

## Physical Education Curriculum Principles

At Dixons Unity, we are united behind the common purpose of empowering young people from all cultures and backgrounds to improve their life chances and develop a lifelong love of learning which enriches the local community.

Our curriculum is designed and delivered in order to work towards achieving this aim.

### By the end of their journey through Dixons Unity Academy, a student in PE will:

- Have developed a passion for playing, watching and analysing Sport
- Have developed an enhanced sense of leadership, teamwork, resilience, respect, integrity, determination, courage, equality, and inspiration.
- Understand and value the long-term positive effects of sport and exercise on physical, mental, and social wellbeing.
- Students will have improved their motor skills so that they can use movements effectively in a range of sporting activities gained.
- Have gained tactical and strategic skills that allow them to outwit their opponents.
- Have developed their ability to analyse and act upon, strengths and weaknesses of themselves and others.
- Have comprehensive knowledge of the rules, regulations, scoring system, and roles of officials in a variety of sports, allowing them to undertake the roles of officials if they chose to pursue this.
- A student in PE will be able to understand and evaluate:  
Social issues in sport, governing bodies, etiquette in sport, user groups, advantages + disadvantages of hosting international competitions, drugs in sport, factors affecting popularity of sport in the UK and the world.
- Have gained the necessary foundation skills to pursue sport as a performer, official, or to pursue a career that uses the powerful scientific knowledge taught throughout PE.
- Have gained powerful and transferable biological knowledge.
- Have experienced Cultural capital, enabling them to succeed in life.

### Our unifying sentence is:

The PE department improved the physical, mental, and social wellbeing of all and instilled a love of sport and exercise, which inspired students to continue to participate in sport throughout their lives.

In order to truly appreciate the subject and develop a deep schema, PE has been sequenced with the following rationale:

- The transferable physical skills and theoretically knowledge are taught at an increasingly deeper level year on year, and applied to a range of sports, including: invasion sports, net wall, striking, fielding, fitness and weight training, dance and gymnastics, athletics, and emerging sports.
- Activities are taught in six - week blocks in order to expose students to as many sporting activities possible. The sports are taught with passion and finesse in order to maximise student engagement and interest in a range of sports.
- Essential PE vocabulary is focused on throughout the five years; a PE word of the week is utilised and understanding of the term is developed via Learn Now activities, thus embedding vital theory knowledge needed for KS4 exams and coursework, and for general health and wellbeing.
- Links between PE topics are made explicit, and cross - curricular links are emphasised.
- Regular retrieval activities take place to ensure past learning is fully embedded.
- Questioning builds towards higher order skills (compare / contrast / evaluate) to support students in achieving merit and distinction criteria. Also in developing higher order transferable thinking skills

Our curriculum in PE supports the personal development of students by inclusion for all, with a specific drive on motivating and developing the confidence of disadvantaged students.

- There is baseline testing of a student's sporting capabilities. This is used to inform planning and teaching for core PE and beyond.
- All students are taught a rigorous curriculum that exposes them to a wide range of sport, and develops their skills and knowledge year on year.

- At KS3, core PE is used as a springboard from which students can excel at KS4 and beyond. The Schemes of Learning are designed to engage and stimulate learners, and to ensure that all students have a solid foundation of PE skills and knowledge.
- All Schemes of Learning use visible differentiation to ensure that every individual student is being stretched and challenged. Every effort is made to ensure that students who lack skill, or have little passion or engagement with sport, are prioritised for intervention and encouragement.
- Disadvantaged students, SEND students and those identified as under-represented groups are prioritised by teachers when analysing assessment data. Teachers then incorporate interventions (via their intervention folders) to narrow the gap before the next assessment.
- A wide range of exciting and inclusive extra-curricular PE activities are used to further engage learners in PE. Disadvantaged and SEND students are actively encouraged to participate.
- Communication and teamwork are vital for future life skills, and often students from disadvantaged backgrounds lack these social skills. PE strives to address this area by explicitly teaching these skills. Students undertake the roles of officials and leaders of teams, as well as coaches. Leadership skills are extremely important in everyday life. Sporting etiquette, and sportsmanship are also strongly promoted.
- Students with SEND needs or disabilities are given extra support where required through support staff. Students can be taught in smaller areas if this is beneficial to improving progress. Students who are new to English will follow a thorough EAL induction with EAL staff. These students will receive extra support with vocabulary and literacy once integrated into PE lessons.

