



Key Stage 3

During KS3 pupils will have developed holistically through a focus on improving:

- Performance/skill
- Tactical awareness
- Coaching
- Leadership
- Officiating
- Knowledge of healthy active lifestyles.

Throughout KS3, these developments will have occurred through the teaching of a variety of sports including, but not limited to:

- Netball
- Football
- Handball
- Basketball
- Trampolining
- Dance
- Rugby
- Fitness
- Table Tennis
- Athletics
- Badminton
- Cricket
- Rounders
- Gymnastics
- OAA
- Cross Country
- Hockey

Year 10

Term 1

Throughout term one, pupils will begin to develop their knowledge of how to improve skill within team and individual sports as well as improve weaknesses in performance through the teaching of Unit R185.

Topic Area 1: Key components of performance

- Performance of skills and techniques
- Decision making during performance
- Management and maintenance of performance

Topic Area 2: Applying practice methods to support improvement in a sporting activity

- Identification of strengths and weaknesses of performance
- Methods to improve performance
- Measuring improvement in performance

Topic Area 3: Organising and planning a sports activity session.

- Organisation of a sports activity session.
- Safety considerations when planning a sports activity session.
- Objectives to meet the needs of the group.

Term 2

In term two, pupils will develop the necessary skills and qualities to be able to successfully lead a session.

Topic Area 4: Leading a sports activity session

- Organisation of a sports activity session
- Leading a sports activity session

Topic Area 5: Reviewing your own performance in planning and leading a sports activity session.

- Review your leadership of a sports activity session.

Term 3

Throughout term 3 pupils will review their performance in delivering a session.

Topic Area 1: The provision of OAA in the UK.

- OAA availability both locally and nationally
- Topic Area 2:** Equipment, clothing and safety aspects of participating in OAA
- Types of equipment/clothing needed, types of technology to enhance participation and/or safety and types of terrain/environment

Topic Area 3: Plan for and participate in OAA

- Key considerations when planning OAA, risk assessment & emergency procedures and demonstrate skills

Topic Area 4: Evaluate participation in OAA.

- What went well/needs improving and evaluate the value of participation in OAA.

Cultural Exposure:

At KS4 for both GCSE and Cambridge National pupils, an annual OAA trip will take place allowing pupils to experience activities they may not have previously that are outside of the "norm" in Physical Education. These experiences will provide them with lifelong memories and help to relieve stress and improve mental health during KS4 examination years.

Throughout Physical Education lessons, pupils will develop sporting values of excellence, team spirit, equality and inclusion. This will happen through exposing pupils to events such as disability awareness week, Sports Day, competition within lessons and extra curricular opportunity. Pupils will also develop their communication, co-operation and confidence. They will be given the opportunity to develop understanding of healthy active lifestyles and be aware of how to improve holistic well-being and health.

Extra Curricular:

Throughout the year, all pupils will be given the opportunity to participate in extra curricular activities. The activities are inclusive of all abilities with team sport and competition against other schools being made available for all. Teams are entered into a large number of competitions and fixtures within Chorley, Lancashire and across the North West.

Year 11

Pupils will develop their understanding of outdoor adventurous activities. Unit R187: Increasing Awareness of Outdoor Adventurous Activities.

Pupils will begin to develop their understanding for the exam unit R184: Contemporary Issues in Sport.

- Topic Area 1:** Issues which affect participation in sport
- User groups, barriers, solutions, factors and emerging Sports.

Pupils will continue to develop their theoretical knowledge of R184: Contemporary Issues in Sport.

Topic Area 2: Role of Sport in promoting values.

- Sporting Values, Olympic and Paralympics, sporting values and initiatives, importance of etiquette and sporting behaviour and use of PED's.

Topic Area 3: Implication of hosting a major sporting event.

- Features of a major sporting event, positive and negative pre-event aspects and potential positives and negatives of hosting during and after an event.

Topic Area 4: Role of National Governing Bodies in development of sport

Topic Area 5: The use of technology in sport
Role of technology and positive and negatives of using technology in sport.

This term will be dedicated to reviewing knowledge of the R184 Unit to ensure pupils are ready for their terminal assessment.

Focus of revision will be on applying content to exam questions.