

| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--|---|---|---|---|--|
| <p>Topic: Rugby</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> • Passing • Tacking • Rucking • Evasion • Scrummaging | <p>Topic: Handball</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> • Passing • Shooting • Blocking • Defending • Dribbling • Blocking | <p>Topic: Netball</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> • Footwork • Positioning • Dodging • Shooting | <p>Topic: Football</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> • Passing • Tackling • Shooting • Dribbling • Heading | <p>Topic: Athletics</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> • Running-Long distance • Running- short • Throwing- Javelin • Throwing- Discus • Throwing- Shot • Jumping- High jump • Jumping- Long jump | <p>Topic: Rounders</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> • Standard bowling • Tactical bowling • Throwing • Catching • Batting • Tactics |
| Summative assessment: Gameplay | Summative assessment: Gameplay | Summative assessment: Gameplay | Summative assessment: Gameplay | Summative assessment: Gameplay | Summative assessment: Gameplay |
| End of year exam: N/A | | | | | |

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| <p>Topic: Fitness</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> • Testing • CV endurance • Muscular endurance • Flexibility • Strength • Speed • Agility | <p>Topic: Badminton</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> • Backhand serving • Forehand serving • Overhead clear • Dropshot • Lob | <p>Topic: Dance</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> • Rhythm • Mirror, match and cannon • Travel, jump, turn, gesture. • Speed, level and structure • Collaboration work | <p>Topic: Gymnastics</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> • Individual balances • Paired balances • Group balances • Travelling • Rolls • Jumping | <p>Topic: Athletics</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> • Running-Long distance • Running- short • Throwing- Javelin • Throwing- Discus • Throwing- Shot • Jumping- High jump • Jumping- Long jump | <p>Topic: Cricket</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> • Fielding • Throwing • Catching • Bowling – adaptations • Batting (defensive) • Batting (attacking) • |
| <p>Summative assessment: Gameplay</p> | <p>Summative assessment: Gameplay</p> | <p>Summative assessment: Gameplay</p> | <p>Summative assessment: Gameplay</p> | <p>Summative assessment: Gameplay</p> | <p>Summative assessment: Gameplay</p> |
| <p>End of year exam: N/A</p> | | | | | |

| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| <p>Topic: Observation Checklist</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> Review sports performance in selected sports using video analysis. Produce observation checklist | <p>Topic: Observation Checklist</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> Review sports performance Strengths of sports performance Weaknesses of sports performance Actions to improve areas of development | <p>Topic: Anxiety</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> Definitions of Anxiety Types of anxiety How anxiety affects sports performance How anxiety can be controlled | <p>Topic: Arousal</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> How arousal can effect sports performance How arousal can be controlled. | <p>Topic: Skeletal System</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> Short term effects of exercise on the skeletal system Long term effects on the skeletal system | <p>Topic: Muscular System</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> Adaptations to the muscular system (short term effects) Adaptations to the muscular system (long term effects) |
| <p>Summative assessment:</p> <ul style="list-style-type: none"> Key term tests Coursework sampled Year 9 fortnight book look | <p>Summative assessment:</p> <ul style="list-style-type: none"> Key term tests Coursework sampled Year 9 fortnight book look | <p>Summative assessment:</p> <ul style="list-style-type: none"> Key term tests Coursework sampled Year 9 fortnight book look | <p>Summative assessment:</p> <ul style="list-style-type: none"> Key term tests Coursework sampled Year 9 fortnight book look | <p>Summative assessment:</p> <ul style="list-style-type: none"> Key term tests Coursework sampled Year 9 fortnight book look | <p>Summative assessment:</p> <ul style="list-style-type: none"> Key term tests Coursework sampled Year 9 fortnight book look |
| <p>End of year exam: N/A</p> | | | | | |

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| <p>Topic: Fitness for Sport and Exercise</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> • Components of Physical Fitness • Components of skill related fitness • Why fitness components and important for successful participation • Exercise Intensity • Principles of Training • Additional Principles of Training | <p>Topic: Fitness for Sport and Exercise</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> • Requirements for effective fitness training methods • Additional requirements for each fitness training method • Fitness Training methods • Fitness Test methods • Importance of fitness testing • Requirements of administration for each fitness test | <p>Topic: Cardiorespiratory System</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> • Short term effects on the cardiorespiratory system • Long term effects on the cardiorespiratory system | <p>Topic: Energy Systems</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> • The anaerobic energy system • ATP-CP system • Glycolysis / lactic acid anaerobic system • The aerobic energy system | <p>Topic: Personality</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> • Definitions of personality • Structure of personality • Personality types • Methods of measuring personality • Views on personality | <p>Topic: Motivation</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> • Definition of motivation • Types of motivation • Views of motivation • Achievement motivation • Benefits of motivation on sports performance • Principles of setting goals to increase and direct motivation • Self-efficacy • Goals |
| <p>Summative assessment:</p> <ul style="list-style-type: none"> - Key terms test - End of Unit test - Year 10 fortnight book look | <p>Summative assessment:</p> <ul style="list-style-type: none"> - Key terms test - End of Unit test - Year 10 fortnight book look | <p>Summative assessment:</p> <ul style="list-style-type: none"> - Key term tests - Coursework sampled - Year 10 fortnight book look | <p>Summative assessment:</p> <ul style="list-style-type: none"> - Key term tests - Coursework sampled - Year 10 fortnight book look | <p>Summative assessment:</p> <ul style="list-style-type: none"> - Key term tests - Coursework sampled - Year 10 fortnight book look | <p>Summative assessment:</p> <ul style="list-style-type: none"> - Key term tests - Coursework sampled - Year 10 fortnight book look |
| <p>End of year exam: Unit 1 Mock Examination November, Unit 1 Formative Examination February</p> | | | | | |

| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| <p>Topic: Rules, Regulations and Scoring System</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> Review sports performance in selected sports using video analysis. Produce observation checklist | <p>Topic: Roles and Responsibilities of the Official</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> Review sports performance Strengths of sports performance Weaknesses of sports performance Actions to improve areas of development | <p>Topic: Technical / Tactical analysis</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> Technical skills of sport 1 Tactical skills of sport 1 Technical skills of sport 2 Tactical skills of sport 2 | <p>Topic: Course completion</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> Rules, Regulations and Scoring System Technical and Tactical Observation Checklist Personality Motivation Arousal / Anxiety Musculoskeletal system Cardiorespiratory system Energy systems | <p>Topic: Course completion</p> <p>Knowledge and skills covered:</p> <ul style="list-style-type: none"> Rules, Regulations and Scoring System Technical and Tactical Observation Checklist Personality Motivation Arousal / Anxiety Musculoskeletal system Cardiorespiratory system Energy systems | |
| <p>Summative assessment:</p> <ul style="list-style-type: none"> Practical video footage Key Terms test Coursework sampled | <p>Summative assessment:</p> <ul style="list-style-type: none"> Practical video footage Key Terms test Coursework sampled | <p>Summative assessment:</p> <ul style="list-style-type: none"> Practical video footage Key Terms test Coursework sampled | <p>Summative assessment:</p> <ul style="list-style-type: none"> Coursework marked and moderated. | <p>Summative assessment:</p> <ul style="list-style-type: none"> Coursework marked and moderated. | |
| <p>End of year exam: Outstanding candidates to complete Unit 1 – Fitness Testing in Sport</p> | | | | | |