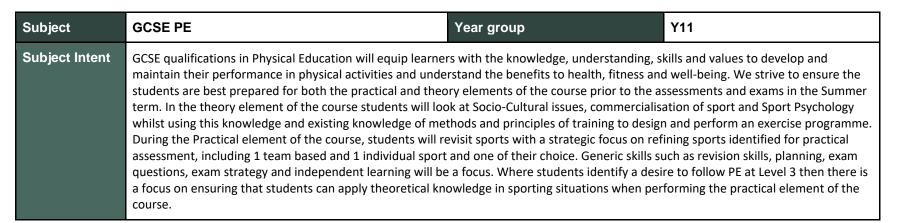
SUNNYDOWN SCHOOL PE CURRICULUM PLAN



Term	Торіс	Core learning	Key concepts	Sequencing
Autumn 1	Personal exercise programme (Controlled assessment 10%)	Plan and write their PEP including individual training sessions. In preparation for completing it in Aut 2	 Principles of training The importance of a warm up. Use of data to inform training. 	 Building on The theory work completed in Y10 including use of data, methods/principles of training, goal setting and performance analysis. Building towards A strong understanding of how to maintain and develop fitness and performance. It will provide great experience and understanding for students with career ambitions in Sport and health.
Autumn 2	Health & performance	 Identification and treatment of injury Injury prevention 	 Application of rules RICE Concussion	Building on Students will have engaged in warms for every PE lesson developing their understanding of why they

		 Performance enhancing drugs 	 Fractures Sprains Dislocation Soft tissue injuries Steroids Beta blockers Narcotic analgesics Peptide hormones Stimulants Blood doping 	are important. Discussions of specific activity risks in practical PE lessons and how to minimise the risks. Building towards Students should be able to lead effective warm ups specific and appropriate to a variety of sports activities. Students will be able to lead and officiate activities with an understanding of the importance of rules for ensuring the safety of all participants.
	Socio-cultural influences	 Factors affecting participation Commercialisation and the media Advantages and disadvantages of commercialisation Sporting behaviours Deviance in sport 	 Participation rates in physical activity and sports Personal factors: Gender age socio-economic group ethnicity Disability Media Sponsors Sports Player/performers Spectators 	
Spring 1	Sports Psychology	Classification of skill Skills are learned through high quality practice. They enable athletes to perform effectively. Skills range from basic to complex and can be open or closed depending on the sport.	 Open/closed Simple complex High organisation/Low organisation <u>Practice structures</u> Massed Distributed Fixed Variable Application of knowledge 	 Building on Students will reflect on their influences on participation and understand why they engage in the activities they do/do not. Building towards Students will appreciate and understand the barriers to participation in physical activity and sport. It will help them find solutions to becoming more active, as well as promoting opportunities for others.

		 Guidance & feedback on performance. Performers need guidance to acquire and improve their skills. Visual, verbal, manual and mechanical guidance are used in different situations and to support performers in a range of different ways. 	 Selecting the relevant practices to develop a range of skills. Types of guidance Visual Verbal Manual Mechanical Advantages/disadvantages in a variety of sporting contexts/levels of skill Types of feedback to optimise performance intrinsic extrinsic concurrent Terminal Interpretation and analysis of graphical representation of data associated with feedback on performance. Mental preparation for performance Warm up Mental rehearsal 	
Spring 2	Exam preparation	Study skills	 Command words Styles of questions Structuring answers Revision techniques Practice papers 	 Building on Core PE presents opportunities to coach, evaluate, feedback and improve performance on a regular basis. Building towards Students will develop a scientific, psychological understanding of how to improve personal and peer performance in sport. This will undoubtedly support them in both practical moderation, and

	sports competition and benefit them if they wish to move into sports coaching in the future.
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