

	Topic	No of lessons	Key knowledge and skills	Resources	Progression and links	SEND/ More able	Assessment & recording; factual recall checks
Half Term 1	R185 Topic 2 – Apply Practice Methods to Improve in Sport	14	<p>Students should know:</p> <ul style="list-style-type: none"> <li>- Students taught to create <b>a strength and weakness</b> table analysing what their strengths and weaknesses are in either their individual or team sport.</li> <li>- Review of strengths and weaknesses in key components for the sport, considering:                             <ul style="list-style-type: none"> <li>-Current level of ability</li> <li>-Why these have been identified as strengths or weaknesses</li> <li>-When are these important in a chosen sporting activity</li> <li>-How this will have an impact during training or performance</li> </ul> </li> <li>- Different <b>types of practices and progressive drills</b></li> <li>- Students are taught the types of practices, how to plan and progress drills.</li> <li>- Different types of practice - depending on the level of the performer or the chosen activity, which could be fixed, variable, whole or part practice</li> <li>- Students taught how to alter the context of their performance:                             <ul style="list-style-type: none"> <li>- Altering the context – could be by playing with more or against better players</li> </ul> </li> <li>- <b>Students taught about tools of evaluation and how to measure improvement in skills, techniques and strategies including;</b></li> </ul> <p>To include aspects such as:</p> <ul style="list-style-type: none"> <li>- Video analysis - to identify weaknesses and how performance can be improved</li> <li>- Other assistive technology - to improve performance, such as quantitative activity trackers</li> <li>- Monitoring competition results - over a period of time</li> </ul> <p><b>- Practical lessons on netball and football performance</b></p>	Weekly scheme of work and PP's on G drive	<ul style="list-style-type: none"> <li>• Careers – coaching, sports analyst, personal trainer</li> </ul>	<p>More Able:</p> <ul style="list-style-type: none"> <li>• Stretch and challenge to achieve top band of coursework</li> </ul> <p>SEND:</p> <ul style="list-style-type: none"> <li>• Writing frames</li> <li>• One-to-one coursework support</li> <li>• Buddied up with more able students</li> <li>• Coursework intervention sessions</li> </ul>	<ul style="list-style-type: none"> <li>• Assignment due in before Christmas</li> <li>• Regular verbal feedback on coursework</li> <li>• Hinge questions for AFL in lessons</li> </ul>

	Topic	No of lessons	Key knowledge and skills	Resources	Progression and links	Pillar (KS3 only)	SEND/ More able	Assessment & recording; factual recall checks
Half Term 2	R185 Topic 2 – Apply Practice Methods to Improve in Sport	16	<b>Students working on 6 week plan coursework for deadline before Christmas incorporating knowledge learnt in half term 1.</b>  <b>- Practical lessons on volleyball performance</b>	Weekly scheme of work and PP's on G drive	<ul style="list-style-type: none"> <li>Careers – coaching, sports analyst, personal trainer</li> </ul>	n/a	<p>More Able:</p> <ul style="list-style-type: none"> <li>Stretch and challenge to achieve top band of coursework</li> </ul> <p>SEND:</p> <ul style="list-style-type: none"> <li>Writing frames</li> <li>One-to-one coursework support</li> <li>Buddied up with more able students</li> <li>Coursework intervention sessions</li> </ul>	<ul style="list-style-type: none"> <li>Assignment due in before Christmas</li> <li>Regular verbal feedback on coursework</li> <li>Hinge questions for AFL in lessons</li> </ul>

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Half Term 3	<p>R185 Topic 2 – Apply Practice Methods to Improve in Sport</p> <p>R185 Topic 3 – Organising and Planning a Sports Event</p>	12	<p><b>- Students make corrections and re-submit 6 week plan coursework based on feedback from teacher</b></p> <p><b>Students taught how to plan a sporting session:</b></p> <ul style="list-style-type: none"> <li>- Appropriate venue: Location, Size, Weather</li> <li>- Equipment: Type, Amount required</li> <li>- Timing: Appropriate, Allowing for progression</li> <li>- Supervision: Number of participants, Size of groups</li> <li>- Contingency plan</li> <li>- Students Complete their own session plan:</li> <li>- Introduction and conclusion</li> <li>- Basic warm up and cool down</li> <li>- Skill and technique development</li> <li>- <b>Risk assessment and corrective action:</b></li> <li>- Activity-specific risks</li> <li>- Checking of equipment</li> <li>- Basic first aid and child protection</li> <li>- Emergency procedures</li> </ul> <p><b>Practical lessons on table tennis performance and officiating</b></p>	Weekly scheme of work and PP's on G drive	<ul style="list-style-type: none"> <li>• Careers – coaching, sports analyst, personal trainer, PE teacher</li> </ul>	<p>More Able:</p> <ul style="list-style-type: none"> <li>• Stretch and challenge to achieve top band of coursework</li> </ul> <p>SEND:</p> <ul style="list-style-type: none"> <li>• Writing frames</li> <li>• One-to-one coursework support</li> <li>• Buddied up with more able students</li> <li>• Coursework intervention sessions</li> </ul>	<ul style="list-style-type: none"> <li>• Lesson plan and risk assessment due in week after Feb half term</li> <li>• Regular verbal feedback on coursework</li> <li>• Hinge questions for AFL in lessons</li> </ul>

