



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	CORE: FUNdamentals Hockey Rugby Football Basketball Gymnastics Dance OAA		CORE: Netball Rugby Football Basketball Gymnastics Dance OAA		CORE: Rounders Softball Cricket Athletics Tennis/short tennis	
Year 8	CORE: Hockey Rugby Football Badminton Gymnastics		CORE: Netball Rugby Football Basketball Gymnastics		CORE: Rounders Softball Cricket Athletics Tennis/short tennis	

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

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Year.	<p>What is dance? RADS</p> <p>Physical and Interpretative skills</p> <p>Key definitions and vocabulary</p>	essay-style writing.	Set Study - Group-Movement analysis and log books	Set Study Solo - movement analysis	previously learnt skills linked to mock of Unit 4.	Combining previously learnt skills linked to mock of Unit 2.
Year 10	CORE: Hockey Rugby Football Basketball Badminton Dance/Just Dance 1610 Gym Leadership		CORE: Netball Rugby Football Basketball Badminton Dance/Just Dance 1610 Gym Leadership		CORE: Rounders Softball Cricket Athletics Tennis/short tennis Badminton 1610 Gym	
	OCR National Sports Science	Theory: Learning Outcome 2: Understand the importance of	Theory: Learning Outcome 3: Be able to assess the short-term	Theory: Learning Outcome 4: Be able to assess the long-term	Theory: Learning Outcome 1: Understand different factors	Theory: Learning Outcome 2: Understand how appropriate

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	the musculo-skeletal and cardio-respiratory systems in health and fitness	effects of physical activity on the musculo-skeletal and cardio-respiratory systems	effects of physical activity on the musculo-skeletal and cardio-respiratory systems	which influence the risk of injury	warm up and cool down routines can help to prevent injury	injuries within a sporting context Learning Outcome 4: Know how to respond to common medical conditions
BTEC Level 2 Dance Performing Arts (Dance)	Theory: Unit 1: Individual Showcase (externally assessed) Reminder of key vocabulary and letter writing skill in relation to Unit 1.	Theory: Unit 1: Individual Showcase (externally assessed) Reminder of key vocabulary and letter writing skill in relation to Unit 1.	Theory: Unit 4: Dance Skills (Assignments, Internally assessed) Learning aim A: Understand the skills required for the selected progression opportunity	Theory: Unit 4: Dance Skills (Assignments, Internally assessed) Learning aim B: Present a self-promotional response to the selected progression opportunity	Theory: Unit 4: Dance Skills (Assignments, Internally assessed) Learning aim A: Explore and develop your dance skills and review your own practice	Theory: Unit 4: Dance Skills (Assignments, Internally assessed) 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	CORE: Hockey Rugby Football Basketball Badminton Dance/Just Dance 1610 Gym		CORE: Netball Rugby Football Basketball Badminton Dance/Just Dance 1610 Gym		CORE: Rounders Softball Cricket Athletics Tennis/short tennis Badminton 1610 Gym	
	EDEXCEL GCSE	Theory: Completion of the PEP	Theory: Long term training effects on the musculo-skeletal system Long term training effects on the cardio-respiratory system Identification of injury, treatment and common sports injuries Injury prevention in sport and physical activity	Theory: Performance enhancing drugs, types and advantages and disadvantages Factors impacting on participation in physical activity and the impact on participation rate considering personal factors	Theory: Revision	Theory: Revision

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			Data interpretation Commercialisation and the media Advantages and disadvantages of commercialisation Sporting behaviours Deviance in sport			
BTEC Level 2	Theory: Unit 2 - Sports Rules, Regulations and Scoring Systems (Assignments) 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 *Unit 1 - Students who have not passed the exam in Year 10, will be given intervention and will retake the test throughout Year 11.			Theory: Unit 5 - Training for personal fitness (Assignments) 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:

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

	<p>LO1: Know the different factors that affect motivation for sport and exercise</p> <p>Unit 3 - Sports organisation and development</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>Unit 3 - Sports organisation and development</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>REVISION FOR RETAKES</p>	<p>LO5: Understand the psychological impact of sport and exercise on mental health and wellbeing</p> <p>REVISION FOR RETAKES</p>	<p>activities</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>REVISION FOR RETAKES</p>	
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