

**Progression map:** breaks down the key concepts to specify the most important knowledge and how that knowledge builds within the curriculum.

Key Concepts	Year 7	Year 8	Year 9	Year 10	Year 11
Core fitness for purpose and Coordination skills	Team games - fundamentals Dance Gymnastics	Team games - Development Dance Gymnastics	Team games - Application	Team games - competition Individual games - competition	Team games - competition Individual games - competition
Health fitness and Well-being	HRE - Introduction to training methods and fitness components.	HRE - Developing a range of different methods of training	HRE - Planning and evaluating training for personal fitness	Fitness training Health related exercise	Fitness training Health related exercise
Movement skills and analysis	Athletics Dance Gymnastics	Athletics Dance Gymnastics	Athletics Dance Gymnastics	Athletic activities	Athletic activities
Skill replication and application	Team games - fundamentals Athletic activities	Team games - development Athletic activities	Team games - application Individual games - Athletic activities	Team games - competition Athletic activities	Team games - competition Athletic activities
Collaboration, communication and teamwork	Team Games - fundamentals Dance	Team games - development Dance	Team games - application Dance	Team games - competition Individual games - competition	Team games - competition Individual games - competition
Tactics, decision making and composition	Team Games Athletics Dance	Team Games Athletics Dance	Team / individual Games Athletics Dance	Team / individual games	Team / individual games
Sports injuries and rehabilitation	Warm up / cool down Term 1-3	Designing personal warm up / cool down routines	Introduction - factors influencing injury	Factors affecting injury risk. Responding to injuries Preventing injury. Common medical conditions	Factors affecting injury risk. Preventing injury. Common medical conditions
Applying Principles of training	HRE - Introduction to training methods and fitness components.	HRE - Training methods and fitness components.	HRE - Planning for personal fitness	Design and evaluate training programmes	-
Nutrition for sport and performance	HRE - Healthy balanced diet	HRE - Healthy balanced diet	HRE - Healthy balanced diet - role of food in sport	Nutrition for sport, balanced diet,	Nutrition for sport, balanced diet,

Application of sports specific concepts / examples				Sports Psychology Applying principles of training	Sports injuries, Nutrition
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**Long-term plan:** organises the knowledge from the progression map into units to give an overview of what is taught when in the curriculum.

Year 7					
Autumn Term - - Students will complete 2 different units in the term		Spring Term - Students will complete 2 different units in the term		Summer Term - Students will complete 2 different units in the term	
Unit Title: Introduction to invasion games. (Rugby / Football / Basketball)	Unit length: 2 x 12 hr blocks	Unit Title: Introduction to aesthetics  Fitness for health  Introduction to invasion games (Football, Basketball)  Gymnastics -	Unit length: 2x 12 hr blocks	Unit Title: Athletic activities  Games activities - Striking and fielding  Invasion games introduction (Basketball / Football)	Unit length: 2 x 12hr
Domains of Knowledge:		Domains of Knowledge:		Domains of Knowledge:	
<ul style="list-style-type: none"> <li>Team games - Basketball <ul style="list-style-type: none"> <li>Passing / catching</li> <li>Moving with the ball</li> <li>Shooting</li> </ul> </li> <li>Team games - Rugby <ul style="list-style-type: none"> <li>Passing / catching</li> <li>Moving with the ball</li> <li>Contact</li> </ul> </li> <li>Team games - Football <ul style="list-style-type: none"> <li>Passing / moving</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>Team games - Football <ul style="list-style-type: none"> <li>Passing</li> <li>Dribbling</li> <li>Shooting</li> </ul> </li> <li>Team games - Basketball <ul style="list-style-type: none"> <li>Passing / catching</li> <li>Moving with the ball</li> <li>Shooting</li> </ul> </li> <li>Health, fitness and exercise <ul style="list-style-type: none"> <li>Continuous training</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>Team games - Basketball <ul style="list-style-type: none"> <li>Passing / catching</li> <li>Moving with the ball</li> <li>Shooting</li> </ul> </li> <li>Team games - Football <ul style="list-style-type: none"> <li>Passing</li> <li>Dribbling</li> <li>Shooting</li> </ul> </li> <li>Striking and fielding <ul style="list-style-type: none"> <li>Throwing / catching</li> </ul> </li> </ul>	