	Topic	No of lessons	Key knowledge and skills	Resources	Progression and links	SEND/ More able	Assessment & recording; factual recall checks
Half Term 4	R185 Topic 3 – Organising and Planning a Sports Event	12	<b>Students working on lesson plan and risk assessment coursework for deadline after February half term incorporating knowledge learnt in half term 3.</b>	Weekly scheme of work and PP’s on G drive	<ul style="list-style-type: none"> <li>Careers – coaching, sports analyst, personal trainer, PE teacher</li> </ul>	<p>More Able:</p> <ul style="list-style-type: none"> <li>Stretch and challenge to achieve top band of coursework, leadership assessment with peers</li> </ul> <p>SEND:</p> <ul style="list-style-type: none"> <li>Writing frames</li> <li>One-to-one coursework support</li> <li>Buddied up with more able students</li> <li>Coursework intervention sessions</li> <li>Leadership assessment with Year 7</li> </ul>	<ul style="list-style-type: none"> <li>Verbal feedback given after leadership assessment</li> <li>Regular verbal feedback on coursework</li> <li>Hinge questions for AFL in lessons</li> <li>Peer assessment of leadership assessments</li> </ul>
	R185 Topic 4 and 5 – Leading a Sporting Event, Review Planning and Delivery of a Sports Event		<p><b>Students deliver lessons to peers and younger year groups for assessment.</b></p> <p><b>Students taught how to Review lessons</b></p> <ul style="list-style-type: none"> <li>Planning: Positives, Negatives</li> <li>Delivery: Positives, Negatives</li> <li>Improvements that could be made</li> <li>Opportunities to develop leadership skills for the future</li> </ul> <p><b>Practical lessons on leadership assessments</b></p>				

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Half Term 5	R185 Topic 4 and 5 – Leading a Sporting Event, Review Planning and Delivery of a Sports Event	12	<p><b>Students working on leadership assessment and evaluation of sports event coursework for deadline before May half term incorporating knowledge learnt in half term 4.</b></p> <p><b>- Practical lessons on handball and cricket performance</b></p>	Weekly scheme of work and PP's on G drive	<ul style="list-style-type: none"> <li>Careers – coaching, sports analyst, personal trainer</li> </ul>	n/a	<p>More Able:</p> <ul style="list-style-type: none"> <li>Stretch and challenge to achieve top band of coursework, leadership assessment with peers</li> </ul> <p>SEND:</p> <ul style="list-style-type: none"> <li>Writing frames</li> <li>One-to-one coursework support</li> <li>Buddied up with more able students</li> <li>Coursework intervention sessions</li> <li>Leadership assessment with Year 7</li> </ul>	<ul style="list-style-type: none"> <li>Verbal feedback given after leadership assessment</li> <li>Regular verbal feedback on coursework</li> <li>Hinge questions for AFL in lessons</li> <li>Peer assessment of leadership assessments</li> </ul>

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Half Term 6	R187 Topic 1 – Provision of Outdoor Activities		<p><b>Students taught what outdoor activities mean and complete coursework researching the following;</b></p> <ul style="list-style-type: none"> <li>- Water sports</li> <li>- Trekking</li> <li>- Camping</li> <li>- Climbing</li> <li>- Caving</li> <li>- Cycling</li> <li>- Snow sports</li> <li>- Gliding</li> <li>- Other land-based activities</li> </ul> <p>Outdoor activity organisations (including NGBs)</p> <ul style="list-style-type: none"> <li>- National Sports Centres</li> <li>- Voluntary Organisations</li> <li>- Local Providers</li> </ul> <p><b>Practical lessons on athletics performance</b></p>	Weekly scheme of work and PP's on G drive	<ul style="list-style-type: none"> <li>• Careers – expedition leader, outdoor activities leader</li> </ul>	<p>More Able:</p> <ul style="list-style-type: none"> <li>• Stretch and challenge to achieve top band of coursework</li> </ul> <p>SEND:</p> <ul style="list-style-type: none"> <li>• Writing frames</li> <li>• One-to-one coursework support</li> <li>• Buddied up with more able students</li> <li>• Coursework intervention sessions</li> </ul>	<ul style="list-style-type: none"> <li>• Assignment due in before end of school year</li> <li>• Regular verbal feedback on coursework</li> <li>• Hinge questions for AFL in lessons</li> </ul>