### **We fully believe PE can contribute to the personal development of students at DUA:**

PE lessons are imperative for a student to develop their physical health and well-being, but also understand why being physically healthy is important so that they can thrive in a top job and have a great life. Students will engage in high levels of activity that have lasting impact on their cardiorespiratory and muscular systems when sustained. All students will study the negative impact of drugs, unbalanced diets, smoking, lack of sleep, on health. Diseases / illnesses covered in the Learn now's include type 2 diabetes, strokes, cancers, obesity, osteoporosis, coronary heart attacks.

The social development (social health) of our students is nurtured through the challenges that each individual sport or activity presents. All lessons will require students to communicate effectively with each other and, at times, work in teams or small groups to overcome barriers. Lessons have been designed to support students in being confident communicators taking lead where necessary and be comfortable with making mistakes or losing. During dance, students will work in pairs to create, perform and evaluate a routine with given success criteria.

Resilience, integrity and respect are just some of the many psychological factors that can be imperative to a person's mental health. It is well researched that exercise can have positive effects on a person's mental well-being and the PE curriculum has high expectations and challenging activities will push students out of their comfort zones and careful scaffolding of successes and next steps in every lesson will help students to improve their self-esteem. Fitness activities that focus on cardiovascular and muscular endurance will help instil that grit and determination to not give up when faced with difficulty.

Students will be breaking down cultural barriers that exist within sport and society. Students will work together in mixed ability groups to understand and appreciate different backgrounds such as gender, religion and disability. For example, all students will take part in activities such as Bhangra, Netball and Rugby. At KS4 in GCSE PE, students will have time to discuss priority groups in sport and look at some of the barriers that they must overcome.

**Our belief is that homework should consist of purposeful and deliberate practice and interleaved revision of what is taught in lessons. This knowledge is secured and applied through metacognitive quizzing and low-stakes tests.**

**Opportunities are built in to the curriculum to make links to the world of work in support of our careers advice and guidance that all students receive:**

- The PE department explicitly teaches links to careers throughout KS3 and KS4, providing students with the knowledge and understanding of what is required for the next steps of their career and development. We have an unrelenting focus on supporting students with aptitude to become a professional or semi-professional sports person, or to pursue sport related learning in Higher Education. Beyond this, students are exposed to careers such as medical i.e. (physiotherapist,

osteopath, chiropractor, doctor, nurse), PE teacher, nutritionist etc. Explicit links are made to other subjects with reference to how students can use the knowledge (and skills) learned in PE to underpin and support other career pathways.

**The PE curriculum is designed to explore cultural domains that go beyond the specification, yet also effectively prepare students for success in their GCSE examinations:**

- The curriculum is designed to go way beyond the official government / exam board specification, in order to prepare students for life in the real world beyond just passing exams. Lessons cover a wide and varied range of Cultural capital areas in order to broaden student's knowledge of the world.
- The PE department offers many extra – curricular clubs after school. These clubs are available to all students. Clubs include football, martial arts, badminton, table tennis, fitness (via the fitness suite), dodgeball, gymnastics, dance, netball, cricket, rounders. Students are given many opportunities to represent the academy at competitions and in league fixtures. These include badminton, table tennis, netball, football, indoor and outdoor athletics. The PE department has links with Leeds Beckett basketball Association. This has resulted in professional external coaching taking place every Tuesday (after school) for the past two years. The academy also has links with rugby league and union organisations. This has also resulted in rugby for both girls and boys being taught by outside coaches in lesson time.
- Students showing a real interest in sports are actively encouraged to join external clubs in Leeds to further enhance their progress. PE staff are keen to speak to parents about this area, and advise them which clubs would be the most suitable for their children. For example Leeds City Athletics club.
- For each competitive extra – curricular activity taking place, in house competitions are held at the end (or in between) seasons.

