



SUBJECT CURRICULUM OVERVIEW

Ready. Respect. Safe.

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
7	- Rugby - Netball - Basketball - Gymnastics	- Basketball - Gymnastics - Netball - Swimming - Team building - Fitness	- Volleyball - Dance - Fitness - Tag Rugby - Gymnastics	- Team building - Swimming - Dance - Gymnastics - Volleyball	- Fitness - Rounders - Dance - Swimming - Athletics - Pickleball	- Athletics - Pickleball
8	- Basketball - Netball - Tag Rugby - Football - Swimming - Badminton	- Rugby - Gymnastics - Swimming - Badminton - Football - OAA	- OAA - Badminton - Fitness - Handball - Swimming	- Swimming - Fitness - OAA - Handball - Basketball	- Cricket - Basketball - Athletics - Rounders - Pickleball	- Pickleball - Athletics - Rounders - Handball
9	- Basketball - Netball - Badminton - Football - Gymnastics	- Rugby - Gymnastics - Swimming - Handball - Tag Rugby	- Badminton - Fitness - Korfball - Swimming - Football - Basketball	- Swimming - Tag Rugby - Fitness - Handball	- Athletics - Swimming - Rounders - Cricket - Pickleball	- Cricket - Athletics - Handball - Pickleball - Softball
10	- Invasion (netball, football, rugby, basketball) - Fitness	(netball, football, rugby, basketball)	- Invasion (netball, football, rugby, basketball) - Netball	- Parkour - Netball - Dance - OAA	- Athletics - Striking (Pickleball, cricket, rounders)	Striking(Pickleball, cricket, rounders)
11	- Invasion (netball, football, rugby, basketball) - Fitness	Invasion (netball, football, rugby, basketball)	- Invasion (netball, football, rugby, basketball) - Netwall (badminton)	- Parkour - Netwall - Dance - OAA		



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AUTUMN 1

Component 1- Explore types and provision of sport and physical activity for different types of participant

- Types of sport
- Benefits of taking part in sport
- Outdoor activities
- Provisions
- Advantages and disadvantages of provision.
- Types of sport
- Barriers to participation.

AUTUMN 2

Component 1- Be able to prepare participants to take part in physical activity

- Planning a warm-up
- Delivery a 3-part warm-up
- Responses to the cardio-respiratory system.
- Responses to the muscular system.
- Types of activities. Adapting a warm-up for a specific participant
- Delivering a warm-up.

SPRING 1

Component 1- Examine equipment and technology required for participants to use when taking part in sport and physical activity

- Examine technology and sporting equipment
- Different sports clothing used in selected sports.
- Limitations of technology.

SPRING 2

Component 1- Examine equipment and technology required for participants to use when taking part in sport and physical activity

- Examine technology and sporting equipment
- Different sports clothing used in selected sports.
- Limitations of technology.

SUMMER 1

Component 2- Understand how different components of fitness are used in different physical activities

- Taking part and improving participants.
- Components of physical and skill related fitness.
- Performing skills in own selected sport.

SUMMER 2

Component 2- Be able to participate in sport and understand the roles and responsibilities of officials

- Techniques, strategies and fitness skills
- Roles of officials
- Rules and regulations in sport

Component 2- Demonstrate ways to improve participants sporting techniques.

- Demonstrating techniques in sport
- Drills and conditioned practices

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Component 3- Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

- Physical components of fitness
- Skill components of fitness
- Fitness training principles
- Exercise intensity and how it can be determined.

Component 3- Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

- Importance of fitness testing and requirements for administration of each fitness test.
- Interpretation of fitness test results.

Component 3- Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

- Requirements for each of the following fitness training methods.
- Additional requirements for each of the fitness training methods
- Provision for taking part in fitness training methods.
- Effects of long-term fitness training on the body systems

Component 3- Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

- Personal information to aid fitness programme design.
- Fitness programme design.
- Motivational techniques for fitness programming.