

	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>SPORT EDUCATION/LEADERSHIP MODEL: 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"> • Team Manager • Coach • Equipment Manager • Captain • Statistician • Referee <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>SPORT EDUCATION/LEADERSHIP MODEL: The scholars will build upon their experiences and feedback from Year 10. Developing their confidence and competence in the following roles;</p> <ul style="list-style-type: none"> • Team Manager • Coach • Equipment Manager • Captain • Statistician • Referee <p>The skills learnt when performing these roles will help them in their future educational and/or career path.</p>
Cycle 2	<p>FITNESS: Scholars will be able to perform an advanced range of cardiovascular and muscular endurance exercises with control, precision and fluency. Scholars will design and perform a creative personal exercise plan with teacher support, applying knowledge of musculoskeletal system, components of fitness and principles of training. The scholars will be able to justify the purpose of their personal exercise plan. This element covers x1 half term.</p> <p>DANCE: Scholars will apply a range of key dance skills taught in prior years such as physical, technical, and expressive attributes. Scholars will be working to develop their self-confidence when working with other students by ensuring they contribute</p>	<p>FITNESS: Scholars will be able to perform an increased range of cardiovascular and muscular endurance exercises with extensive control, precision and fluency. Being able to design and perform a creative personal exercise plan independently, applying knowledge of musculoskeletal system, components of fitness and principles of training. The scholars will be able to justify the purpose of their personal exercise plan. This element covers x1 half term.</p> <p>DANCE: In year 11 scholars will explore a comprehensive range of dance skills taught in prior years such as physical, technical, and expressive attributes. Scholars will be working to develop their self-confidence when working with other students by</p>

	<p>their ideas and listen to others. They will develop their own motifs and will have the opportunity to be creative and choreograph their own dances based on a stimulus given by the teacher. 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 to articulate and study a professional dance work.</p>	<p>ensuring they contribute their ideas and listen to others. They will develop their own motifs and will have the opportunity to be creative and choreograph their own dances based on a stimulus given by the teacher. 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 to articulate and study a professional dance work.</p> <p>Scholars have opportunities in lesson or through enrichments to compete/perform in Dance as it allows the scholars to build character, embedding subject values such as respect, teamwork, and resilience.</p> <p>The dance curriculum will provide all scholars with the opportunity to develop and practice the necessary skills that they need to be fully prepared for further education and future employment.</p>
<p>Cycle 3</p>	<p>ATHLETICS: Scholars will be able to demonstrate and articulate 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. They will be able to articulate meaningful feedback to their peers, in order to improve technique. This element covers x1 half term.</p> <p>STRIKING & FIELDING / NET & WALL: Scholars will be able to use a comprehensive 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 may include; cricket, rounders, tennis & softball</p>	<p>OPTIONS: 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"> • Badminton • <i>Basketball</i> • Dance • Cricket • <i>Fitness</i> • <i>Football</i> • <i>Handball</i> • <i>Hockey</i> • Netball • Rounders • <i>Rugby</i>

Subject: PE

KS4 Curriculum Mapping

		<ul style="list-style-type: none">• Softball• Table Tennis• Tennis• Volleyball
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