

# KENTON SCHOOL LEARNING JOURNEY – PHYSICAL EDUCATION



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 7</b>	<p>Orienteering (Field) &amp; Problem solving</p> <p>Gymnastics (Routine, Rolls &amp; Balances) &amp; Dance (Street)</p>	Rugby & Endball & Netball	Gymnastics (Introduction to flight) & Fitness & Trampoline (Bronze)	Volleyball & Football & Basketball & Netball	Athletics Track & Cross Country	Rounders/Softball & Cricket & Tennis
<b>Year 8</b>	<p>Orienteering (School site) &amp; Problem solving</p> <p>Gymnastics &amp; Dance (Haka &amp; Contemporary)</p>	Rugby & Endball & Netball	Gymnastics (Flight * Travel) & Fitness & Trampoline (Bronze & Silver 1)	Volleyball & Football & Basketball & Netball	Athletics Throwing and Jumping & Cross Country	Rounders/Softball & Cricket & Tennis
<b>Year 9</b>	Gymnastics (Vaulting & Apparatus) & Dance (Choreography)	Football & Netball	Volleyball & Basketball	Fitness & Trampoline Silver 2/3	Rounders & Softball	Orienteering (Combined sites) & Problem solving
<b>Year 10 Core PE</b>	Football & Netball	Volleyball & Basketball	Orienteering, team building & Problem solving	Trampolining & Fitness	Badminton & Dodgeball	Athletics & Rounders & Cricket
<b>Year 10 NCFE Health &amp; Fitness Unit 1</b>	<p>The skeletal system</p> <p>The principles of training</p>	<p>The muscular system</p> <p>The musculoskeletal system</p>	The respiratory system	The blood vessels and the cardiac cycle	<p>The energy Systems</p> <p>The effects of health and fitness activities</p> <p>The components of fitness</p>	<p>Revision</p> <p>Exam</p>

# KENTON SCHOOL LEARNING JOURNEY – PHYSICAL EDUCATION



Year 11 Core PE	Volleyball & Netball & Basketball & Football	Badminton & Dodgeball & Benchball	Orienteering, team building & Problem solving	Trampolining & Dance & Fitness	Football & Netball & Basketball & Endball	Athletics & Softball & Rounders & Cricket
Year 11 NCFE Health & Fitness Unit 1	Revision  Exam retake opportunity	The Lifestyle factors and how these can affect health and fitness  The key nutrients and what a balanced diet consists of  Rest and recovery	Fitness Testing  Using data and collecting data  Training Methods  Heart rate training	Repetitions and sets  Health and fitness analysis  Goal setting  The structure of a Health and Fitness Programme	Learners will complete the synoptic project externally set by NCFE	Project adaptations  (Exam retake opportunity if two attempts not already taken)
Year 12 Cambridge Sport	<u>Unit 1</u> Understand the skeletal system in relation to exercise and physical activity <u>Unit 3</u> Understand how sport in the UK is organised	Understand the muscular system in relation to exercise and physical activity  Understand sports development	Understand the cardiovascular system in relation to exercise and physical activity  Understand how the impact of sports development can be measured	Understand the respiratory system in relation to exercise and physical activity  Understand sports development in practice	Understand the different energy systems in relation to exercise and physical activity  Sport development models and continuum. Example of sport development in action and research projects	Revision and Exams for unit 1 and 3  Begin unit 17 content after the June exam  Know common sports injuries and their effects  Be able to minimise the risk of sports injuries
Year 13 Cambridge Sport	<u>Unit 8</u> Know different types of sports events and their purpose	Be able to plan and promote a sports event	<u>Unit 2</u> Know the roles and responsibilities of sports coaches and activity leaders	Be able to plan sports and activity sessions Be able to prepare sports and activity environments	<u>Unit 17</u> Know common sports injuries and their effects	Finalise coursework  Exam retake opportunity

# KENTON SCHOOL LEARNING JOURNEY – PHYSICAL EDUCATION



	<p><b>Know the different roles and responsibilities involved in the planning and delivery of sports events</b></p>	<p><b>Be able to participate in the delivery of a sports event</b></p> <p><b>Be able to review the planning and delivery of a sports event</b></p>	<p><b>Understand principles which underpin coaching and leading</b></p> <p><b>Be able to use methods to improve skills, techniques and tactics in sport</b></p> <p><b>Exam Retake opportunity - Unit 1 &amp; 3 - January</b></p>	<p><b>Be able to deliver sports and activity sessions</b></p> <p><b>Be able to review sports and activity sessions</b></p>	<p><b>Be able to minimise the risk of sports injuries</b></p> <p><b>Be able to respond to acute sports injuries when they occur</b></p> <p><b>Know the role of different agencies in the treatment and rehabilitation of sports injuries</b></p> <p><b>Be able to plan a rehabilitation programme for a specific sports injury</b></p>	
--	--	--	--	--	--	--