<ul style="list-style-type: none"> <li>○ Dribbling</li> <li>○ Control</li> <li>● Dance / Aesthetic activities <ul style="list-style-type: none"> <li>○ Movement</li> <li>○ Space and levels</li> <li>○ Balancing</li> <li>○ Movement / rotation</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>○ Circuit training</li> <li>○ Resistance training</li> <li>● Aesthetics and movement <ul style="list-style-type: none"> <li>○ Balancing</li> <li>○ Rotation / moving</li> <li>○ Movement for street</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>○ Hitting / bowling</li> <li>○ Fielding</li> <li>● Athletics: <ul style="list-style-type: none"> <li>○ Running for speed</li> <li>○ Running for distance</li> <li>○ Throwing</li> <li>○ Jumping</li> </ul> </li> </ul>
Relevant Key Concepts: <ul style="list-style-type: none"> <li>● Coordination skills</li> <li>● Movement skills</li> <li>● Health fitness and well-being</li> <li>● Collaboration and teamwork</li> <li>● Skill replication and application</li> </ul>	Key Concepts: <ul style="list-style-type: none"> <li>● Coordination skills</li> <li>● Movement skills</li> <li>● Creating</li> <li>● Exploring and refining</li> <li>● Skill replication and application</li> </ul>	Key Concepts: <ul style="list-style-type: none"> <li>● Movement skills and analysis</li> <li>● Coordination skills</li> <li>● Replication</li> <li>● Collaboration</li> <li>● Skill replication and application</li> </ul>
Gateway knowledge: <ul style="list-style-type: none"> <li>● Throwing / catching</li> <li>● Awareness of space / dodging</li> <li>● How to pass and dribble</li> <li>● Cooperation / teamwork</li> <li>● Replication of sequences</li> <li>● Different balances</li> </ul>	Gateway knowledge: <ul style="list-style-type: none"> <li>● Basic control of a ball</li> <li>● How to pass and dribble</li> <li>● Awareness of space / dodging</li> <li>● Cooperation / teamwork</li> </ul>	Gateway knowledge: <ul style="list-style-type: none"> <li>● Catching a ball over varying heights / distances</li> <li>● Hitting to targets using a variety of equipment.</li> <li>● Mechanics of running</li> <li>● Take off and landing</li> </ul>
Assessment end-points: <ul style="list-style-type: none"> <li>● Demonstrate a range of passing skills in team games</li> <li>● Evidence fitness for purpose and decision making</li> </ul>	Assessment end-points: <ul style="list-style-type: none"> <li>● Demonstrate basic ball control and possession in team games</li> <li>● Demonstrate a range of passing skills in team games</li> </ul>	Assessment end-points: <ul style="list-style-type: none"> <li>● Understand and demonstrate catching at different heights</li> <li>● Demonstrate basic ball control and possession in team games</li> </ul>

<ul style="list-style-type: none"> <li>• Understand and demonstrate warm up and cool down</li> <li>• Apply key terminology and concepts</li> <li>• Demonstrate basic ball control and possession in team games</li> <li>• Performance of choreographed sequences and aesthetic skills.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand and demonstrate warm up and cool down</li> <li>• Understand and perform aerobic / anaerobic training methods</li> <li>• Demonstrate a range of aesthetic skills in sequences</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate a range of passing skills in team games</li> <li>• Understand and demonstrate warm up and cool down</li> <li>• Replicate accurate running, jumping and throwing techniques in different events</li> </ul>
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**Long-term plan:** organises the knowledge from the progression map into units to give an overview of what is taught when in the curriculum.

Year 8					
Autumn Term - Students will complete 2 different units in the term		Spring Term - Students will complete 2 different units in the term		Summer Term - Students will complete 2 different units in the term	
Unit Title: Invasion games - development of Rugby (B) Football / Basketball (G)	Unit length: 2 x 12 hr blocks	Unit Title: Health, fitness and exercise development.  Football development  Invasion games - Tag Rugby	Unit length: 2x 12 hr blocks	Unit Title: Rhythmic Gymnastics  Basketball development  Athletics activities development  Striking and fielding development	Unit length: 1 x 12hr  2x6hrs
Domains of Knowledge:		Domains of Knowledge:		Domains of Knowledge:	

