



The PE Department Intent aims to:

To offer excellent opportunities to students to develop a healthy life and a love of physical activity

To become the best they can be and achieve some sporting success in a competitive situation

To develop a first class teaching and learning environment where both staff and students enjoy working hard together to achieve success and be active for a sustained period of time

To offer a wide variety of activities so all students have the opportunity to enjoy sport and find something they excel in.

	Autumn Term															Spring Term											Summer Term													
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	
Applying Principles of training (1 st year)	Topic: The definition of, and suitable fitness tests used, to measure each component of fitness Assessments Live assignment – controlled assessment Substantive knowledge Definitions of components of fitness Procedural Knowledge Carry out fitness tests for each component of fitness Skills Record results of fitness tests and apply components of fitness to specific sporting examples					Topic SPOR, FITT, SMART goals and methods of training Assessments Live assignment – controlled assessment SK Being able to identify the anagrams letters and their definitions in relation to sport and training programs PK – Carry out the different methods of training practically and establish whether they are aerobic and anaerobic activities. S Applying SPOR FITT and SMART to specific sporting examples										Topic Designing a fitness program Assessments – Live assignment– controlled assessment SK What a fitness program is and considerations when planning PK Creating and carrying out risk assessments S Designing an appropriate program that applies previous knowledge such as SPOR and FITT					Topic Effectiveness of a fitness training programme Assessments – Live assignment - controlled assessment SK How tom improve the training program and reasons for success and failure PK evaluating what went well and not so well when carrying out the program S reflecting on the goals and training methods used																			
Nutrition (1 st year)																											Topic Characteristics of a balanced nutrition plan Assessments - Live assignment - controlled assessment					Topic Applying differing dietary requirements to varying types of sporting activity				Topic Developing a balanced nutrition plan for a selected sporting activity Assessments Live assignment - controlled assessment SK Knowledge of how to design a nutrition plan PK – create a nutrition plan to suit a certain sporting activity				

						SK What are the different nutrients, their roles and sources PK – Know which athletes might require which nutrients S Application to sporting examples	Assessments Live assignment - controlled assessment SK Knowledge of the dietary requirements for different activities PK Knowing how/why to change the food we eat when taking part in different sporting activities. S Link certain foods to certain activities	S Review the success of the nutrition plan
Nutrition (2nd year)	Topic How nutritional behaviours can be managed to improve sports performance Assessments Live assignment - controlled assessment SK Knowledge of how overeating, undereating and dehydration can effect performance PK Link to scenario with specific types of training S Link knowledge to sporting examples							
Sport injuries (2 nd year)		Topic Different factors which influence the risk and severity of injury Assessments End of topic test SK knowledge of intrinsic and extrinsic factors influencing the risk of injury PK Know how the injury might be caused S link content to specific sporting examples and apply knowledge to exam questions	Topic Warm up and cool down routines Assessments End of term test SK knowledge of components and psychological/physiological benefits of warm ups/cool downs PK create and carry out appropriate warm up and cool downs to peers. S link content to specific sporting	Topic Different types and causes of sports injuries Assessments End of topic test SK Knowledge of acute and chronic injuries – what they are, the different types and what causes them. S link content to specific sporting examples and apply knowledge to exam questions	Topic Reducing risk, treatment and rehabilitation of sports injuries and medical conditions Assessments End of topic test SK knowledge of the measures to be taken to	Topic Causes, symptoms and treatment of medical conditions Assessments End of term test SK knowledge of the triggers, symptoms and treatment of asthma, diabetes, epilepsy, cardiac arrest,		

			examples and apply knowledge to exam questions		reduce injury risk and the responses and treatment to injuries PK create and carry out an appropriate risk assessment for their sport. S apply knowledge to exam questions	hypothermia, heat exhaustion and dehydration. PK Be able to identify a medical condition by the symptoms displayed and decide the appropriate treatments. S apply knowledge to exam questions	
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