

Curriculum Overview

Subject	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Each activity is covered for one half term (athletics will be taught over a term to support teaching a range of track and field) Focus on developing skills, knowledge and understanding across the following themes: <ul style="list-style-type: none"> - Sending and receiving - Spatial awareness - Knowledge of health and skill related fitness - Officiating 						Athletics Cricket Rounders Softball
Year 7	Baseline Assessment (Core Skills/Team Building)	<ul style="list-style-type: none"> ● Netball ● Basketball ● Gymnastics / trampolining - on a carousel ● Table Tennis ● Football ● Rugby / Tag ● Team building - TBC ● Badminton 			Athletics Cricket Rounders Softball	Athletics Cricket Rounders Softball
Year 8	<ul style="list-style-type: none"> ● Football ● Trampolining ● Rugby / Tag ● Basketball ● Badminton ● Netball ● Fitness ● Badminton 			Athletics Cricket Rounders Softball	Athletics Cricket Rounders Softball	
Year 9	<ul style="list-style-type: none"> ● Football 			Athletics	Athletics	

	<ul style="list-style-type: none"> ● Trampolining ● Rugby / Tag ● Basketball ● Badminton ● Netball ● Fitness ● Badminton 	Cricket Rounders Softball	Cricket Rounders Softball
Year 10	<ul style="list-style-type: none"> ● Football ● Basketball/Netball- carousel/or one? ● Trampoline ● Badminton ● Fitness ● Off-site provision - swimming/gym/fitness - TBC 	Football Rounders Softball Athletics	Football Rounders Softball Athletics
Year 11	<ul style="list-style-type: none"> ● Football ● Basketball ● Trampoline ● Badminton ● Fitness ● Off-site provision - swimming/gym/fitness - TBC 	Football Rounders Softball Athletics	

Homework Focus

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Quiz on the activity you are learning		Quiz on the activity you are learning		Quiz on the activity you are learning	
Year 8	Quiz on the activity you are learning		Quiz on the activity you are learning		Quiz on the activity you are learning	
Year 9	Quiz on the activity you are learning		Quiz on the activity you are learning		Quiz on the activity you are learning	
Year 10	Research: Unit R042 Principles of training - sporting examples, components of fitness - sporting examples where they are used. Unit R043 Key components of the musculo-skeletal and cardio-respiratory system		Research Unit R042 Fitness tests for each component of fitness, Unit R041 Exam unit, Different factors which influence the risk of injury. Appropriate warm up and cool down routines can help to prevent injury. Responding to injuries within a sporting context. Responding to common medical conditions Past exam questions		Research: Unit R042 6 week training programmes Unit R043 Short and long term effects of exercise on the musculo-skeletal and cardio-respiratory systems.	
Year 11	Research Unit R044 Personality types in sport i.e introverts and extroverts - sporting examples Motivation in sport i.e intrinsic and		Research Unit R044 Aggression in sport i.e direct aggression and indirect aggression - sporting examples			

	<p>extrinsic motivation - sporting examples</p> <p>Unit R041 Exam unit, Different factors which influence the risk of injury. Appropriate warm up and cool down routines can help to prevent injury. Responding to injuries within a sporting context. Responding to common medical conditions</p> <p>Past exam questions</p>	<p>Arousal and anxiety in sport i.e drive theory, inverted 'U' theory and zones of optional functioning - sporting examples</p>	
Year 12	<p>Unit 1 (exam): The body systems and the effects of physical activity</p> <p>1. Understand the skeletal system in relation to exercise and physical activity. 2. Understand the muscular system in relation to exercise and physical activity. 3. Understand the cardiovascular system in relation to exercise and physical activity.</p> <p>Past exam questions</p>	<p>Unit 1 (exam): The body systems and the effects of physical activity</p> <p>4. Understand the respiratory system in relation to exercise and physical Activity. 5. Understand the different energy systems in relation to exercise and physical Activity</p> <p>Past exam questions</p> <p>Exam in May</p>	<p>Unit 3 (exam): Sports coaching and activity leadership</p> <p>1.Understand how sport in the UK is organised 2.Understand sports development</p> <p>Past exam questions</p> <p>Unit 2 (coursework): Sports coaching and activity leadership</p>

	<p>Unit 2 (coursework): Sports coaching and activity leadership</p> <p>1. Know the roles and responsibilities of sports coaches and activity leaders 2. Understand principles which underpin coaching and leading 3. Be able to use methods to improve skills, techniques and tactics in sport</p>	<p>Unit 2 (coursework): Sports coaching and activity leadership</p> <p>4. Be able to plan sports and activity sessions 5. Be able to prepare sports and activity environments</p>	<p>6. Be able to deliver sports and activity sessions 7. Be able to review sports and activity sessions</p>
Year 13	<p>Unit 3 (exam): Sports organisation and development</p> <p>3. Understand how the impact of sports development can be measured 4. Understand sports development in practice</p> <p>Exam in January</p> <p>Unit 17 (coursework): Sports injuries and rehabilitation</p> <p>1. Know common sports injuries and their effects. 2. Be able to minimise the risk of sports injuries. 3. Be able to respond to acute sports</p>	<p>Unit 1 (exam): The body systems and the effects of physical activity Revision - Exam in May</p> <p>Unit 3 (exam): Sports organisation and development Revision - Exam in May</p> <p>Unit 17 (coursework): Sports injuries and rehabilitation</p> <p>4. Know the role of different agencies in the treatment and rehabilitation of sports injuries.</p> <p>Unit 8 (coursework): Organisation of sports events</p>	<p>Unit 17 (coursework): Sports injuries and rehabilitation</p> <p>5. Be able to plan a rehabilitation programme for a specific sports Injury</p> <p>Unit 8 (coursework): Organisation of sports events</p> <p>5. Be able to review the planning and delivery of a sports event</p>

	<p>injuries when they occur</p> <p>Unit 8 (coursework): Organisation of sports events</p> <p>1. Know different types of sports events and their purpose. 2. Know the different roles and responsibilities involved in the planning and delivery of sports Events.</p>	<p>3. Be able to plan and promote a sports event. 4. Be able to participate in the delivery of a sports event.</p>	
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Enrichment Opportunities

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Suggested Clubs	Football club Netball club Trampolining Cricket	Football club Trampolining	Football club Trampolining	Football club	Football team		Football team
Suggested Experiences	Stubbers - TBC Amsterdam football / netball trip - TBC	OAA residential -TBC Amsterdam football / netball trip - TBC	Euro Disney - TBC	ATP tennis O2 TBC			



Links to the KS3 National Curriculum

The National Curriculum	Welling Reference to the National Curriculum
<p>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]</p> <p>Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</p> <p>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p>	<p>Autumn Term</p>
<p>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]</p> <p>Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</p> <p>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p>	<p>Spring Term</p>
<p>Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</p> <p>Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</p>	<p>Summer Term</p>



Links to the Exam Specification

The Exam Specification	Welling Reference to the Exam Specification
OCR Sport Science Level 2 specification https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-science-level-1-2-j802-j812/ OCR Sport and Physical activity Level 3 specification https://www.ocr.org.uk/qualifications/cambridge-technical/sport-and-physical-activity/#level-3	Autumn Term Spring Term Summer Term