<ul style="list-style-type: none"> <li>● Team games - Rugby <ul style="list-style-type: none"> <li>○ Development of passing range</li> <li>○ Moving with and using the ball in contact</li> <li>○ Safe contact</li> </ul> </li> <li>● Team games - Basketball <ul style="list-style-type: none"> <li>○ Development of passing</li> <li>○ Moving with the ball and creating space</li> <li>○ Shooting</li> </ul> </li> <li>● Aesthetics - Gymnastics / Dance <ul style="list-style-type: none"> <li>○ Flight onto / over apparatus</li> <li>○ Vaulting</li> <li>○ Developing sequences</li> <li>○ Technique</li> <li>○ style / genre</li> </ul> </li> <li>● Team games - Football <ul style="list-style-type: none"> <li>○ Develop a range of passing</li> <li>○ To dribble into space / past opponents</li> <li>○ Possession</li> <li>○ Shooting</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Health, fitness and exercise <ul style="list-style-type: none"> <li>○ Continuous training</li> <li>○ Circuit training</li> <li>○ Resistance training</li> </ul> </li> <li>● Team games - Football <ul style="list-style-type: none"> <li>○ Develop a range of passing</li> <li>○ To dribble into space / past opponents</li> <li>○ Possession</li> <li>○ Shooting</li> </ul> </li> <li>● Team games - Basketball <ul style="list-style-type: none"> <li>○ Development of passing</li> <li>○ Moving with the ball and creating space</li> <li>○ Shooting</li> </ul> </li> <li>● Tag Rugby <ul style="list-style-type: none"> <li>○ Passing</li> <li>○ Running</li> <li>○ 'Tagging'</li> <li>○ Conditioned games</li> </ul> </li> <li>● Development of Dance / Rhythmic gym <ul style="list-style-type: none"> <li>○ Technique</li> <li>○ Style / genre</li> <li>○ Developing sequences (ribbons, balls, hoops)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Refining technique and performance; Rhythmic Gymnastics <ul style="list-style-type: none"> <li>○ Ribbons</li> <li>○ Balls</li> <li>○ Hoops</li> </ul> </li> <li>● Striking / fielding development <ul style="list-style-type: none"> <li>○ Throwing / catching</li> <li>○ Fielding / movement</li> <li>○ Hitting to space</li> </ul> </li> <li>● Team games - Basketball <ul style="list-style-type: none"> <li>○ Development of passing</li> <li>○ Moving with the ball and creating space</li> <li>○ Shooting</li> </ul> </li> <li>● Athletics <ul style="list-style-type: none"> <li>○ Running for speed</li> <li>○ Running for distance</li> <li>○ Throwing</li> <li>○ Jumping</li> </ul> </li> </ul>
Relevant Key Concepts: <ul style="list-style-type: none"> <li>● Coordination skills</li> <li>● Movement skills</li> <li>● Health fitness and well-being</li> <li>● Collaboration and teamwork</li> </ul>	Key Concepts: <ul style="list-style-type: none"> <li>● Coordination skills</li> <li>● Movement skills</li> <li>● Health fitness and well-being</li> <li>● Collaboration and teamwork</li> </ul>	Key Concepts: <ul style="list-style-type: none"> <li>● Coordination skills</li> <li>● Movement skills</li> <li>● Health fitness and well-being</li> <li>● Collaboration and teamwork</li> </ul>
Gateway knowledge:	Gateway knowledge:	Gateway knowledge: <ul style="list-style-type: none"> <li>● Balancing, moving and rolling</li> </ul>

<ul style="list-style-type: none"> <li>• Understand a range of passing and control in team games</li> <li>• How to move with the ball in different situations in team games</li> <li>• Components of warm up and cool down</li> <li>• Understand how space and levels can be used in sequences</li> <li>• Warm up and cool down</li> </ul>	<ul style="list-style-type: none"> <li>• Understand a range of passing and control in team games</li> <li>• Can move with the ball in different situations in team games</li> <li>• Components of warm up and cool down</li> <li>• Warm up / cool down and aerobic / anaerobic training methods</li> </ul>	<ul style="list-style-type: none"> <li>• Understand a range of passing and control in team games</li> <li>• Can move with the ball in different situations in team games</li> <li>• Components of warm up and cool down</li> </ul>
<p>Assessment end-points:</p> <ul style="list-style-type: none"> <li>• Perform a range of passes with increased precision, control and fluency</li> <li>• Can move with the ball under control and outwit opponents</li> <li>• Evidence an increased range of skills with improved consistency in competitive situations</li> <li>• Demonstrate different genres of dance evidencing developed techniques and understanding of choreography</li> <li>• Evidence different gymnastic skills involving apparatus and flight</li> </ul>	<p>Assessment end-points:</p> <ul style="list-style-type: none"> <li>• Can complete a range of different training methods working in appropriate training zones</li> <li>• Perform a range of passes with increased precision, control and fluency</li> <li>• Can move with the ball under control and outwit opponents</li> <li>• Evidence an increased range of skills with improved consistency in competitive situations</li> </ul>	<p>Assessment end-points:</p> <ul style="list-style-type: none"> <li>• Develop and demonstrate sequences using a range of equipment in gymnastics</li> <li>• Perform a range of passes with increased precision, control and fluency</li> <li>• Evidence an increased range of skills with improved consistency in competitive situations</li> <li>• Replicate and apply with consistency accurate running, jumping and throwing techniques in different events</li> </ul>

**Long-term plan:** organises the knowledge from the progression map into units to give an overview of what is taught when in the curriculum.

