

Ormiston Bolingbroke Academy P.E. Curriculum Map



BTEC Level 3 National Diploma in Sport or A Level PE

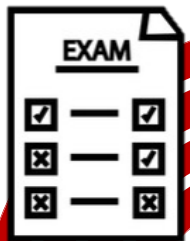
- Issues and Debates Film:**
- Supersize me, Invictus, The Game Changers
- Further Reading:**
- The Chimp Paradox By Prof Steve Peters
 - Strength Training Anatomy by Frederic Delavier
 - The Sports Gene by David Epstein

Unit 3 – Applying the Principles of Personal Training
 EP: Can i design a personal fitness training programme and know about the musculoskeletal and cardiorespiratory system and the effects on the body during fitness training? Can I implement and review a self-designed personal fitness training programme to achieve own goals and objectives? **NC: 2.5**

- KS4 Enrichment & Trips**
- All sports as clubs & teams.
 - House Competitions
 - Sports Day
 - Sports Week activities
 - Netball PGL
 - Basketball Trip
 - OAA Programme
 - Sports Committee
 - Leadership Training
 - Race for Life
 - Rock Climbing Residential
 - Trampoline Academy
 - LJMU Sport Science Days
 - Past Student Talks
 - 1:1 support
 - Coursework Evenings
 - LINK to NC 2.1, 2.2, 2.3

Examination

The examination element of this BTEC courses refers to Unit 1 – Fitness for Sport and Exercise. The test lasts for 75 minutes and has 60 marks.



YEAR 11

Unit 6 – Leading Sports Activities

EP: What are the attributes associated with successful sports leadership? Will i be able to plan, lead and review sporting activities? **NC: 2.1, 2.2, 2.5**

Lead a sports session



Unit 1 – Fitness for Sport and Exercise

EP: Do i know about the components of fitness and the principles of training? Can i explore the different fitness training methods and investigate how fitness testing helps to determine fitness levels? **NC: 2.1, 2.2, 2.4**

Sports Day

Unit 2 – Practical Sports Performance

EP: Can i describe the rules, regulations and scoring systems? In addition to this, Can I practically demonstrate skills, techniques and tactics and be able to review their sports performance?. **NC: 2.1, 2.2, 2.5**

BTEC First Level 1-2 Award in Sport Breakdown

Coursework – 75%
 Examination – 25%

YEAR 10

Tchoukball

EP: Can i play a game of Tchoukball by demonstrating the skills, techniques and rules to play game successful?. **Link to NC 1.1**

Fitness

EP: Do i know how to improve my general fitness? **NC link apply long term health benefits of PA**

OAA

EP: Can i show teamwork and communication skills in an Outdoor adventurous activity?? **NC link 1.4**

KS4 Core PE:

Creative Me – gymnastics, dance, trampoline, parkour
Healthy Me – fitness, boxercise, spin bikes, fitness suite, weights, aerobics
Competitive Me – ball & bat games, team games, individual games **NC: All KS4 points**

Sports Day

Yr 9

- YST:**
- Healthy Lifestyle Champions
 - Active in Mind
 - Active Secondary

Rounders and Softball

EP: Can I improve my performance by applying tactics into competition? **NC link 1.1, 1.5**

Sports Leaders

EP: What are the attributes associated with successful leadership in sport? Can i plan, lead and review my own sports session? **NC: 2.1, 2.2, 2.4, 2.5**

Volleyball

EP: Can i replicate skills and techniques such as smash, volley and refine strategic techniques to outwit opponents? **NC link 1.1, 1.5**

Fitness

EP: Can i use the different equipment in the fitness suite safely? Do i know how to apply HR to my training? **NC link apply long term health benefits of PA**

Badminton

EP: Can i replicate and develop attacking shots and defensive shots, serving and the basic rules of the game? **Link to NC 1.1**

Netball

EP: Do I know and can I apply attack & defence to outwit the opposition using Netball techniques, skills and rules **Link to NC 1.1, 1.5**

