

SUBJECT: PE

YEAR GROUP: Key Stage 4 (2017/2018)

CURRICULUM TIME: 2 hours per week

Group	Half Term One (Autumn)- 7	Half Term Two (Autumn)- 6	Half Term Three (Spring)- 5
US5 US6 US7 US8 US9	<p>Student</p> <p>2 weeks Football (lower limb) 2 weeks hockey (equipment based) 2 weeks Tag Rugby (upper limb) 1 week Fitness Activities</p> <p>Student Tracking Progress Student Reports- October</p>	<p>Gymnastics/Dance and Team Building</p> <p>1. Basic Gymnastic Skills 2. Gymnastics Sequences/ Circuits 3. Following Dance sequences</p> <p>OCCASIONAL DAY FRIDAY 24TH NOV</p> <p>4. Group led dance sequences 5. Team Building activities 6. Problem Solving</p>	<p>Football (TG)</p> <p>1. Controlling/passing 2. Recap controlling/passing 3. dribbling/ tackling 4. shooting/ TG's</p> <p>DERBY Football Tournament (TUESDAY 6TH FEBRUARY) 1 WEEK FOR DERBY</p>
Group	Half Term Four (Spring)- 5	Half Term Five (Summer)- 6	Half Term Six (Summer)- 6
US5 US6 US7 US8 US9	<p>Handball (TG)</p> <p>1. Rules/ controlling/ passing 2. Movement/ shooting/ SSG</p> <p>Basketball (TG)</p> <p>1. Rules/ Passing/ controlling Bball 2. Dribbling/ shooting 3. Team Games (Bball/ Dodgeball)</p>	<p>Cricket (Ind)</p> <p>1. Skills and basic rules within cricket 2. Catching/ fielding 3. Batting/ bowling. Team Games</p> <p>Tennis (Ind)- BATCHWOOD</p> <p>4. Rallying Skills and basic tennis rules 5. Rallying/Serving 6. Other tennis skills. Team Games</p>	<p>Introduction to Athletics(Ind)</p> <p>5 WEEKS- WESTMINSTER LODGE</p> <p>1. Endurance activities/ Fitness tests 2. Field events 1 (Long Jump/ High Jump/ Triple Jump) 3. Field events 2 (Shot Put/ Discus/ Javelin)</p> <p>SPORTS DAY- WEDS 4TH JULY LS SPORTS DAY- FRIDAY end JULY</p> <p>Rounders (TG)</p> <p>5. Rounders skills and basic rules 6. Rounders batting/ fielding/ SSG</p>

SUBJECT: BTEC PE**YEAR GROUP: KS4 Year 1 (Sept 2017- July 2018)****CURRICULUM TIME: 2 hours per week**

Group	Half Term One (Autumn)	Half Term Two (Autumn)	Half Term Three (Spring)
BTEC Group Practical lesson (classroom may be needed for part of session)	Unit 2A Practical Performance UNDERSTANDING RULES OF SPORT 1. Rules and Regulations of sports x2 2. Fields of Play/ Official Responsibilities x2 3. Application of the rules in different situations of chosen sports x2 -officiate games/ watch videos/ watch live games.	Unit 2B Practical Performance DEMONSTRATING SPORTS SKILLS 1. Technical and Tactical demands x2 (generic to all sports/ selected sports) 2. Demonstration of skills and tactics x2 (non-competitive and competitive) -opportunities to practice skills Isolated/Conditioned/ Competitive	Unit 2C Practical Performance EVALUATE SPORTS PERFORMANCE 1. Produce Evaluation checklist for own performance in 2 sports (skills/ tactics) 2. Video Analysis and complete checklist 3. Strengths/Areas for improvement. Produce POA to improve.
Group	Half Term Four (Spring)	Half Term Five (Summer)	Half Term Six (Summer)
	Unit 1A Fitness for Sport & Exercise FINESS COMPONENTS AND TRAINING 1. Physical fitness components 2. Skill related fitness 3. Importance of both components 4. Measuring exercise intensity 5. Principles of training 6. Further training principles	Unit 1B Fitness for Sport & Exercise EXPLORING DIFFERENT FITNESS TRAINING METHODS 1. Requirements of training methods 2. Flexibility training 3. Strength training 4. Aerobic Endurance training 5. Speed training	Unit 1C Fitness for Sport & Exercise FITNESS TESTING FOR FITNESS LEVELS 1. Fitness Test Methods 2. Importance of testing and required procedures 3. Interpretation of test results ONLINE EXAMINATION

BTEC First Award in Sport

Specification

Unit 1 Fitness for Sport and Exercise (30 GLH) & Unit 2 Practical Performance (30 GLH) Mandatory Units.

Students will also study 2 further optional Units from either- The Mind and Sports Performance, The Sports Performer in Action, Training for Personal Fitness, or Leading Sports Activities.

The course has been designed for students to explore a vocational route of study throughout KS4. It has also been developed to:

- encourage personal development through practical participation and performance in a range of sports and exercise activities
- give learners a wider understanding and appreciation of health-related fitness, sports and exercise through a selection of optional specialist units
- encourage learners to develop their people, communication, planning and team-working skills by having the opportunity to select from optional units available in the qualification structure
- give full-time learners the opportunity to progress to other vocational qualifications, such as the Pearson BTEC Level 3 Nationals in Sport or Sport and Exercise Sciences, or on to GCE AS or A level, and, in due course, to enter employment in the sport and active leisure sector
- give learners the opportunity to develop a range of skills and techniques, personal skills and attributes essential for successful performance in working life.

Assessment

There will be an online screen examination in the Fitness for Sport and Exercise Unit which is externally assessed at the end of the academic year.

The 3 other units will be internally assessed by the course teacher.

Students can achieve either a Level 1 award or a Level 2 (Pass/ Merit/ Distinction) award.

Assessments consist of both theoretical knowledge and understanding, and assessments of practical performance.