Year 9					
Autumn Term - Students will complete 3 out the 4 activities in the term.		Spring Term - Students will complete 2 different units in the term		Summer Term -- Students will complete 2 different units in the term	
Unit Title: Fitness training / dodgeball	Unit length: 2 x 12 hrs	Unit Title: Health, fitness and exercise - applying principles of training (HT3 all groups)	Unit length: 2x12hrs	Unit Title: Basketball application	Unit length: 1 x 12hrs
Team games - football / rugby				Football / rugby application	2 x 6hrs
Individual games - Badminton					

		Team games - football / Tag rugby		Athletics	
		Dance - application		Striking and fielding	
		Individual games - Badminton		Individual games - Badminton	
Domains of Knowledge:		Domains of Knowledge:		Domains of Knowledge:	
<ul style="list-style-type: none"> <li>Team games - Rugby / Football <ul style="list-style-type: none"> <li>Apply more advanced passing, dribbling and movement skills</li> <li>Combine different skills and techniques and apply them in competitive situations</li> <li>Develop tactics and strategies in games</li> </ul> </li> <li>Individual games - Badminton <ul style="list-style-type: none"> <li>Overhead shots - Clear, smash, drop shot</li> <li>Underarm shots - Serve, clear drop shot</li> <li>Scoring in singles / doubles and applying to games.</li> </ul> </li> <li>Fitness training - plan and complete training sessions including; <ul style="list-style-type: none"> <li>Circuits</li> <li>Resistance</li> <li>Interval</li> <li>Continuous</li> </ul> </li> <li>Dodgeball <ul style="list-style-type: none"> <li>Throwing, catching and blocking</li> <li>Attacking strategies / tactics</li> <li>Defending strategies / tactics</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>Team games - Tag rugby <ul style="list-style-type: none"> <li>Apply more advanced passing, dribbling and movement skills</li> <li>Combine different skills and techniques and apply them in competitive situations</li> <li>Develop tactics and strategies in games</li> <li>Understand and apply sport specific terminology</li> </ul> </li> <li>Dance <ul style="list-style-type: none"> <li>Creating, responding and improvising</li> <li>Exploring style and genre</li> </ul> </li> <li>Health, fitness and exercise <ul style="list-style-type: none"> <li>Understanding fitness components</li> <li>Planning training sessions based on individual needs</li> <li>Performing at appropriate levels / training zones</li> <li>Evaluating fitness for purpose</li> </ul> </li> <li>Individual games - Badminton <ul style="list-style-type: none"> <li>Overhead shots - Clear, smash, drop shot</li> <li>Underarm shots - Serve, clear drop shot</li> <li>Scoring in singles / doubles and applying to games.</li> </ul> </li> </ul>		<ul style="list-style-type: none"> <li>Team games <ul style="list-style-type: none"> <li>Apply more advanced passing, dribbling and movement skills</li> <li>Combine different skills and techniques and apply them in competitive situations</li> <li>Develop tactics and strategies in games</li> <li>Understand and apply sport specific terminology</li> </ul> </li> <li>Individual games - Badminton <ul style="list-style-type: none"> <li>Overhead shots - Clear, smash, drop shot</li> <li>Underarm shots - Serve, clear drop shot</li> <li>Scoring in singles / doubles and applying to games.</li> <li></li> </ul> </li> <li>Athletics - refining technique and applying in competition. <ul style="list-style-type: none"> <li>Running</li> <li>Jumping</li> <li>Throwing</li> </ul> </li> <li>Striking and fielding - implementation of tactics and strategies <ul style="list-style-type: none"> <li>Rounders</li> <li>Softball / longball</li> <li>Cricket</li> </ul> </li> </ul>	
Relevant Key Concepts:		Key Concepts:		Key Concepts:	