#### **Further information**

- Long term plans
- Knowledge Organisers
- Lesson plans

**Core PE**  
**Year 7 Long Term Plan**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1		WB 5 Sept	WB 12 sept	WB 19 Sept	WB 26 Sept	WB 3 Oct	WB 10 Oct	WB 17 Oct	WB 7 Nov	WB 14 Nov	WB 21 Nov	WB 28 Nov	WB 5 Dec
	Boys	Baseline assessment	Baseline assessment	Baseline assessment	Football Ball control  Bench ball Passing	Football Ball control  Bench ball Passing / pivoting	Football Passing  Bench ball Catching / pivoting	Football Passing  Bench ball Catching / pivoting	Football Dribbling  Bench ball Defending	Badminton (setting up equipment, grip, stance, backhand short serve, rally).  Table tennis (Setting up equipment, grip, stance, forehand short serve, rally).	Badminton (grip, stance, backhand short serve, rally).  Table tennis (grip, stance, forehand short serve, return push and rally)	Badminton (backhand short serve, return lift and rally)  Table tennis (forehand short serve, return push and rally)	Badminton (backhand short serve, return lift and rally)  Table tennis (forehand short serve, return push and rally)
Cycl	Girls	Baseline assessment	Baseline assessment	Baseline assessment	Netball Footwork.  Badminton (setting up equipment, grip, stance, backhand short serve, rally).	Netball Passing / catching  Badminton (grip, stance, backhand short serve, rally).	Netball Shooting  Badminton (backhand short serve, return lift and rally).	Netball Marking and positions  Badminton (backhand short serve, return lift and rally).	Football Ball control  Table tennis (Setting up equipment, grip, stance, forehand short serve, rally).	Football Ball control  Table tennis (grip, stance, forehand short serve, return push and rally)	Football passing  Table tennis (forehand short serve, return push and rally)	Football passing  Table tennis (forehand short serve, return push and rally)	Football dribbling  Table tennis (forehand short serve, return push and rally)
		WB 12 Dec	WB 2 Jan	WB 9 Jan	WB 16 Jan	WB 23 Jan	WB 30 Jan	WB 6 Feb	WB 20 Feb	WB 27 Feb	WB 6 Mar	WB 13 Mar	WB 20 Mar

	<p><b>Badminton</b> (backhand short serve, return lift and rally)</p> <p><b>Table tennis</b> (forehand short serve, return push and rally)</p>	<p><b>Indoor athletics</b> Speed / agility training</p> <p><b>Let's get fit</b></p>	<p><b>Indoor athletics</b> Speed / agility training</p> <p><b>Let's get fit</b></p>	<p><b>Indoor athletics</b> Hurdles training</p> <p><b>Let's get fit</b></p>	<p><b>Indoor athletics</b> Vertical jump training</p> <p><b>Let's get fit</b></p>	<p><b>Indoor athletics</b> Vertical jump training</p> <p><b>Let's get fit</b></p>	<p><b>Indoor athletics</b> Throwing training</p> <p><b>Let's get fit</b></p>	<p><b>Handball</b> Two handed catching. <b>Fitness suite</b>  Introduction to the gym</p>	<p><b>Handball</b> Dominant hand dribbling.  <b>Fitness suite</b>  PARQ and exploration of equipment</p>	<p><b>Handball</b> Dominant hand dribbling.  <b>Fitness suite</b>  Health tests and exploration of equipment</p>	<p><b>Handball</b> Passing, screening.  <b>Fitness suite</b>  Health tests and exploration of equipment</p>	<p><b>Handball</b> Feining.  <b>Fitness suite</b>  Health tests and exploration of equipment</p>	<p><b>Handball</b> Shooting  <b>Fitness suite</b>  Health tests and exploration of equipment</p>
	<p><b>Football</b> (backhand short serve, return lift and rally)</p> <p><b>Table tennis</b> (forehand short serve, return push and rally)</p>	<p><b>Indoor athletics</b> Speed / agility training</p> <p><b>Let's get fit</b></p>	<p><b>Indoor athletics</b> Speed / agility training</p> <p><b>Let's get fit</b></p>	<p><b>Indoor athletics</b> Hurdles training</p> <p><b>Let's get fit</b></p>	<p><b>Indoor athletics</b> Vertical jump training</p> <p><b>Let's get fit</b></p>	<p><b>Indoor athletics</b> Vertical jump training</p> <p><b>Let's get fit</b></p>	<p><b>Indoor athletics</b> Throwing training</p> <p><b>Let's get fit</b></p>	<p><b>Dance</b> Leaps, balances  <b>Fitness suite</b>  Introduction to the gym</p>	<p><b>Dance</b> Turns and travelling  <b>Fitness suite</b>  PARQ and exploration of equipment</p>	<p><b>Dance</b> Step patterns, aesthetics, balance and control  <b>Fitness suite</b>  Health tests and exploration of equipment</p>	<p><b>Dance</b> Aesthetics  <b>Fitness suite</b>  Health tests and exploration of equipment</p>	<p><b>Dance</b> Balance and control  <b>Fitness suite</b>  Health tests and exploration of equipment</p>	<p><b>Dance</b> Balance and control  <b>Fitness suite</b>  Health tests and exploration of equipment</p>
Cycle 3	WB 17 Apr	WB 24 Apr	WB 1 May	WB 8 May	WB 15 May	WB 22 May	WB 5 June	WB 12 June	WB 19 June	WB 26 June	WB 3 July	WB 10 July	WB 17 July
	<p><b>Short tennis</b> Grip, stance, ready position, serve</p> <p><b>Cricket</b> Throwing and catching</p>	<p><b>Short tennis</b> Grip, stance, ready position, serve</p> <p><b>Cricket</b> Throwing and catching</p>	<p><b>Short tennis</b> Forehand drive</p> <p><b>Cricket</b> Bowling + batting</p>	<p><b>Short tennis</b> Forehand drive</p> <p><b>Cricket</b> Bowling + batting</p>	<p><b>Short tennis</b> Footwork and recovery</p> <p><b>Cricket</b> Fielding</p>	<p><b>Short tennis</b> Footwork and recovery</p> <p><b>Cricket</b> Fielding</p>	<p><b>Rounders</b> Athletics Sprinting</p>	<p><b>Rounders</b> Athletics Sprinting</p>	<p><b>Rounders</b> Athletics Relays</p>	<p><b>Rounders</b> Athletics Throwing</p>	<p><b>Rounders</b> Athletics Throwing</p>	<p><b>Rounders</b> Athletics Jumping</p>	<p><b>Rounders</b> Athletics Jumping</p>

