



# King Alfred School

## Curriculum Map 2017-2018

### Department:PE

	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	<b>CORE:</b> FUNdamentals Hockey Rugby Football Basketball Gymnastics Dance OAA		<b>CORE:</b> Netball Rugby Football Basketball Gymnastics Dance OAA		<b>CORE:</b> Rounders Softball Cricket Athletics Tennis/short tennis	
Year 8	<b>CORE:</b> Hockey Rugby Football Badminton Gymnastics		<b>CORE:</b> Netball Rugby Football Basketball Gymnastics		<b>CORE:</b> Rounders Softball Cricket Athletics Tennis/short tennis	

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	Dance OAA	Dance OAA				
<b>Year 9</b>	<b>CORE:</b> Hockey Rugby Football Volleyball Gymnastics Dance 1610 Gym DofE	<b>CORE:</b> Netball Rugby Football Volleyball Gymnastics Dance 1610 Gym Dof E	<b>CORE:</b> Rounders Softball Cricket Athletics Tennis/short tennis 1610 Gym			
OCR National Sports Science	<b>Theory:</b> <b>Introduction to course-</b>  Principles of training - Mock assignment	<b>Theory:</b> <b>Introduction to course-</b>  <b>Body System - Test</b>  *Groups setted based on assignment and test.	<b>Theory:</b> <b>Unit RO42:</b> <i>Learning Objective 1</i>  Know the principles of training in a sporting context. Assignment.	<b>Theory:</b> <b>Unit RO42:</b> <i>Learning Objective 2</i>  Know how training methods target different fitness components. Assignment.	<b>Theory:</b> <b>Unit RO42:</b> <i>Learning Objective 3</i>  Be able to conduct fitness tests. Assignment.	<b>Theory:</b> <b>Unit RO42:</b> <i>Learning Objective 4</i>  Be able to develop fitness training programmes. Assignment.
Dance - BTEC Level 2 Performing Arts (Dance) <b>Foundation</b>	<b>Theory:</b> Introduction to Dance -	<b>Theory:</b> Analysis of choreographer's works using RADS and	<b>Theory:</b> <b>Linked to Unit 1: Individual Showcase</b>	<b>Theory:</b> <b>Linked to Unit 1: Individual Showcase</b>	<b>Theory:</b> <b>Unit 4: Dance Skills Mock</b>  Combining	<b>Theory:</b> <b>Unit 2: Preparation, Production and Performance</b>

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	<b>the musculo-skeletal and cardio-respiratory systems in health and fitness</b>	<b>effects of physical activity on the musculo-skeletal and cardio-respiratory systems</b>	<b>effects of physical activity on the musculo-skeletal and cardio-respiratory systems</b>	<b>which influence the risk of injury</b>	<b>warm up and cool down routines can help to prevent injury</b>	<b>injuries within a sporting context</b>  <b>Learning Outcome 4: Know how to respond to common medical conditions</b>
<b>BTEC Level 2 Dance Performing Arts (Dance)</b>	<b>Theory:</b>  <b>Unit 1: Individual Showcase (externally assessed)</b>  Reminder of key vocabulary and letter writing skill in relation to Unit 1.	<b>Theory:</b>  <b>Unit 1: Individual Showcase (externally assessed)</b>  Reminder of key vocabulary and letter writing skill in relation to Unit 1.	<b>Theory:</b>  <b>Unit 4: Dance Skills (Assignments, Internally assessed)</b>  Learning aim A: Understand the skills required for the selected progression opportunity	<b>Theory:</b>  <b>Unit 4: Dance Skills (Assignments, Internally assessed)</b>  Learning aim B: Present a self-promotional response to the selected progression opportunity	<b>Theory:</b>  <b>Unit 4: Dance Skills (Assignments, Internally assessed)</b>  Learning aim A: Explore and develop your dance skills and review your own practice	<b>Theory:</b>  <b>Unit 4: Dance Skills (Assignments, Internally assessed)</b>  Learning aim A: Explore and develop your dance skills and review your own practice  Learning aim B: Use your dance skills within rehearsal and

						performance
Year 11	<b>CORE:</b> Hockey Rugby Football Basketball Badminton Dance/Just Dance 1610 Gym		<b>CORE:</b> Netball Rugby Football Basketball Badminton Dance/Just Dance 1610 Gym		<b>CORE:</b> Rounders Softball Cricket Athletics Tennis/short tennis Badminton 1610 Gym	
	EDEXCEL GCSE	<b>Theory:</b> <b>Completion of the PEP</b>	<b>Theory:</b> <b>Long term training effects on the musculo-skeletal system</b> <b>Long term training effects on the cardio-respiratory system</b> <b>Identification of injury, treatment and common sports injuries</b> <b>Injury prevention in sport and physical activity</b>	<b>Theory:</b> <b>Performance enhancing drugs, types and advantages and disadvantages</b> <b>Factors impacting on participation in physical activity and the impact on participation rate</b> <b>considering personal factors</b>	<b>Theory:</b> <b>Revision</b>	<b>Theory:</b> <b>Revision</b>