<ul style="list-style-type: none"> <li>● Tactics and composition</li> <li>● Applying the principles of training</li> <li>● Health, fitness and well-being</li> <li>● Teamwork and collaboration</li> <li>● Replication of skills</li> <li>● Movement skills</li> </ul>	<ul style="list-style-type: none"> <li>● Tactics and composition</li> <li>● Health, fitness and well-being</li> <li>● Teamwork and collaboration</li> <li>● Replication of skills</li> <li>● Movement skills</li> </ul>	<ul style="list-style-type: none"> <li>● Tactics and composition</li> <li>● Health, fitness and well-being</li> <li>● Teamwork and collaboration</li> <li>● Replication of skills</li> <li>● Movement skills</li> </ul>
<p>Gateway knowledge:</p> <ul style="list-style-type: none"> <li>● Understanding training methods</li> <li>● Throwing / catching and movement skills</li> <li>● Passing and moving with increased control</li> <li>● Key rules, terminology and strategies</li> <li>● Replicating a range of sports specific techniques in competitive situations.</li> </ul>	<p>Gateway knowledge:</p> <ul style="list-style-type: none"> <li>● Understanding training methods</li> <li>● Passing and moving with increased control</li> <li>● Key rules, terminology and strategies</li> <li>● Replicating a range of sports specific techniques in competitive situations.</li> </ul>	<p>Gateway knowledge:</p> <ul style="list-style-type: none"> <li>● Understanding training methods</li> <li>● Passing and moving with increased control</li> <li>● Key rules, terminology and strategies</li> <li>● Replicating a range of sports specific techniques in competitive situations.</li> </ul>
<p>Assessment end-points:</p> <ul style="list-style-type: none"> <li>● Individual games - to be able to demonstrate a range of underarm and overhead shots in Badminton</li> <li>● Plan and perform personal exercise sessions with appropriate challenge</li> <li>● To understand key components of fitness and be able to apply specific methods of training</li> <li>● To demonstrate a range of skills in team games within competitive situations with control and consistency</li> <li>● To evidence composure and good decision making in competitive games.</li> <li>● Evidence more advanced tactics in competitive games</li> </ul>	<p>Assessment end-points:</p> <ul style="list-style-type: none"> <li>● Can plan and perform different exercise sessions showing an understanding of principles of training</li> <li>● To be able to choreograph and perform a routine evidencing movement, technique and control.</li> <li>● To demonstrate a range of skills in team games within competitive situations with control and consistency</li> <li>● To evidence composure and good decision making in competitive games.</li> <li>● Evidence more advanced tactics in competitive games</li> <li>● Individual games - to be able to demonstrate a range of underarm and overhead shots in Badminton</li> </ul>	<p>Assessment end-points:</p> <ul style="list-style-type: none"> <li>● To demonstrate a range of skills in team games within competitive situations with control and consistency</li> <li>● To evidence composure and good decision making in competitive games.</li> <li>● To apply sports specific techniques for fielding, hitting and bowling in striking and and fielding games.</li> <li>● Evidence more advanced tactics in competitive games</li> <li>● Compare times and distances in athletic events against PB's and national normative data</li> <li>● Individual games - to be able to demonstrate a range of underarm and overhead shots in Badminton</li> </ul>



Year 10 - Sports Science					
Autumn Term (14)		Spring Term (12)		Summer Term (12)	
Unit Title: R183 Nutrition and sports performance	Unit length:  R183 - Task 1 - 6hrs R183 - Task 2 - 12hrs R183 - Task 3 - 12hrs	Unit Title: R181 Applying principles of training: Fitness and how it affects skilled performance	Unit length:  R181 Task 1- 18hrs  R181 Task 2- 12hrs	Unit Title: R181 Applying principles of training: Fitness and how it affects skilled performance	Unit length:  R181 Task 3&4 - 16hrs  R181 Task 5 - 14 hrs
Domains of Knowledge: Task 1 R183 Nutrition and sports performance: <ul style="list-style-type: none"> <li>Nutrients needed for a healthy, balanced nutrition plan               <ul style="list-style-type: none"> <li>Types of nutrients</li> <li>Characteristics</li> </ul> </li> </ul> Nutrition and sports performance Task 2 <ul style="list-style-type: none"> <li>Applying differing dietary requirements to varying types of sporting activity               <ul style="list-style-type: none"> <li>Before, during and after</li> <li>The dietary requirements of endurance/aerobic activities</li> <li>The dietary requirements of short intense/anaerobic activities</li> <li>The dietary requirements of strength based activities</li> </ul> </li> </ul> R183 Task 3		Domains of Knowledge: R181 Applying the principles of training: <ul style="list-style-type: none"> <li>The definition of, and suitable fitness tests used, to measure each component of fitness:</li> <li>2 Fitness component requirements of sports:</li> <li>Collect and interpret the results of fitness tests:               <ul style="list-style-type: none"> <li>Strengths</li> <li>Areas for improvement</li> </ul> </li> <li>Application of components of fitness to skill performance               <ul style="list-style-type: none"> <li>Devise</li> <li>Conduct</li> <li>Record</li> <li>Analyse</li> </ul> </li> </ul>		Domains of Knowledge: R181 Principles of training: <ul style="list-style-type: none"> <li>Principles of training and goal setting in a sporting context</li> <li>Methods of training and their benefits</li> <li>Aerobic and anaerobic exercise applied</li> <li>Factors when designing a fitness training programme               <ul style="list-style-type: none"> <li>Considerations</li> <li>Applying training principles</li> </ul> </li> </ul> R181 Principles of training:	