**Core PE**  
**Year 8 Long Term Plan**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	
C y c l e 1		WB 5 Sept	WB 12 sept	WB 19 Sept	WB 26 Sept	WB 3 Oct	WB 10 Oct	WB 17 Oct	WB 7 Nov	WB 14 Nov	WB 21 Nov	WB 28 Nov	WB 5 Dec	
		Football Dribbling to beat opposition  Bench ball One handed catching, non-dominant dribbling.	Football Dribbling to beat opposition  Bench ball One handed catching, non-dominant dribbling	Football Chest & thigh control, non-dominant passing  Bench ball Jump passing, jump shots, intercepting, screening with no ball	Football Chest & thigh control, non-dominant passing  Bench ball Jump passing, jump shots, intercepting, screening with no ball	Football Volleying, jockeying, marking off the ball  Bench ball Intercepting, screening with no ball	Football Volleying, jockeying, marking off the ball  Bench ball Intercepting, screening with no ball	Football Volleying, jockeying, marking off the ball  Bench ball Intercepting, screening with no ball	Football Volleying, jockeying, marking off the ball  Bench ball Intercepting, screening with no ball	Badminton Forehand high lift behind opponent  Table tennis Backhand serving, serving with spin	Badminton Forehand high lift behind opponent  Table tennis Backhand serving, serving with spin	Badminton Overhead clear to mid court, net smash.  Table tennis Backhand push, backhand drive	Badminton Overhead clear to mid court, net smash.  Table tennis Flicking a back spin serve, shot selection, quick feet.	Badminton Use of lateral shots.  Table tennis Flicking a back spin serve, shot selection, quick feet.
		Netball / Badminton	Netball / Badminton	Netball / Badminton	Netball / Badminton	Netball / Badminton	Netball / Badminton	Netball / Badminton	Netball / Badminton	Football / Table tennis	Football / Table tennis	Football / Table tennis	Football / Table tennis	Football / Table tennis
C y c l e 2	WB 12 Dec	WB 2 Jan	WB 9 Jan	WB 16 Jan	WB 23 Jan	WB 30 Jan	WB 6 Feb	WB 20 Feb	WB 27 Feb	WB 6 Mar	WB 13 Mar	WB 20 Mar	WB 27 Mar	
	Badminton Use of lateral shots.  Table tennis Flicking a back spin serve, shot selection, quick feet.	Indoor athletics Improving speed and endurance  Let's get fit Improving Interval, continuous, far tle, circuits training.	Indoor athletics Improving speed and endurance  Let's get fit Improving Interval, continuous, far tle, circuits training.	Indoor athletics Improving jumps  Let's get fit Improving Interval, continuous, far tle, circuits training.	Indoor athletics Improving jumps  Let's get fit Improving Interval, continuous, far tle, circuits training.	Indoor athletics Improving throws  Let's get fit Improving Interval, continuous, far tle, circuits training.	Indoor athletics Improving throws  Let's get fit Improving Interval, continuous, far tle, circuits training.	Indoor athletics Improving throws  Let's get fit Improving Interval, continuous, far tle, circuits training.	Handball One handed catching, non-dominant dribbling.  Fitness suite Carry out a PEP with teacher and student help, use heart rate monitor to understand recovery and zones.	Handball One handed catching, non-dominant dribbling  Fitness suite Carry out a PEP with teacher and student help, use heart rate monitor to understand recovery and zones.	Handball Jump passing, jump shots, intercepting, screening with no ball  Fitness suite Carry out a PEP with teacher and student help, use heart rate monitor to understand recovery and zones.	Handball Jump passing, jump shots, intercepting, screening with no ball  Fitness suite Carry out a PEP with teacher and student help, use heart rate monitor to understand recovery and zones.	Handball Intercepting, screening with no ball  Fitness suite Carry out a PEP with teacher and student help, use heart rate monitor to understand recovery and zones.	Handball Intercepting, screening with no ball  Fitness suite Carry out a PEP with teacher and student help, use heart rate monitor to understand recovery and zones.



