

CITY OF
ROCHESTER



SCHOOL

City of Rochester School PE Curriculum 2023-2024

Intent

- PE at City of Rochester aims to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in our children now and for their future.
- Physical fitness is an important part of leading a healthier lifestyle. It teaches self-discipline and that to be successful you must work hard, show resilience and have the determination to believe that anything can be achieved.
- It is our intent at City of Rochester to teach children life skills that will positively impact on their future.
- We aim to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical activities.
- We want to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values.
- The Board of Trustees which comprises experts in SEN and in particular ASD, have been actively involved in curriculum design. This means that the curriculum is fit for purpose for children with special educational needs. A large part of the curriculum is experiential as it is important for children on the autism spectrum to be able to make cohesive links that are not abstract. A fully immersive experience is required. Examples include through World Book Day, author and poet visits and a range of trips and visits which enrich and complement children's learning.
- Our PE curriculum aligns with our core themes that are taught throughout the year, culture, communication, conflict, and conservation. We have designed a curriculum that is as practical and experiential as possible, to cater for the specific needs of our pupils, providing them with a wide range of learning opportunities. We want them to become educated and responsible citizens, developing their cultural capital, whilst teaching them all about human creativity and achievement.
- We help our pupils make links across themes and subject disciplines, by providing a cohesive, well-planned learning journey. Our curriculum is connected in a meaningful way, showing clear progression, and demonstrating a consistent approach throughout school.

Physical Education Curriculum

Key Stage 1 – 4

Implementation

- Pupils in the primary phase follow the learning means the world curriculum this with this in mind we encourage all our primary students to participate in weekly high quality PE lessons held at school. All PE lessons in primary will be based around themes from the learning means the world, Pupils in the secondary phase participate in weekly high quality PE lessons held at a local sports centre.
- Our PE programme incorporates a variety of sports to ensure all children develop the confidence, tolerance, communication skills, teamwork, understanding how their bodies work and the appreciation of their own and others' strengths and weaknesses. While also focusing on the 4c's
 - Culture
 - Communication
 - Conflict
 - Conservation
- We provide opportunities for all children to engage in extra-curricular activities during break, lunchtimes and through experiential where students are given the opportunity to go swimming, cycling and attend local organisations like challenger troop and lower grange farm. Students have opportunities to represent the school in competitions in the local community. The schools pe programme is an inclusive approach which endeavours to encourage not only physical development but also well-being.
- Staff have access to a bespoke and whole school training programme which enables them to meet the individual needs of pupils in relation to their diagnosis of ASD and other co-morbidities together with subject specific/curriculum training. Examples include: Understanding Autism, how the developing brain works, visits to other schools to observe and learn from best practice, subject specific training, memberships and participation in subject associations, participating in curriculum meetings, access to on-line resources – for example Optimus Education.
- Quality Assurance activities include: half-termly book monitoring, learning walks, formal and informal lesson observations, including peer to peer observations, pupil surveys and curriculum team meetings.

Impact

- Our curriculum aims to improve the wellbeing and fitness of all children, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.
- Within our lessons, children are taught about self-discipline and that to be successful you need to take ownership and responsibility of their own health and fitness.
- Our impact is therefore to motivate children to utilise these underpinning skills in an independent and effective way in order to live happy and healthy lives.
- Attainment is measured using SIMs and is designed for continuous use. Teachers record the small steps pupils make and use these steps to build a bigger picture of the pupils' learning and achievements.
- Regular feedback is sought from pupils through the School Council (half-termly), pupil surveys, (termly), parent surveys (annually), staff surveys (annually)
- Confidence, Resilience and Success are core values at City of Rochester School. This means that the acquisition of social skills and personal development are of paramount importance to our pupils to life beyond school. Impact is therefore demonstrated through social and linguistic development which the school evidences through case studies.
- Pupils have significant barriers to learning which the school works hard to help pupils overcome. This means that the school works with a wide variety of partners such as medical professionals, curriculum partners, parents/carers, education professionals and the wider community to promote pupil's engagement in learning.

Statutory Guidance – Physical Education

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Links to Other Subjects

Although the links are not always overtly displayed, staff will draw attention to them whenever an opportunity arises.

1. Science

Health and Fitness, Drugs and Abuse

2. Maths

Speed, Distance, Time, Measuring, Recording, Handling Data

3. English

Speaking and Listening

4. Geography

Map-reading

5. Music

Rhythm, Tempo

6. ICT

Use of stop watches, use of digital camera and digital video, Use of spreadsheets for recording and interpreting data, Use of the internet

Careers Education:

Physical Education provides a solid foundation for further studies relating to movement and the body, including the social and health sciences, recreation and tourism and can lead to a huge range of jobs: teaching, instructing, personal trainer, Professional sports person, physiotherapy, dietician, sports policy, officiating, coaching as well as being well a well matched subject for those pupils who may wish to pursue a career in the public sector such as the police, fire service and armed forces.

