

<p><b>YEAR 10 CURRICULUM MAP: PE</b></p> <p><b>GCSE and CNAT Sport</b></p> <p>Core lessons taught on a carousel. These link with GCSE and CNAT.</p>	<p><b>Aims:</b> Pupils,</p> <ul style="list-style-type: none"> <li>develop competence to excel in a broad range of physical activities.</li> <li>are physically active for sustained periods of time.</li> <li>engage in competitive sports and activities</li> <li>lead healthy active lives.</li> </ul>								<p><b>EOY Assessment Point</b></p> <p>GCSE End of year exams Applied Anatomy and physiology</p> <p>Physical training</p> <p>Sports Psychology</p> <p>Practical performance assessed throughout the year</p> <p>CNAT Sport Moderation of R052 LO3 and LO4</p>						
	<p><b>HT 2</b></p>		<p><b>HT 3</b></p>		<p><b>HT 4</b></p>		<p><b>HT 5</b></p>			<p><b>HT 6</b></p>					
	<p><b>GCSE</b></p> <ul style="list-style-type: none"> <li>Cardiovascular and respiratory system.</li> </ul> <p>CNAT R051 Contemporary Issues in Sport L03- Understand the importance of hosting major sports events. L04 – Know about the role of national governing bodies in sport.</p> <p>Netball</p> <ul style="list-style-type: none"> <li>Develop use of KS3 skills within competitive situations, showing control, fluency and accuracy.</li> <li>To use tactics and strategy to outwit opponents and explain how it works.</li> <li>Analyse performance to bring about improvement.</li> </ul>		<p><b>Assessment Point: Summative or AFL</b></p> <p>GCSE Assessment</p> <p>Practical performance assessed throughout the year</p> <p>CNAT Sport Exam entry for R051</p>		<p><b>GCSE</b></p> <ul style="list-style-type: none"> <li>Components of fitness.</li> <li>Applying principles of training.</li> </ul> <p>CNAT R052 Developing Sports Skills L01 Individual activity – performance.</p> <p>Badminton</p> <ul style="list-style-type: none"> <li>Develop use of KS3 skills within competitive situations.</li> <li>Use a full range of shots in competitive games showing control, fluency, accuracy and power when required.</li> <li>Use tactics and strategy to outwit opponents in competitive situations, using the court space effectively.</li> </ul> <p>Extra Curricular Focus / Intra school competition HT1 – HT4 Football, netball,</p>		<p><b>GCSE Sports Psychology</b></p> <ul style="list-style-type: none"> <li>Skilful movement and skill classification.</li> <li>Goal setting.</li> </ul> <p>CNAT R052 Developing Sports Skills L02 Team Activity – performance.</p> <p>Table tennis</p> <ul style="list-style-type: none"> <li>Develop use of KS3 skills within competitive situations.</li> <li>Use a full range of shots in competitive games showing control, fluency and accuracy, demonstrating the use of spin to outwit opponents.</li> <li>Use tactics and strategy to outwit opponents in competitive situations, using good shot selection and exploiting opponents weaknesses.</li> </ul>			<p><b>Assessment Point: Summative or AFL</b></p> <p>GCSE Assessment</p> <p>Practical performance assessed throughout the year</p> <p>CNAT Sport Moderation of R052 LO1 and LO2 Exam resit for R051</p> <p>Fitness:</p> <ul style="list-style-type: none"> <li>Develop knowledge and understanding of fitness and the different components of fitness</li> <li>Fitness incorporated throughout all topics.</li> </ul>		<p><b>GCSE</b></p> <ul style="list-style-type: none"> <li>Goal setting.</li> <li>Mental preparation.</li> <li>Types of guidance and feedback.</li> </ul> <p>CNAT R052 Developing Sports Skills L03 Officiating in a sporting activity Applying practice methods</p> <p>Athletics</p> <ul style="list-style-type: none"> <li>Develop technique in running, jumping and throwing events to improve performance levels.</li> <li>Use of English Schools athletics records to establish bronze, silver and gold awards in events.</li> </ul> <p>Extra Curricular Focus/ Intra school competition HT5 – HT6 Cricket, rounders, athletics.</p>		<p><b>GCSE</b></p> <ul style="list-style-type: none"> <li>Personal Exercise Programme.