Grip, stance, ready position, serve.	Grip, stance, ready position, serve.	Forehand / backhand drive	Forehand / backhand drive	Footwork and recovery	Footwork and recovery	Shot selection	Run outs, backstop	Run outs, backstop	Batting direction, batting flight	Batting direction, batting flight	Bowling variations	Bowling variations
Cricket	Cricket	Cricket	Cricket	Cricket	Cricket	Cricket	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
Run outs, wicket keeping,	Run outs, wicket keeping,	Batting direction, batting flight	Batting direction, Batting flight	Bowling variations	Bowling variations	Varying line and length	Improving speed for the sprints	Improving speed for the sprints	Improving jumping technique	Improving jumping technique	Improving throws technique	Relays







**Core PE**  
**Year 10 Long Term Plan**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
C y c l e 1		WB 5 Sept	WB 12 sept	WB 19 Sept	WB 26 Sept	WB 3 Oct	WB 10 Oct	WB 17 Oct	WB 7 Nov	WB 14 Nov	WB 21 Nov	WB 28 Nov	WB 5 Dec
	Boys	Football  Non dominant foot work	Football  Non dominant foot work	Football  Timing of a tackle and shooting for accuracy.	Football  Timing of a tackle and shooting for accuracy	Football  Tactical play	Football  Tactical play	Football  Tactical play	Handball  Non dominant hand dribbling	Handball  Non dominant hand dribbling	Handball  Passing / shooting	Handball  Passing / shooting	Handball  Tactical play, zonal marking
	Girls	Netball  Passing on the move	Netball  Passing on the move	Netball  Width of court	Netball  Width of court	Netball  Shooting	Netball  Shooting	Netball  Split landings and zonal defending	Bench ball  Choosing the right pass	Bench ball  Choosing the right pass	Bench ball  Tactical play	Bench ball  Tactical play	Bench ball  Timing of interception, defending your goalkeeper
C y c l e 2	WB 12 Dec	WB 2 Jan	WB 9 Jan	WB 16 Jan	WB 23 Jan	WB 30 Jan	WB 6 Feb	WB 20 Feb	WB 27 Feb	WB 6 Mar	WB 13 Mar	WB 20 Mar	WB 27 Mar
	Handball  Tactical play, zonal marking	Table tennis / Badminton  Counter-hit, overhead clears to different	Table tennis / Badminton  Defensive and attacking play, Drop shot	Table tennis / Badminton  Defensive and attacking play, Drop shot	Table tennis / Badminton  Tactical awareness and position away from the table / net	Table tennis / Badminton  Net kill, forehand + backhand drive shots.	Table tennis / Badminton  Net kill, forehand + backhand drive shots.	Fitness  Carry out your own individual PEP, heart rate measurements , fitness testing.	Fitness  Carry out your own individual PEP, heart rate measurements , fitness testing.	Fitness  Carry out your own individual PEP, heart rate measurements , fitness testing.	Fitness  Carry out your own individual PEP, heart rate measurements , fitness testing.	Fitness  Carry out your own individual PEP, heart rate measurements , fitness testing.	Fitness  Carry out your own individual PEP, heart rate measurements , fitness testing.
	Bench ball  Timing of interceptions,	Fitness  Carry out your own individual PEP, heart rate	Fitness  Carry out your own individual PEP, heart rate	Fitness  Carry out your own individual PEP, heart rate	Fitness  Carry out your own individual PEP, heart rate	Fitness  Carry out your own individual PEP, heart rate	Fitness  Carry out your own individual PEP, heart rate	Table tennis / Badminton  Counter-hit,	Table tennis / Badminton  Defensive and attacking play,	Table tennis / Badminton  Defensive and attacking play,	Table tennis / Badminton  Tactical awareness and	Table tennis / Badminton  Net kill, forehand +	Table tennis / Badminton  Net kill, forehand +