Physical Education develops essential transferrable skills such as teamwork, leadership, problem solving and communication skills, all of which are vital in most jobs.



PHYSICAL EDUCATION

WE'VE GOT THE APPRENTICESHIP FOR YOU!

- SPORTS TURF OPERATIVE**
maintain and renovate sports surfaces to make sure that public and private sports facilities are available for use.
- SPORTS COACH**
use sports knowledge and skills to create and deliver coaching programmes.
- PHYSIOTHERAPIST**
deliver programmes and interventions to help people affected by injury, ageing, illness or disability.
- PERSONAL TRAINER**
coach clients towards health and fitness goals through personalised exercise programmes and instruction, nutritional advice and overall lifestyle management.
- LEISURE TEAM MEMBER**
support, enhance and deliver the day to day operations and services of a leisure or fitness facility.

MORE INFO

There are many other apprenticeships you might be interested in:
Outdoor Activity Instructor, Community Sport and Health Officer, Podiatrist, Golf Greenkeeper, Community Activator Coach and many more!

Visit apprenticeships.gov.uk to find out more.

Curriculum Overview

- * Our curriculum is designed with our children in mind but is subject to change. Units may be moved around to suit children's interests, current affairs and to make better use of resources. If this happens staff, ensure that there is breadth and balance across the year to ensure coverage.

KS1

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1	Balance and Co-ordination. Badminton	Handball	Football	Hockey	Cricket	OAA
	Swimming					
Year 2	Fundamental movement skills Badminton	Handball	Football	Hockey	Cricket	OAA
	Swimming					

KS2

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 3	Badminton	Handball	Football	Hockey	Cricket	OAA
	Swimming					
Year 4	Badminton	Handball	Football	Hockey	Cricket	OAA
	Swimming					
Year 5	Badminton	Handball	Football	Hockey	Cricket	OAA
	Swimming					
Year 6	Badminton	Handball	Football	Hockey	Cricket	OAA
	Swimming					

KS3

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Badminton	Handball	Football	Hockey	Dance / ABC	OAA
Year 8	Badminton	Handball	Football	Hockey	Dance / ABC	OAA
Year 9	Badminton	Handball	Football	Hockey	Dance / ABC	OAA

KS4

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10	Boxing	Boxing	Football	Cricket	Volleyball	Tennis
Year 11	Boxing	Boxing	Football	Cricket	Volleyball	Tennis

WJEC Vocational Award in Sport and Coaching Principles.

The WJEC Vocational Award in Sport and Coaching Principles is made up of three mandatory units:

Unit 1	Improving sporting performance
Unit 2	Fitness for sport
Unit 3	Coaching principles

Learners must complete all units. The qualification has been devised around the metacognitive approach to learning. This approach mirrors many work-related activities in sport and provides learning in a range of contexts. As such, the qualification provides learners with a broad appreciation of working in sport and wider opportunities for further education or training. Although the purpose of this qualification is not to prepare learners for employment, it will provide them with an overview of the types of career opportunities available.

The WJEC Vocational Award in Sport and Coaching Principles enables learners to gain essential employability skills that are valued by employers and further and higher education, including:

- literacy and numeracy
- digital literacy
- critical thinking and problem solving
- planning and organisation
- creativity and innovation
- personal effectiveness

Also available are ASDAN football and ASDAN sport awards.

Detailed Curriculum Map

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 1	Balance and Co-ordination. Badminton	Handball	Football	Hockey	Cricket	OAA
Learning Objectives Covered	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • perform dances using simple movement patterns. 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending

Swimming	<ul style="list-style-type: none">• swim competently, confidently and proficiently over a distance of at least 25 metres• use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]• perform safe self-rescue in different water-based situations
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	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 2	Fundamental movement skills Badminton	Handball	Football	Hockey	Cricket	OAA
Learning Objectives Covered	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending
Swimming	<ul style="list-style-type: none"> • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations 					

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 3	Badminton	Handball	Football	Hockey	Cricket	OAA
Learning Objectives Covered	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending • 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending • 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending
Swimming	<ul style="list-style-type: none"> • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations 					

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 4	Badminton	Handball	Football	Hockey	Cricket	OAA
Learning Objectives Covered	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending
Swimming	<ul style="list-style-type: none"> • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations 					

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 5	Badminton	Handball	Football	Hockey	Cricket	OAA
Learning Objectives Covered	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending • 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending • 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending
Swimming	<ul style="list-style-type: none"> • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations 					

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 6	Badminton	Handball	Football	Hockey	Cricket	OAA
Learning Objectives Covered	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending • 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending • 	<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending
Swimming	<ul style="list-style-type: none"> • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations 					