<ul style="list-style-type: none"> <li>Developing a balanced nutrition plan for a selected sporting activity <ul style="list-style-type: none"> <li>How to design and develop a balanced nutrition plan</li> <li>Key factors when considering the success / impact of a nutrition plan</li> </ul> </li> <li>Developing a balanced nutrition plan for a selected sporting activity <ul style="list-style-type: none"> <li>How to design and develop a balanced nutrition plan</li> <li>Key factors when considering the success / impact of a nutrition plan</li> </ul> </li> </ul> <p>R183 Task 4 - How nutritional behaviours can be managed to improve sports performance</p> <ul style="list-style-type: none"> <li>The effect of overeating on sports performance</li> <li>The effects of undereating on sports performance</li> <li>The effect of dehydration on sports performance</li> </ul>		<ul style="list-style-type: none"> <li>Planning and recording a fitness based training programme</li> <li>Evaluate own performance in planning and delivery of a fitness training programme <ul style="list-style-type: none"> <li>Effectiveness</li> <li>Strengths</li> <li>Areas for improvement</li> <li>Further development</li> </ul> </li> </ul>
<p>Relevant Key Concepts:</p> <ul style="list-style-type: none"> <li>Nutrition for sport and performance</li> <li>Sports injuries in different contexts</li> <li>Application of sports concepts / examples</li> <li>Application of sports specific concepts / examples</li> </ul>	<p>Relevant Key Concepts:</p> <ul style="list-style-type: none"> <li>Principles of training</li> <li>Health fitness &amp; well-being</li> <li>Application of sports concepts / examples</li> </ul>	<p>Key Concepts:</p> <ul style="list-style-type: none"> <li>Principles of training</li> <li>Health fitness &amp; well-being</li> <li>Application of sports concepts / examples</li> </ul>
<p>Gateway knowledge:</p> <ul style="list-style-type: none"> <li>Appropriate warm up and cool down routines</li> <li>Difference between intrinsic / extrinsic</li> </ul>	<p>Gateway knowledge:</p> <ul style="list-style-type: none"> <li>Different components of fitness</li> <li>Applying training methods</li> <li>Warm up and cool down</li> </ul>	<p>Gateway knowledge:</p> <ul style="list-style-type: none"> <li>Understanding training methods</li> <li>Aerobic and anaerobic training</li> <li>Warm up and cool down</li> </ul>
<p>Assessment end-points:</p>	<p>Assessment end-points:</p>	<p>Assessment end-points:</p>

<ul style="list-style-type: none"> <li>explains the importance of nutrition before, during and after exercise</li> <li>explains why some foods are ideal and what foods to limit for each sporting activity</li> <li>The effects of diet on sports performance</li> </ul>	<ul style="list-style-type: none"> <li>Describes all principles of training with a range of appropriate examples</li> <li>Carry out and record a range of fitness tests</li> <li>Devise and carry out skill based fitness tests</li> <li>Understand and apply different methods of training relate to specific sports,</li> </ul>	<ul style="list-style-type: none"> <li>Understand and apply different methods of training relate to specific sports,</li> <li>Plan, perform and evaluate a training programme</li> <li>Evidence benefits and key components of warm up and cool down.</li> <li>Reflect and make suggested improvements</li> </ul>
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**Long-term plan:** organises the knowledge from the progression map into units to give an overview of what is taught when in the curriculum.

Year 11 Sports Science					
Autumn Term		Spring Term		Summer Term	
Unit Title: R183 - Nutrition and sports performance R180 -Reducing the risk of sports injuries and dealing with common medical conditions	Unit length: R183 - Task 3 & 4 (Oct half term)  R180 - Task 1	Unit Title: R180 -Reducing the risk of sports injuries and dealing with common medical conditions	Unit length: LO1,2,3,4 30hrs	Unit Title: R180 - Reducing the risk of sports injuries and dealing with common medical conditions	Unit length: LO4 - 10hrs  Revision / consolidation - 15 hrs
Domains of Knowledge:  Nutrition and sports performance Task 2 <ul style="list-style-type: none"> <li>Applying differing dietary requirements to varying types of sporting activity               <ul style="list-style-type: none"> <li>Before, during and after</li> <li>The dietary requirements of endurance/aerobic activities</li> <li>The dietary requirements of short intense/anaerobic activities</li> <li>The dietary requirements of strength based activities</li> </ul> </li> </ul>		Domains of Knowledge:  R180 : Reducing the risk of sports injuries and dealing with common medical conditions  Task 1 Different factors which influence the risk and severity of injury <ul style="list-style-type: none"> <li>Extrinsic factors</li> <li>Intrinsic factors</li> </ul> Task 2 - Warm up and cool down routines <ul style="list-style-type: none"> <li>Appropriate warm up and cool down routines               <ul style="list-style-type: none"> <li>Physical / Psychological</li> </ul> </li> </ul>		Domains of Knowledge:  Task 4 - : Reducing risk, treatment and rehabilitation of sports injuries and medical conditions <ul style="list-style-type: none"> <li>Measures that can be taken before and during participation in sport or physical activity to reduce risk and severity of injury/medical conditions</li> <li>Responses and treatment to injuries and medical conditions in a sporting context               <ul style="list-style-type: none"> <li>SALTAPS</li> </ul> </li> </ul>	