	defending your goalkeeper	measurements , fitness testing.	measurements , fitness testing.	measurements , fitness testing.	measurements , fitness testing.	measurements , fitness testing.	measurements , fitness testing.	overhead clears to different	Drop shot	Drop shot	position away from the table / net	backhand drive shots	backhand drive shots
C y c l e 3	WB 17 Apr	WB 24 Apr	WB 1 May	WB 8 May	WB 15 May	WB 22 May	WB 5 June	WB 12 June	WB 19 June	WB 26 June	WB 3 July	WB 10 July	WB 17 July
	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Cricket / Softball	Cricket / Softball	Cricket / Softball	Cricket / Softball	Cricket / Softball	Cricket / Softball	Cricket / Softball
	Rules and tactics of sprints	Rules and tactics of sprints	Rules and tactics of jumps	Rules and tactics of jumps	Rules and tactics of throws	Rules and tactics of throws	Attacking fielding tactics	Defensive fielding tactics	Shot selection	pitching, bowling	pitching, bowling / pitching tactics,	pitching, bowling / pitching tactics,	Rules and regulations
Rounders / Softball	Rounders / Softball	Rounders / Softball	Rounders / Softball	Rounders / Softball	Rounders / Softball	Athletics Rules and tactics of sprints	Athletics Rules and tactics of sprints	Athletics Rules and tactics of jumps	Athletics Rules and tactics of jumps	Athletics Rules and tactics of throws	Athletics Rules and tactics of throws	Athletics Rules and tactics of throws	Athletics Relays





**BTEC Sport**  
**Year 9 Long Term Plan**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
		WB 5 Sept	WB 12 sept	WB 19 Sept	WB 26 Sept	WB 3 Oct	WB 10 Oct	WB 17 Oct	WB 7 Nov	WB 14 Nov	WB 21 Nov	WB 28 Nov	WB 5 Dec
		<p>Component 1</p> <p>Learning Aim A.1</p> <p>Learning Intention</p> <p>Different types of sports and benefits of taking part in sport</p>	<p>Component 1</p> <p>Learning Aim A.1</p> <p>Learning Intention</p> <p>Physical activity benefits</p>	<p>Component 1</p> <p>Learning Aim A.1</p> <p>Learning Intention</p> <p>Outdoor activities</p> <p>Benefits of taking part in outdoor activities</p>	<p>Component 1</p> <p>Learning Aim A.1</p> <p>Learning Intention</p> <p>Physical fitness activities</p> <p>Benefits of taking part in physical fitness activities</p>	<p>Component 1</p> <p>Learning Aim A.1</p> <p>Learning Intention</p> <p>Provision of sport</p> <ul style="list-style-type: none"> <li>- public</li> <li>- private</li> <li>- voluntary</li> </ul>	<p>Component 1</p> <p>Learning Aim A.1</p> <p>Learning Intention</p> <p>Characteristic s of sectors</p>	<p>Component 1</p> <p>Learning Aim A</p> <p>Learning Intention</p> <p>Advantages and disadvantages of sport provision</p>	<p>Component 1</p> <p>Learning Aim A.2</p> <p>Learning Intention</p> <p>Types and needs of participants – ages and disabilities</p> <p>Component 1</p> <p>Learning Aim A</p> <p>Learning Intention</p> <p>Writing up of practice assignment (Computer room )</p>	<p>Component 1</p> <p>Learning Aim A.2</p> <p>Learning Intention</p> <p>Types and needs of participants – long term health conditions and activity needs</p>	<p>Component 1</p> <p>Learning Aim A.3/4</p> <p>Learning Intention</p> <p>Barriers to participation in sport – cost, access, time</p> <p>Methods to address barriers – cost, access, time</p>	<p>Component 1</p> <p>Learning Aim A.3/4</p> <p>Learning Intention</p> <p>Barriers to participation in sport – personal and cultural</p> <p>Methods to address barriers – personal and cultural</p>	<p>Component 1</p> <p>Learning Aim A</p> <p>Learning Intention</p> <p>Assignment write up practice</p>
Cycle 1													End of unit exam
	WB 12 Dec	WB 2 Jan	WB 9 Jan	WB 16 Jan	WB 23 Jan	WB 30 Jan	WB 6 Feb	WB 20 Feb	WB 27 Feb	WB 6 Mar	WB 13 Mar	WB 20 Mar	WB 27 Mar
Cycle 2	<p>Component 1</p> <p>Learning Aim B.1</p> <p>Learning Intention</p>	<p>Component 1</p> <p>Learning Aim B</p> <p>Learning Intention</p>	<p>Component 1</p> <p>Learning Aim B</p> <p>Learning Intention</p>	<p>Component 1</p> <p>Learning Aim B</p> <p>Learning Intention</p>	<p>Component 1</p> <p>Learning Aim B</p> <p>Learning Intention</p>	<p>Component 1</p> <p>Learning Aim B</p> <p>Learning Intention</p>	<p>Component 1</p> <p>Learning Aim B</p> <p>Learning Intentions</p>	<p>Component 1</p> <p>Learning Aim B</p> <p>Learning Intention</p> <p>Facilities</p>	<p>Component 1</p> <p>Learning Aim B</p> <p>Learning Intention</p>	<p>Component 1</p> <p>Learning Aim B</p> <p>Learning Intention</p>	<p>Component 1</p> <p>Learning Aim 1B</p> <p>Learning Intention</p>	<p>Component 1</p> <p>Learning Aim 1A</p> <p>(interleaving)</p> <p>Learning Intention</p>	<p>Component 1</p> <p>Learning Aim A/B</p> <p>Learning Intention</p>