</li> <li>Design a programme to improve fitness and performance in a chosen sport.</li> </ul> <p>CNAT R052 Developing Sports Skills L04 Analysis of performance and applying practice methods to support improvement in a selected sport.</p> <p>Rounders / Cricket</p> <ul style="list-style-type: none"> <li>Develop use of KS3 skills within competitive situations.</li> <li>Use a range of batting, bowling and fielding techniques strategically to outwit opponents.</li> <li>Analyse performance to bring about improvement.</li> <li>Show increased consistency, fluency and accuracy in skills performed.</li> </ul>	
	<p><b>HT 1</b></p>		<p><b>GCSE</b></p> <ul style="list-style-type: none"> <li>Skeletal system.</li> <li>Muscular system.</li> </ul> <p>CNAT R051 Contemporary Issues in Sport L01-Understanding the issues which affect participation in sport. L02 – Know about the role of sport in promoting values.</p> <p>Football</p> <ul style="list-style-type: none"> <li>Develop use of KS3 skills within competitive situations, showing control, fluency and accuracy.</li> <li>To use tactics and strategy to outwit opponents and explain how it works.</li> <li>Analyse performance to bring about improvement.</li> </ul>		<p><b>GCSE</b></p> <ul style="list-style-type: none"> <li>Cardiovascular and respiratory system.</li> </ul> <p>CNAT R051 Contemporary Issues in Sport L03- Understand the importance of hosting major sports events. L04 – Know about the role of national governing bodies in sport.</p> <p>Netball</p> <ul style="list-style-type: none"> <li>Develop use of KS3 skills within competitive situations, showing control, fluency and accuracy.</li> <li>To use tactics and strategy to outwit opponents and explain how it works.</li> <li>Analyse performance to bring about improvement.</li> </ul>		<p><b>GCSE</b></p> <ul style="list-style-type: none"> <li>Skeletal system.</li> <li>Muscular system.</li> </ul> <p>CNAT R051 Contemporary Issues in Sport L01-Understanding the issues which affect participation in sport. L02 – Know about the role of sport in promoting values.</p> <p>Football</p> <ul style="list-style-type: none"> <li>Develop use of KS3 skills within competitive situations, showing control, fluency and accuracy.</li> <li>To use tactics and strategy to outwit opponents and explain how it works.</li> <li>Analyse performance to bring about improvement.</li> </ul>			<p><b>GCSE</b></p> <ul style="list-style-type: none"> <li>Skeletal system.</li> <li>Muscular system.</li> </ul> <p>CNAT R051 Contemporary Issues in Sport L01-Understanding the issues which affect participation in sport. L02 – Know about the role of sport in promoting values.</p> <p>Football</p> <ul style="list-style-type: none"> <li>Develop use of KS3 skills within competitive situations, showing control, fluency and accuracy.</li> <li>To use tactics and strategy to outwit opponents and explain how it works.</li> <li>Analyse performance to bring about improvement.</li> </ul>		<p><b>GCSE</b></p> <ul style="list-style-type: none"> <li>Skeletal system.</li> <li>Muscular system.</li> </ul> <p>CNAT R051 Contemporary Issues in Sport L01-Understanding the issues which affect participation in sport. L02 – Know about the role of sport in promoting values.</p> <p>Football</p> <ul style="list-style-type: none"> <li>Develop use of KS3 skills within competitive situations, showing control, fluency and accuracy.</li> <li>To use tactics and strategy to outwit opponents and explain how it works.</li> <li>Analyse performance to bring about improvement.</li> </ul>			

# KS3 Key

- Invasion games
- Net games
- O.A.A
- Strike/field games
- Performance (athletics)
- Gymnastics (aesthetic activity)
- Fitness
- E.C / inter tutor focus
- Youth Sport Trust 'Active Healthy Minds' to support life skills.
  
- \*Year 9 - Theory unit - Yellow

# KS4 Key

- GCSE
- CNAT
- Core PE
- E.C
- Assessment/deadlines/exams
- \*Core PE comments link directly to practical performance in GCSE PE and CNAT Sports Studies.