<p>R183 Task 3</p> <ul style="list-style-type: none"> <li>Developing a balanced nutrition plan for a selected sporting activity <ul style="list-style-type: none"> <li>How to design and develop a balanced nutrition plan</li> <li>Key factors when considering the success / impact of a nutrition plan</li> </ul> </li> <li>Developing a balanced nutrition plan for a selected sporting activity <ul style="list-style-type: none"> <li>How to design and develop a balanced nutrition plan</li> <li>Key factors when considering the success / impact of a nutrition plan</li> </ul> </li> </ul> <p>R183 Task 4 - How nutritional behaviours can be managed to improve sports performance</p> <ul style="list-style-type: none"> <li>The effect of overeating on sports performance</li> <li>The effects of undereating on sports performance</li> <li>The effect of dehydration on sports performance</li> </ul>	<ul style="list-style-type: none"> <li>Key components</li> <li>Specific needs</li> </ul> <p>Task 3 - Different types and causes of sports injuries</p> <p>Acute injuries:</p> <ul style="list-style-type: none"> <li>Types</li> <li>Compare and contrast causes, symptoms and treatments of each acute injury</li> <li>Ways of reducing risk of acute injuries</li> </ul> <p>Chronic injuries:</p> <ul style="list-style-type: none"> <li>Types</li> <li>Compare and contrast causes, symptoms and treatments of each acute injury</li> <li>Ways of reducing risk of chronic injuries</li> </ul>	<ul style="list-style-type: none"> <li>DRABC</li> <li>RICE</li> </ul> <p>R180 Task 5 - Causes, symptoms and treatment of medical conditions</p> <ul style="list-style-type: none"> <li>Compare and contrast causes, common symptoms and treatments of different medical conditions</li> <li>How to manage asthma when participating in sport/exercise <ul style="list-style-type: none"> <li>Asthma</li> <li>Diabetes</li> <li>Epilepsy</li> <li>Sudden Cardiac Arrest (SCA)</li> <li>Heat exhaustion</li> </ul> </li> </ul> <p>Revision and exam techniques</p>
<p>Relevant Key Concepts:</p> <ul style="list-style-type: none"> <li>Nutrition for sport and performance</li> <li>Sports injuries in different contexts</li> <li>Application of sports concepts / examples</li> <li>Application of sports specific concepts / examples</li> </ul>	<p>Key Concepts:</p> <ul style="list-style-type: none"> <li>Nutrition for sport and performance</li> <li>Sports injuries and rehabilitation</li> <li>Application of sports specific concepts / examples</li> </ul>	<p>Key Concepts:</p> <ul style="list-style-type: none"> <li>Sports injuries and rehabilitation</li> <li>Application of sports specific concepts / examples</li> </ul>
<p>Gateway knowledge:</p> <ul style="list-style-type: none"> <li>Appropriate warm up and cool down routines</li> <li>Difference between intrinsic / extrinsic</li> </ul>	<p>Gateway knowledge:</p> <ul style="list-style-type: none"> <li>Importance of nutrition for sport</li> <li>Appropriate warm up and cool down routines</li> </ul>	<p>Gateway knowledge:</p> <ul style="list-style-type: none"> <li>Injuries and medical conditions</li> </ul>

	<ul style="list-style-type: none"> <li>different types of sports injuries</li> </ul>	<ul style="list-style-type: none"> <li>How to tackle short and extended questions in an exam</li> </ul>
Assessment end-points: <ul style="list-style-type: none"> <li>explains the importance of nutrition before, during and after exercise</li> <li>explains why some foods are ideal and what foods to limit for each sporting activity</li> <li>The effects of diet on sports performance</li> </ul>	Assessment end-points: <ul style="list-style-type: none"> <li>The effects of diet on sports performance</li> <li>Evidence a range of factors affecting injury - intrinsic / extrinsic unit assessment.</li> <li>Can describe and explain warm up and cool down routines - unit assessment</li> </ul>	Assessment end-points: <ul style="list-style-type: none"> <li>Types and causes of injury assessment</li> <li>Common medical conditions assessment</li> <li>Trial exam assessment</li> <li>R180 - external examination assessment</li> </ul>

**Long-term plan:** organises the knowledge from the progression map into units to give an overview of what is taught when in the curriculum.

