learning about components of fitness</p> <p>Extracurricular Activities - refer to updated termly timetable</p>		
9	<p>In year 9 Students complete 4 week blocks in the following areas: 3G Pitch (Football, Rugby, Handball, Lacrosse, Cricket, Rounders, Softball), Sports Hall (Handball, Volleyball, Badminton, Fitness Training, Sports Hall Athletics, Basketball, Dodgeball, Netball, Cricket), Gymnasium (Gymnastics - Floor, Vaulting, Sports Acro, Trampolining, Fitness Training, Badminton, Volleyball, Dodgeball, Aerobics), Courts (Netball, Fitness training, Ultimate Frisbee, Handball, Zone Games), Field (Football, Rugby, Cross Country, Athletics, Cricket, Rounders, Softball), Fitness Suite (Fitness training methods), Swimming pool (Swimming, Water Polo, Lifesaving), Dance Studio (Contemporary, Tap, Ballet, Modern, Street)</p> <p>Year 9 Aims: Training to win and Training to compete - Developing movement analysis (muscles, bones, levers, movement), seeking advice on how to improve performance, developing knowledge of training methods and principles and linking these to sports, Identifying causes (positive + negative) and how these impact performances.</p> <p>Extracurricular Activities - refer to updated termly timetable</p>		

Text books and resources:

AQA GCSE (9-1) PE, Author: Ross Howitt, Mike Murray, *Inspire, motivate and give confidence to your students with AQA PE for GCSE.*

https://www.amazon.co.uk/s/ref=nb_sb_noss/260-7552563-8693728?url=search-alias%3Daps&field-keywords=hodder+education+PE+textbook

BTEC First Award Sport Student Book (BTEC First Sport) Paperback – 2012 by Mark Adams (Author), Adam Gledhill (Author), Pam Phillippo (Author)

https://www.amazon.co.uk/BTEC-First-Award-Sport-Student/dp/1446905551/ref=sr_1_fkmr0_1?ie=UTF8&qid=1525104211&sr=8-1-fkmr0&keywords=btec+first+award+in+sport+level+2

BTEC First in Sport Revision Guide (BTEC First Sport) Paperback – 13 Jun 2014 by Harry Styles (Author)

https://www.amazon.co.uk/BTEC-First-Sport-Revision-Guide/dp/1446906701/ref=sr_1_fkmr2_2?ie=UTF8&qid=1525104291&sr=8-2-fkmr2&keywords=btec+first+award+in+sport+level+2

BTEC First in Sport Revision Workbook (BTEC First Sport) Paperback – 13 Jun 2014 by Harry Styles (Author)

https://www.amazon.co.uk/BTEC-First-Sport-Revision-Workbook/dp/144690671X/ref=sr_1_fkmr2_4?ie=UTF8&qid=1525104291&sr=8-4-fkmr2&keywords=btec+first+award+in+sport+level+2

Useful Websites:

<http://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582>

<https://qualifications.pearson.com/en/qualifications/btec-firsts/sport-2012-nqf.html>

<https://www.brianmac.co.uk>

<https://www.teachpe.com>

<https://www.bbc.co.uk/sport>

<http://www.peresourcesbank.co.uk/>

<https://twitter.com/> - and #...