	Technology in Sport Clothing in sport Benefits Limitations	Technology in Sport Footwear in sport Benefits Limitations	Protection in Sport Footwear in sport Benefits Limitations	Sport specific equipment Benefits Limitations	Sport specific equipment Benefits Limitations	Protection and safety equipment Benefits Limitations	Equipment for people with disabilities and assistive equipment Benefits Limitations	Benefits Limitations	Officiating equipment Benefits Limitations	Performance analysis equipment Benefits Limitations	Assignment write up practice	Assignment write up practice	Assignment write up practice
	DIRT – end of unit exam						DUA year 9 assessments						End of unit exam
	WB 17 Apr	WB 24 Apr	WB 1 May	WB 8 May	WB 15 May	WB 22 May	WB 5 June	WB 12 June	WB 19 June	WB 26 June	WB 3 July	WB 10 July	WB 17 July
	Component 1 Learning Aim C Learning Intention Planning a warm up What is a warm up / pulse raiser / mobiliser/ stretch	Component 1 Learning Aim A Learning Intention Cardiorespiratory response to warm up	Component 1 Learning Aim A Learning Intention Musculoskeletal response to warm up	Component 1 Learning Aim A Learning Intention Adapting warm ups for different categories of participants	Component 1 Learning Aim A Learning Intention Adapting a warm up to make it specific to sports activities	Component 1 Learning Aim A Learning Intention Organisation of warm up activities	Component 1 Learning Aim A Learning Intention Supporting participants as they take part in physical activity	Revision week	Assessment week	Feedback			
Cycle 3	DIRT – end of unit exam										End of unit exam	DIRT – end of unit exam	



**BTEC Sport**  
**Year 10 Long Term Plan**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	Induction												
		Different types of technology	Different types of technology	Benefits of technology in sport and activity	Benefits of technology in sport and activity	Limitations of technology in sport	Limitations of technology in sport	Components of fitness	Fitness tests	Interpreting fitness results	Fitness results and target groups	Methods of training	FITT/ SPORPT
Cycle 2													
	Fitness programmes	Assessment	2B: Macro nutrients	2B: Micro nutrients	2B: Hydration	2B: Improving nutrition for sport and activity	Assessment	DIRT	2C: motivation	2C: Self confidence	2C: Anxiety	Exam practice and revision	Exam practice and revision
Cycle 3													
	Exam practice and revision	Exam practice and revision	Exam practice and revision	Exam practice and revision	Exam practice and revision	Exam practice and revision	Component 2 exam	Component 2 exam	3A: Attributes of a leader: skills	3A: Attributs of a leader: qualities	3A: Short term benefits of participation	3A:Long term benefits of participation	<b>Dream Team</b>