Year 10 / 11 Core PE Options					
Autumn Term		Spring Term		Summer Term	
Unit Title: Options - students will choose two options in the term.	Unit length: 2x 6hrs	Unit Title: Options - students will choose two options in the term.	Unit length: 2x 6hrs	Unit Title: Options - students will choose a minimum of two options in the term.	Unit length: 2x 6hrs
Domains of Knowledge: <ul style="list-style-type: none"> <li>Individual games - competition               <ul style="list-style-type: none"> <li>Badminton</li> <li>Table tennis</li> </ul> </li> <li>Team games - competition               <ul style="list-style-type: none"> <li>Football</li> <li>Dodgeball</li> <li>Volleyball</li> <li>Basketball</li> <li>Tag Rugby</li> </ul> </li> <li>Exercise and training               <ul style="list-style-type: none"> <li>Resistance training</li> <li>Circuit training</li> </ul> </li> </ul>		Domains of Knowledge: <ul style="list-style-type: none"> <li>Individual games - competition               <ul style="list-style-type: none"> <li>Badminton</li> <li>Table tennis</li> </ul> </li> <li>Team games - competition               <ul style="list-style-type: none"> <li>Football</li> <li>Dodgeball</li> <li>Volleyball</li> <li>Basketball</li> <li>Tag Rugby</li> </ul> </li> <li>Exercise and training               <ul style="list-style-type: none"> <li>Resistance training</li> <li>Circuit training</li> </ul> </li> </ul>		Domains of Knowledge: <ul style="list-style-type: none"> <li>Individual games - competition               <ul style="list-style-type: none"> <li>Badminton</li> <li>Table tennis</li> </ul> </li> <li>Team games               <ul style="list-style-type: none"> <li>Longball</li> <li>Softball</li> <li>Rounders</li> <li>Cricket</li> </ul> </li> <li>Athletics activities               <ul style="list-style-type: none"> <li>Running</li> <li>Jumping</li> <li>Throwing</li> </ul> </li> </ul>	

<ul style="list-style-type: none"> <li>○ Continuous training</li> <li>○ Interval training</li> </ul>	<ul style="list-style-type: none"> <li>○ Continuous training</li> <li>○ Interval training</li> </ul>	
<p>Relevant Key Concepts:</p> <ul style="list-style-type: none"> <li>● Tactics and composition</li> <li>● Applying the principles of training</li> <li>● Health, fitness and well-being</li> <li>● Teamwork and collaboration</li> <li>● Replication of skills</li> <li>● Movement skills</li> </ul>	<p>Key Concepts:</p> <ul style="list-style-type: none"> <li>● Tactics and composition</li> <li>● Applying the principles of training</li> <li>● Health, fitness and well-being</li> <li>● Teamwork and collaboration</li> <li>● Replication of skills</li> </ul>	<p>Key Concepts:</p> <ul style="list-style-type: none"> <li>● Tactics and composition</li> <li>● Applying the principles of training</li> <li>● Health, fitness and well-being</li> <li>● Teamwork and collaboration</li> <li>● Replication of skills</li> </ul>
<p>Gateway knowledge:</p> <ul style="list-style-type: none"> <li>● Understanding training methods</li> <li>● Applying a range of skills in team games in competitive conditions</li> <li>● Understand and evidence tactics and terminology in a range of games.</li> <li>● Understand scoring systems</li> <li>● Understand a range of training methods</li> </ul>	<p>Gateway knowledge:</p> <ul style="list-style-type: none"> <li>● Understanding training methods</li> <li>● Applying a range of skills in team games in competitive conditions</li> <li>● Understand and evidence tactics and terminology in a range of games.</li> <li>● Understand scoring systems</li> <li>● Understand a range of training methods</li> </ul>	<p>Gateway knowledge:</p> <ul style="list-style-type: none"> <li>● Understanding training methods</li> <li>● Applying a range of skills in team games in competitive conditions</li> <li>● Understand and evidence tactics and terminology in a range of games.</li> <li>● Understand scoring systems</li> <li>● Understand personal performance in athletics activities</li> </ul>
<p>Assessment end-points:</p> <ul style="list-style-type: none"> <li>● Individual games - to be able to demonstrate a wide range of shots in Badminton and table tennis</li> <li>● To understand key components of fitness and be able to apply specific methods of training to personal sessions</li> <li>● To consistently demonstrate a range of skills in team games within competitive situations.</li> <li>● To evidence composure and good decision making in competitive games.</li> <li>● Evidence more advanced tactics and strategies in a range of competitive games</li> </ul>	<p>Assessment end-points:</p> <ul style="list-style-type: none"> <li>● Individual games - to be able to demonstrate a wide range of shots in Badminton and table tennis</li> <li>● To understand key components of fitness and be able to apply specific methods of training to personal sessions</li> <li>● To consistently demonstrate a range of skills in team games within competitive situations.</li> <li>● To evidence composure and good decision making in competitive games.</li> <li>● Evidence more advanced tactics and strategies in a range of competitive games</li> </ul>	<p>Assessment end-points:</p> <ul style="list-style-type: none"> <li>● To understand key components of fitness and be able to apply specific methods of training to personal sessions</li> <li>● To apply sports specific techniques for fielding, hitting and bowling in striking and and fielding games.</li> <li>● Evidence more advanced tactics in competitive games</li> <li>● Compare times and distances in athletic events against PB's and national normative data</li> </ul>

<ul style="list-style-type: none"><li>• To transfer previously developed skills and techniques to additional activities covered in kS4</li></ul>		
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