Rowing Club

Gymnastics/Parkour

EP: Can I demonstrate skills & abilities individually & in groups? Can i show control & precision in sequences with creativity? **Link NC 1.2, 1.5**

Rounders and Softball

EP: Can I show fluency & timing with skills such as batting, bowling & fielding? Can I strike the ball so that fielders are deceived or avoided?. **NC link 1.1, 1.5**

Cricket

EP: Can I demonstrate consistency & timing in execution of techniques such as batting, bowling & fielding? Can I apply accurate scores and rules to a game? **NC link 1.1, 1.5**

Athletics

EP: Can I perform across most disciplines? Can i engage & record my best in relation to speed height & distance? **Link to NC 1.2 1.3**

Football

EP: Can i improve my football skills and develop tactical awareness? **Link to NC 1.1, 1.5**

- KS3 Enrichment & Trips**
- All sports as clubs & teams.
 - House Competitions
 - Sports Day
 - Sports Week activities
 - Rowing Club
 - Sale Sharks Coaches
 - Netball PGL
 - Basketball Trip
 - OAA Programme
 - Beyond the Baseline
 - Sports Committee
 - Lunch Time Activities
 - Leadership Training
 - Race for Life
 - LINK to NC 1.1, 1.4, 1.6

PGL Trip

Handball

EP: Can i play a game of Handball by demonstrating the skills, techniques and rules to play game successful?. **Link to NC 1.1**

Football

EP: Can i implement skills and refine team and individual game plans to outwit opposition? **Link to NC 1.1, 1.5**

Netball

EP: Do I know and can I apply attack & defence to outwit the opposition using Netball techniques, skills and rules **Link to NC 1.1, 1.5**

Basketball

EP: Can i apply skills needed to compete in a game of Basketball?, e.g. passing, dribbling, attacking, defending, rules and shooting. **Link to NC 1.1, 1.5**

Yr7

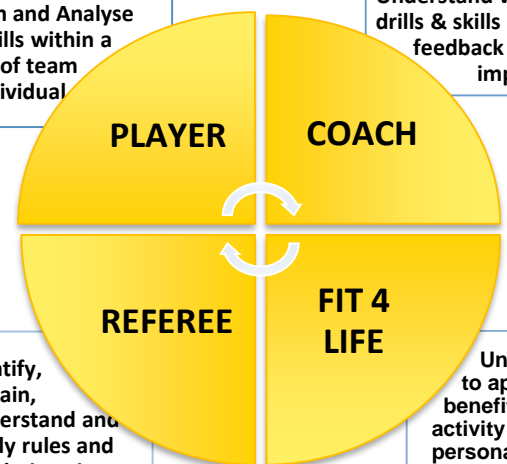
START

Prior Learning KEY STAGE 2

Running, jumping, throw & catch in isolation or combined. Competitive games (attack & defend), gym/athletics, dance, swim 25m, compare performance & improve.

Demonstrate, Apply, Perform and Analyse your skills within a variety of team and individual sports

Organise, Lead & Understand warm-ups, drills & skills and give feedback to develop improvements



Identify, Explain, Understand and Apply rules and regulations in sports

Understand how to apply long term benefits of physical activity and develop personal fitness

Physical education programmes of study: key stages 3 and 4 National curriculum in England

Links on learning map to NC

Aims The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
 - engage in competitive sports and activities
 - lead healthy, active lives.

Key stage 3:

Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Pupils should be taught to:

- **NC 1.1** use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- **NC 1.2** develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]
- **NC 1.3** perform dances using advanced dance techniques within a range of dance styles and forms
- **NC 1.4** take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- **NC 1.5** analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- **NC 1.6** take part in competitive sports and activities outside school through community links or sports clubs.

Key stage 4:

Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.

Pupils should be taught to:

- **NC 2.1** use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- **NC 2.2** develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]
- **NC 2.3** take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- **NC 2.4** evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
- **NC 2.5** continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.

