

<p>Core PE Year 10</p>	<p>Autumn/Spring – Rugby, Football, Trampolining, Fitness, Netball, Badminton, Summer – Athletics, Cricket, Rounders, Tennis (option)</p> <p>Students will participate in activities that link to the specific sport or activity being studied and apply previous KS3 knowledge of physical activity. Students will be organised into ability groups to support engagement and progress, activities will be run half-termly, and students will be expected to perform to the best of their ability, combining performance, leadership and prior PE skills or knowledge from KS3. Students will learn a range of tactics and strategies to overcome difficulties and develop resilience. They will develop and some will master and use advanced techniques in a range of styles and forms. They will further develop their knowledge and understanding of rules and regulations in a range of sporting activities. All of this will continue to prepare students for competitive sport in extra-curricular events. Fitness training will give student the opportunity to design fitness training programmes as well as take part in a range of exercise classes to provide students with an insight into training methods and body systems, which links to KS4 examination courses and gives a base to further develop knowledge and understanding and support active health lives.</p>
<p>Core PE Year 11</p>	<p>Autumn/Spring – Rugby, Football, Trampolining, Fitness, Netball, Badminton, Summer – Cricket, Rounders,</p> <p>Students will continue to build on and master the skills, techniques and tactics learned in year 10, become more competent and confident taking part and applying them across different sports and physical activities. Students will be continually encouraged to volunteer to do tasks and help contribute individually or as part of a team. Students will also advance their ability to evaluate skills, allowing them to identify personal strengths and areas for development. This will allow students to develop meaningful understanding of what sports they may wish to carry on with as continue with active healthy lives in post 16 education and employment. The PE curriculum in year 11 will also provide option choices for all groups to allow for personalised learning and to promote participation and engagement in physical activity. As part of this students will have opportunities to take part in a range of fitness based activities during the year including fitness training in the gym and exercise classes as appropriate to the groups in question to support physical activity levels and lifelong enjoyment in sport and activity.</p>

<p>BTEC sport Year 10- 11 BTEC First award in Sport – Edexcel (2 years). This course is equivalent to 1 GCSE.</p>	<p>The students will be required to complete 4 units of work.</p> <ul style="list-style-type: none"> • Unit 1- Fitness for sport and exercise (Term 1 and 2 year 10) • Unit 2- Practical sports performance (Term 1 and 2 year 10 and 11) • Unit 4- The sports performer in action (Term 3 in year 10 Term 1 in year 11) • Unit 5- Training for personal fitness (Term 2-3 in year 11) <ul style="list-style-type: none"> • Unit 1 –Online exam. The online test covers aspects included in fitness training for sport and exercise including components of fitness, Principles of Training, Methods of Training and Fitness Testing. The exam will take place in year 10 after the teaching for the unit and revision and students will be allowed one opportunity to resit the exam and improve their grade if required in year 11. • On completion of Unit 2, students should be able to demonstrate a range of skills, techniques and tactics in selected sports. For example, they should know the rules, regulations and scoring systems of the selected sports. Students will also understand the roles and responsibilities of officials in selected sports and be able to analyse the sports performance of an individual or team. • On completion of Unit 5, students will develop their understanding of fitness testing and training methods to improve results. Students will know the fitness and training requirements necessary to achieve excellence in a selected sport. Students will also know the lifestyle factors that affect sports training and performance and be able to assess their own level of fitness. Students will also know the effects of psychological factors on sports training and performance. • On completion of Unit 4, students will develop their knowledge of energy systems and know about the short-term responses and long-term adaptations of the body systems to exercise. Students will also learn about the different energy systems used during sports performances and how this could improve personal performance.
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