



| Autumn Term (14 weeks) | Spring Term (12 weeks) | Summer Term (13 weeks) |
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| <p>Themes covered: R185 – Performance and Leadership in Sports TA1, TA2, TA3 – Key components of performance, applying practice methods and planning a sports activity session</p> <p>Key content: Participation in two different sporting activities over the course of one term. Students can also be assessed on sports outside of school. Develop an understanding of the skills and techniques required to perform in a sport of the student's choice which they participate in currently. TA2 requires analysis of strengths and weaknesses in one sport, followed by the creation of a training programme focussed on two goals to improve performance. Design of a session plan and risk assessment which will be delivered to other students in the class as part of their sport leadership. One 30-minute sports session needs to be designed, considering safety aspects of the session.</p> <p>Enrichment/life and work skills:</p> <ul style="list-style-type: none"> Group work/Collaboration / independent practice. Research skills, Public speaking, Empathy. Sports leaders opportunities with younger students. <p>Homework:</p> <ul style="list-style-type: none"> Participation in sports outside of school which contribute towards developing ability and confidence in chosen sports. <p>Revisiting, revising, remembering opportunities</p> <ul style="list-style-type: none"> Different skills and techniques covered across various sports and how they can be linked. Assessing strengths and weaknesses in a sport over time to monitor progress. <p>Assessments:</p> <ul style="list-style-type: none"> Two participation logbooks for TA1 TA2 Explaining strengths and weaknesses in their chosen sport. TA2 Logbook to track their progress of their training programme. <p>Literacy Foci:</p> <ul style="list-style-type: none"> Topic specific Key Vocabulary and definitions Key words and phrases relating to developing skills. Structure of TA2 assignment <p>Extra -Curricular opportunities and Trips:</p> <ul style="list-style-type: none"> Extensive extra-curricular clubs Intervention club for Sport Studies Sports leaders & Sports captains | <p>Themes covered: R185 – Performance and Leadership in Sports TA4 & TA5 – Delivery and Evaluation of a sports activity session</p> <p>Key content: Students are required to deliver a session to a small group of students which they had planned in the Autumn term. It can be in a sport of their choice, and they are assessed on their ability to lead the session, demonstrating communication, subject knowledge and leadership skills. They will also evaluate their performance as a sports leader, identifying their strengths and weaknesses while leading, what they would improve or change in future, and any opportunities to develop their leadership skills further through NGB courses.</p> <p>Enrichment/life and work skills:</p> <ul style="list-style-type: none"> Leadership, communication, people skills, organisation, sport specific knowledge <p>Homework:</p> <ul style="list-style-type: none"> Research different sports leaders and how they are successful How to evaluate on your own performance effectively. <p>Revisiting, revising, remembering opportunities</p> <ul style="list-style-type: none"> Revisiting session plans to adapt Remembering performance and feedback during leadership to use for the evaluation <p>Assessments:</p> <ul style="list-style-type: none"> TA4 – Delivering a sports session TA5 – Evaluation of delivering a sports session <p>Literacy Foci:</p> <ul style="list-style-type: none"> Sport specific vocabulary while delivering sessions Communication skills during leadership. <p>Extra -Curricular opportunities and Trips:</p> <ul style="list-style-type: none"> Extensive extra-curricular clubs Intervention club for GCSE PE Sports leaders & Sports captains | <p>Themes covered: R186 – Sport and the Media TA1,TA2, TA3 – Different types of media in sport and the positives and negatives of sport in the media</p> <p>Key content:</p> <p>Enrichment/life and work skills: Group work/Collaboration / Practical Work, Research skills, Public speaking , Empathy.</p> <p>Homework:</p> <ul style="list-style-type: none"> Assigned tasks as per SOW End of topic exam style questions Seneca tasks <p>Revisiting, revising, remembering opportunities</p> <ul style="list-style-type: none"> Assigned tasks on seneca In class Quizizz tasks Regular interleaving tasks during lessons Exam practice questions Memory recall questions from topic 1 and 3. <p>Assessments:</p> <ul style="list-style-type: none"> Exam HMWK Questions End of topic Exam based topic 3 PPE end of year 10 Mocks. <p>Literacy Foci:</p> <ul style="list-style-type: none"> Working scientifically and topic specific Key Vocabulary Key exam command words 6 mark extended writing questions <p>Numeracy Foci:</p> <ul style="list-style-type: none"> Interpreting data from fitness testing <p>Extra -Curricular opportunities and Trips:</p> <ul style="list-style-type: none"> Extensive extra-curricular clubs Intervention club for GCSE PE Sports leaders & Sports captains |