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Gymnastics	Handball	Football	Hockey	Dance / ABC	OAA
Learning Objectives Covered	<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> perform dances using advanced dance techniques within a range of dance styles and forms analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> use a range of tactics and strategies to overcome opponents in direct competition through team and individual games take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 8	Gymnastics	Handball	Football	Hockey	Dance / ABC	OAA
Learning Objectives Covered	<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> perform dances using advanced dance techniques within a range of dance styles and forms analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> use a range of tactics and strategies to overcome opponents in direct competition through team and individual games take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 9	Boxing	Boxing	Football	Cricket	Volleyball	Tennis
Learning Objectives Covered	<ul style="list-style-type: none"> develop their technique and improve their performance in other competitive sports or other physical activities evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> develop their technique and improve their performance in other competitive sports or other physical activities evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> use and develop a variety of tactics and strategies to overcome opponents in team and individual games develop their technique and improve their performance in other competitive sports evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> use and develop a variety of tactics and strategies to overcome opponents in team and individual games develop their technique and improve their performance in other competitive sports evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> use and develop a variety of tactics and strategies to overcome opponents in team and individual games develop their technique and improve their performance in other competitive sports evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> develop their technique and improve their performance in other competitive sports or other physical activities evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10	Boxing	Boxing	Football	Cricket	Volleyball	Tennis
Learning Objectives Covered	<ul style="list-style-type: none"> develop their technique and improve their performance in other competitive sports or other physical activities evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> develop their technique and improve their performance in other competitive sports or other physical activities evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> use and develop a variety of tactics and strategies to overcome opponents in team and individual games develop their technique and improve their performance in other competitive sports evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> use and develop a variety of tactics and strategies to overcome opponents in team and individual games develop their technique and improve their performance in other competitive sports evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> use and develop a variety of tactics and strategies to overcome opponents in team and individual games develop their technique and improve their performance in other competitive sports evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> develop their technique and improve their performance in other competitive sports or other physical activities evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 11	Boxing	Boxing	Football	Cricket	Volleyball	Tennis
Learning Objectives Covered	<ul style="list-style-type: none"> develop their technique and improve their performance in other competitive sports or other physical activities evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> develop their technique and improve their performance in other competitive sports or other physical activities evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> use and develop a variety of tactics and strategies to overcome opponents in team and individual games develop their technique and improve their performance in other competitive sports evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> use and develop a variety of tactics and strategies to overcome opponents in team and individual games develop their technique and improve their performance in other competitive sports evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> use and develop a variety of tactics and strategies to overcome opponents in team and individual games develop their technique and improve their performance in other competitive sports evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best 	<ul style="list-style-type: none"> develop their technique and improve their performance in other competitive sports or other physical activities evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6

Year 9	Taking Part in Exercise and Fitness
Learning Objectives Covered	<ul style="list-style-type: none"> • Know about different exercise and fitness activities and facilities • Describe different exercise and fitness activities • Know how to take part in exercise and fitness safely • Describe an induction process for an exercise and fitness activity • Describe warm-up and cooldown activities • Be able to demonstrate work skills through participation in exercise and fitness activities • Actively participate in exercise and fitness activities and demonstrate time management skills, appropriate dress for the activity, following instructions provided by the activity leader, following health and safety guidelines before, during and after activities • Be able to review own performance • Identify own strengths and areas for improvement in exercise and fitness activities • Suggest ways of improving own performance in one activity
Year 10	<p style="text-align: center;">WJEC Improving sporting performance Fitness for sport Coaching principles ASDAN football ASDAN Sports Award</p>
Learning Objectives Covered	<ul style="list-style-type: none"> • Fitness Sport: • Overall knowledge of the adaptations that take place in the body following exercise. • Understanding of how training can lead to improvements in fitness. • Develop skills and understanding needed to plan training programmes to improve fitness. • Improving Sport Performance: • Develop knowledge to be able to analyse sporting performance. • Develop understanding to be able to analyse sporting performance. • Identify strengths and weaknesses and plan for improvement. • Coaching Principles: • Gain appropriate knowledge to plan, lead and evaluate a coaching session. • Apply knowledge gained in Unit 1 and 2.

<p>Year 11</p>	<p>WJEC Improving sporting performance Fitness for sport Coaching principles ASDAN football ASDAN Sports Award</p>
<p>Learning Objectives Covered</p>	<ul style="list-style-type: none"> • Fitness Sport: • Overall knowledge of the adaptations that take place in the body following exercise. • Understanding of how training can lead to improvements in fitness. • Develop skills and understanding needed to plan training programmes to improve fitness. • Improving Sport Performance: • Develop knowledge to be able to analyse sporting performance. • Develop understanding to be able to analyse sporting performance. • Identify strengths and weaknesses and plan for improvement. • Coaching Principles: • Gain appropriate knowledge to plan, lead and evaluate a coaching session. • Apply knowledge gained in Unit 1 and 2.