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			<b>Data interpretation</b> <b>Commercialisation and the media</b> <b>Advantages and disadvantages of commercialisation</b> <b>Sporting behaviours</b> <b>Deviance in sport</b>			
BTEC Level 2	<b>Theory:</b> <b>Unit 2 - Sports Rules, Regulations and Scoring Systems (Assignments)</b> Learning aim A: Understand the rules, regulations and scoring systems for selected sports  Learning aim B: Practically demonstrate skills, techniques and tactics in selected sports  Learning aim C: Be able to review sports performance  <b>*Unit 1 - Students who have not passed the exam in Year 10, will be given intervention and will retake the test throughout Year 11.</b>			<b>Theory:</b> <b>Unit 5 - Training for personal fitness (Assignments)</b> Learning aim A: Design a personal fitness training programme  Learning aim B: Know about exercise adherence factors and strategies for continued training success  Learning Aim C: implement a self-designed personal fitness training programme to achieve own goals and objectives  Learning aim D: Review a personal fitness programme		
Year 12 - OCR	Theory:	Theory:	Theory:	Theory:	Theory:	Theory:

<p><b>Technical</b></p>	<p><b>Unit 1 - Body systems and the effects of physical activity</b></p> <p>LO1: Understand the skeletal system in relation to exercise and physical activity</p> <p><b>Unit 2 - Sports coaching and leadership</b> LO1: Know the roles and responsibilities of sports coaches and leaders</p>	<p><b>Unit 1 - Body systems and the effects of physical activity</b></p> <p>LO2: Understand the muscular system in relation to exercise and physical activity</p> <p><b>Unit 2 - Sports coaching and leadership</b> LO2: Understand principles which underpin coaching and leading LO3: Understand methods to improve skills, techniques and tactics in sport</p>	<p><b>Unit 1 - Body systems and the effects of physical activity</b></p> <p>LO3: Understand the cardiovascular system in relation to exercise and physical activity</p> <p><b>Unit 2 - Sports coaching and leadership</b> LO4: Be able to plan sports and activity sessions LO5: Be able to prepare sports and activity environments</p>	<p><b>Unit 1 - Body systems and the effects of physical activity</b></p> <p>LO4: Understand the respiratory system in relation to exercise and physical activity</p> <p><b>Unit 2 - Sports coaching and leadership</b> LO6: Be able to deliver sports and activity sessions</p>	<p><b>Unit 1 - Body systems and the effects of physical activity</b></p> <p>LO5: Understand the different energy systems in relation to exercise and physical activity</p> <p><b>Unit 2 - Sports coaching and leadership</b> LO7: Be able to review sports and activity sessions</p>	<p><b>Unit 18 - Practical skills in sport and physical activities</b></p> <p>LO1: Be able to apply skills, techniques and tactics in an individual sport</p> <p>LO3: Be able to apply skills and knowledge in outdoor and adventurous activities</p> <p><b>Unit 3 - Sports organisation and development</b></p> <p>LO1: Understand how sport in the UK is organised</p>
<p><b>Year 13 - OCR Technical</b></p>	<p><b>Theory: Unit 19 - Sport and exercise psychology</b></p>	<p><b>Theory: Unit 19 - Sport and exercise psychology</b></p>	<p><b>Theory: Unit 19 - Sport and exercise psychology</b></p>	<p><b>Theory: Unit 19 - Sport and exercise psychology</b></p>	<p><b>Theory: Unit 18 - Practical skills in sport and physical</b></p>	

	<p>LO1: Know the different factors that affect motivation for sport and exercise</p> <p><b>Unit 3 - Sports organisation and development</b></p> <p>LO2: Understand sports development</p> <p>LO3: Understand how the impact of sports development can be measured</p>	<p>LO2: Understand attribution theory in relation to sport and exercise</p> <p>LO3: Understand the effects of stress, anxiety and arousal in sport and exercise</p> <p><b>Unit 3 - Sports organisation and development</b></p> <p>LO4: Understand sports development in practice</p>	<p>LO4: Understand the importance of group dynamics in team sports and group exercise</p> <p><b>REVISION FOR RETAKES</b></p>	<p>LO5: Understand the psychological impact of sport and exercise on mental health and wellbeing</p> <p><b>REVISION FOR RETAKES</b></p>	<p><b>activities</b></p> <p>LO2: Be able to apply skills, techniques and tactics in a team sport</p> <p>LO4: Be able to officiate in sport and physical activity</p> <p><b>REVISION FOR RETAKES</b></p>	
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