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| <p>Themes covered: Component 2 – Health and Performance</p> <p>Topic 1 – health, fitness and wellbeing</p> <p>Key Concepts: physical health , emotional health and social health, fitness and wellbeing, promoting personal health through personal exercise programme, lifestyles changes, positive and negative impacts of lifestyle choices, Sedentary lifestyles, trends in data, nutrition, macronutrients, micronutrients, factors effecting wright, energy balance, hydration. How data is collected.</p> <p>Topic 2 – sports psychology</p> <p>Key concept:</p> <p>Classifications of skill, practice structure, goal setting, principles of SMART, setting and reviewing targets, types of guidance, mental preparation, participation rates in physical activity, interpretation of data, commercialisation and the media, sponsors, different sports behaviour, gamesmanship, sportsmanship, analyse of data</p> <p>Enrichment/life and work skills:</p> <ul style="list-style-type: none"> Group work/Collaboration / independent practice. Research skills, Public speaking, Empathy. Sports leaders opportunities with younger students. <p>Homework:</p> <ul style="list-style-type: none"> End of topic exam style questions Seneca tasks <p>Revisiting, revising, remembering opportunities</p> <ul style="list-style-type: none"> Assigned tasks on seneca In class Quizlet tasks Regular interleaving tasks during lessons Exam practice technique <p>Assessments:</p> <ul style="list-style-type: none"> Exam HMWK Questions End of topic Exam based component 2. PPE mock exams <p>Literacy Foci:</p> <ul style="list-style-type: none"> Topic specific Key Vocabulary and definitions Key exam command words AO1, AO2, AO3 extended writing questions <p>Extra -Curricular opportunities and Trips:</p> <ul style="list-style-type: none"> Extensive extra-curricular clubs Intervention club for GCSE PE Sports leaders & Sports captains <p>Component 3 – Practical performance</p> | <p>Themes covered: component 2</p> <p>Topic 3 – Socio-cultural influences</p> <p>Key Concepts:</p> <p>Topic 2 – sports psychology</p> <p>Classifications of skill, practice structure, goal setting, principles of SMART, setting and reviewing targets, types of guidance, mental preparation, participation rates in physical activity, interpretation of data, commercialisation and the media, sponsors, different sports behaviour, gamesmanship, sportsmanship, analyse of data</p> <p>Component 3- practical performance</p> <p>Moderation of 3 sports. 1 team and 1 individual and one of choice.</p> <p>Enrichment/life and work skills:</p> <ul style="list-style-type: none"> Group work/Collaboration / independent practice. Research skills, Public speaking, Empathy. Sports leaders opportunities with younger students. <p>Homework:</p> <ul style="list-style-type: none"> End of topic exam style questions Seneca tasks <p>Revisiting, revising, remembering opportunities</p> <ul style="list-style-type: none"> Assigned tasks on seneca In class Quizlet tasks Regular interleaving tasks during lessons Exam practice technique <p>Assessments:</p> <ul style="list-style-type: none"> Exam HMWK Questions PPE mocks second round End of topic Exam based topic 1 <p>Literacy Foci:</p> <ul style="list-style-type: none"> Topic specific Key Vocabulary and definitions Key exam command words AO1, AO2, AO3 extended writing questions <p>Extra -Curricular opportunities and Trips:</p> <ul style="list-style-type: none"> Extensive extra-curricular clubs Intervention club for GCSE PE Sports leaders & Sports captains <p>Component 3 – Practical performance</p> <p>Students will take part in 4 weekly rotation of sports from specification. Theme of this</p> | <p>Theme covered:</p> <p>Recap all GCSE content.</p> <p>Enrichment/life and work skills:</p> <ul style="list-style-type: none"> Group work/Collaboration / independent practice. Research skills, Public speaking, Empathy. Sports leaders opportunities with younger students. <p>Homework:</p> <ul style="list-style-type: none"> End of topic exam style questions Seneca tasks <p>Revisiting, revising, remembering opportunities</p> <ul style="list-style-type: none"> Assigned tasks on seneca In class Quizlet tasks Regular interleaving tasks during lessons Exam practice technique <p>Assessments:</p> <ul style="list-style-type: none"> Exam HMWK Questions PPE mocks second round End of topic Exam based topic 1 <p>Literacy Foci:</p> <ul style="list-style-type: none"> Topic specific Key Vocabulary and definitions Key exam command words AO1, AO2, AO3 extended writing questions <p>Extra -Curricular opportunities and Trips:</p> <ul style="list-style-type: none"> Extensive extra-curricular clubs Intervention club for GCSE PE Sports leaders & Sports captains |