

	Year 10	Year 11
Cycle 1	<p>The scholars are taken through the routines, procedures and the expectations again to strengthen their understanding.</p> <p><b>SPORT EDUCATION MODEL:</b> Sport Education is a scholar guided learning experience in which they take control of the different aspects of the lesson and the teachers become facilitators as scholars take ownership of the lesson.</p> <p>A tournament is created within a PE class, this can run for the duration of the sport/physical activity been studied or an agreed duration. The teacher will allocate different roles to each scholar within their team.</p> <ul style="list-style-type: none"> <li>• Team Manager</li> <li>• Coach</li> <li>• Equipment Manager</li> <li>• Captain</li> <li>• Statistician</li> <li>• Referee</li> </ul> <p>Each scholar then fulfils and performs that job throughout the lesson. At the end of the lesson, the teams get together, and they switch roles for the next lesson.</p> <p>Sport Education introduces and develops scholars as leaders, team players and allows everyone to make an important contribution within each lesson.</p>	<p>The scholars are taken through the routines, procedures and the expectations again to strengthen their understanding.</p> <p><b>SPORT EDUCATION MODEL:</b> Sport Education is a scholar guided learning experience in which they take control of the different aspects of the lesson and the teachers become facilitators as scholars take ownership of the lesson.</p> <p>A tournament is created within a PE class, this can run for the duration of the sport/physical activity been studied or an agreed duration. The teacher will allocate different roles to each scholar within their team.</p> <ul style="list-style-type: none"> <li>• Team Manager</li> <li>• Coach</li> <li>• Equipment Manager</li> <li>• Captain</li> <li>• Statistician</li> <li>• Referee</li> </ul> <p>Each scholar then fulfils and performs that job throughout the lesson. At the end of the lesson, the teams get together, and they switch roles for the next lesson.</p> <p>Sport Education introduces and develops scholars as leaders, team players and allows everyone to make an important contribution within each lesson.</p>
Cycle 2	<p><b>FITNESS:</b> Scholars will be able to perform an extensive range of cardiovascular and muscular endurance exercises with considerable control, precision and fluency. Being able to design and perform a creative personal exercise plan independently, applying knowledge of muscles, components of fitness and principles of training, justifying the purpose. This element covers x1 half term.</p> <p><b>DANCE:</b> Scholars will explore an advanced range of dance movements focusing on gestures, formations, body shapes and contrasts in dynamic and rhythmic patterning. Scholars will be working to develop their self-confidence when working with other students by ensuring they contribute their ideas and listen to others. They will develop their own motifs and will have the opportunity to be</p>	<p><b>FITNESS:</b> Scholars will be able to perform an extensive range of cardiovascular and muscular endurance exercises with considerable control, precision and fluency. Being able to design and perform a creative personal exercise plan independently, applying knowledge of muscles, components of fitness and principles of training, justifying the purpose. This element covers x1 half term.</p> <p><b>DANCE:</b> Scholars will explore an advanced range of dance movements focusing on gestures, formations, body shapes and contrasts in dynamic and rhythmic patterning. Scholars will be working to develop their self-confidence when working with other students by ensuring they contribute their ideas and listen to others. They will develop their own motifs and will have the opportunity to be creative</p>

	creative and choreograph their own dances. They will perform to others and will receive regular feedback about how to become a better performer. Scholars will develop an understanding of the different styles of dance and will look at different choreographers.	and choreograph their own dances. They will perform to others and will receive regular feedback about how to become a better performer. Scholars will develop an understanding of the different styles of dance and will look at different choreographers.
Cycle 3	<p><b>ATHLETICS:</b> Scholars will be able to demonstrate consistent, advanced techniques for running, throwing and jumping events to improve outcome. They will know and demonstrate how to accurately measure, time and record results independently. This element covers x1 half term for all students</p> <p><b>STRIKING &amp; FIELDING / NET &amp; WALL:</b> Scholars will be able to use a complete range of advanced skills and techniques. They will be able to use them consistently with precision, control and fluency in drills, practices and games. Being able to compete exceptionally well in games and understand all of the rules, applying that understanding when officiating. During the games, scholars utilise their acquired leadership development to organise and officiate games. This element covers x1 half terms Sports include; cricket, rounders, tennis &amp; softball</p>	<p><b>OPTIONS:</b> In Year 11 we aim to improve the physical literacy and sporting curiosity of all scholars whilst providing enjoyment. Scholars are given an activity choice to streamline their engagement, to allow scholars to partake in physical activity in an enjoyable environment. This will promote a love of learning and encourage scholars to actively seek a physically active lifestyle after CMA. Teachers may combine groups to allow scholars to participate and engage in a wider range of sports which may not be possible in single teacher groups. Scholars are encouraged by teachers to use their Sport Education experience to lead and officiate their own warm ups, drills and games. All scholars will also undertake a unit of Health and Fitness to enable them to learn how to live and maintain a healthy and active lifestyle and use a fitness facility comfortably.</p> <p>Sports/Activity may include;</p> <ul style="list-style-type: none"> <li>• Badminton</li> <li>• <i>Basketball</i></li> <li>• Dance</li> <li>• Cricket</li> <li>• <i>Fitness</i></li> <li>• <i>Football</i></li> <li>• <i>Handball</i></li> <li>• <i>Hockey</i></li> <li>• Netball</li> <li>• Rounders</li> <li>• <i>Rugby</i></li> <li>• Softball</li> <li>• Table Tennis</li> <li>• Tennis</li> <li>• Volleyball</li> </ul>