**Cambridge Sport**  
**Year 11 Long Term Plan**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
C y c l e 1		WB 5 Sept	WB 12 sept	WB 19 Sept	WB 26 Sept	WB 3 Oct	WB 10 Oct	WB 17 Oct	WB 7 Nov	WB 14 Nov	WB 21 Nov	WB 28 Nov	WB 5 Dec
		Media in sport L01 – catch up x 1 lesson.  Media in sport – L02:- positives of the media x 1 lessons.  Leadership – L01:- types of leaders + skills and qualities x 1 lesson.	Media in sport L01 – catch up x 1 lesson.  Media in sport – L02:- positives of the media x 1 lessons.  Leadership – L01:- types of leaders + skills and qualities x 1 lesson.	Media in sport L01 – catch up x 1 lesson.  Media in sport – L02:- positives of the media x 1 lessons.  Leadership – L01:- types of leaders + skills and qualities x 1 lesson.	Media in sport – L02:- positives of the media x 2 lessons.  Leadership – L01:- types of leaders + skills and qualities x 1 lesson.	Media in sport – L02:- positives of the media x 2 lessons.  Leadership – L01:- types of leaders + skills and qualities x 1 lesson.	Media in sport – L03:- negatives of the media x 2 lessons.  Leadership – L02:- My lesson plan x 1 lesson.	Media in sport – L03:- negatives of the media x 2 lessons.  Leadership – L02:- My lesson plan x 1 lesson.	Media in sport – L03:- negatives of the media x 2 lessons.  Mock 1 preparation x 1 lesson.  Leadership – L02:- My lesson plan x 1 lesson.	Media in sport – L03:- negatives of the media x 2 lessons.  Leadership – L02:- My lesson plan x 1 lesson.	Media in sport – L03:- negatives of the media x 2 lessons.  Leadership – L02:- My lesson plan x 1 lesson.	Media in sport – L03:- negatives of the media x 2 lessons.  Leadership – L02:- My lesson plan x 1 lesson.	Media in sport – L03:- negatives of the media x 2 lessons.  Leadership – L03:- delivering my lesson x 1 lesson  DIRT – mock exam
										Year 11 Mock 1	Year 11 Mock 1		DIRT – mock exam
C y c l e 2	WB 12 Dec	WB 2 Jan	WB 9 Jan	WB 16 Jan	WB 23 Jan	WB 30 Jan	WB 6 Feb	WB 20 Feb	WB 27 Feb	WB 6 Mar	WB 13 Mar	WB 20 Mar	WB 27 Mar
	Media in sport – L04 x 1 lesson  Leadership – L03:- delivering my lesson x 2 lessons	Media in sport – L04 x 1 lesson  Leadership – L03:- delivering my lesson x 2 lessons	Media in sport – L04 x 1 lesson  Leadership – L03:- delivering my lesson x 2 lessons	Media in sport – L04 x 1 lesson  Leadership – L03:- delivering my lesson x 2 lessons	Media in sport – L04 x 1 lesson  Leadership – L03:- delivering my lesson x 2 lessons	Media in sport – L04 x 1 lesson  Leadership – L03:- delivering my lesson x 2 lessons	Media in sport – L05 (case study) x 1 lesson  Leadership – L03:- delivering my lesson x 2 lessons	Media in sport – L05 (case study) x 1 lesson  Leadership – L03:- delivering my lesson x 2 lessons	Media in sport – L05 (case study) x 1 lesson  Leadership – L04:- evaluating my lesson x 1 lesson  Practical sport:- strengths and	Media in sport – L05 (case study) x 1 lesson  Leadership – L04:- evaluating my lesson x 1 lesson  Practical sport:- strengths and	Media in sport – L05 (case study) x 1 lesson  Leadership – L04:- evaluating my lesson x 1 lesson  Practical sport:- strengths and	Leadership – L04:- evaluating my lesson x 1 lesson  Practical sport:- strengths and weaknesses x	Practical sport:- working on my drills to improve my skills x 2 lessons  Practical sport:- strengths and weaknesses x

