



## PE & Sport Curriculum Overview 2020 – 2021

|  |  |
|--|--|
| <b>Department Name:</b>  | Physical Education and Dance   |
| <b>Head of Department:</b>   | Mr M Walsh   |
| <b>Subject Teachers:</b>   | Miss K Norris, Mr A Backshell, Miss A Gibbs, Miss K Smith, Mr G Moynes, Mr M Fenton, Mrs C Walsh, Mr S McLeod  |
| <b>Accommodation and Resources:</b>  | Sports Hall, Main Hall, Dance Studio, 3 Football Pitches, 800m Athletics Track, 3 Tennis Courts, Netball Court, 2 Rounders pitches, 2 Softball pitches.  |
| <b>What will students learn in each year?</b> (Activities may change or be adapted in line with Covid-secure guidance) |  |
| <b>Year 7</b>  | Term 1: (Lower Risk activities with social distancing)<br>Athletics track events<br>HITT training<br>Interval Training<br>Fartlek Training<br>Aerobics<br>Dance<br>Orienteering<br>Football skills<br>Tennis |
|  | Term 2: (activities to be reviewed in line with most up to date guidelines)<br>Football<br>Netball<br>Basketball<br>Table tennis   |
|  | Term 3:<br>Gymnastics<br>Rugby<br>Badminton<br>Dance   |
|  | Term 4:<br>Gymnastics<br>Rugby<br>Badminton<br>Dance   |
|  | Term 5:<br>Athletics<br>Cricket<br>Rounders<br>Tennis  |
|  | Term 6:<br>Athletics<br>Cricket  |



# The Robert Napier School

|               |  |
|---------------|--|
|               | Rounders<br>Tennis   |
|               |  |
| <b>Year 8</b> | Term 1: (Lower Risk activities with social distancing)<br>Athletics track events<br>HITT training<br>Interval Training<br>Fartlek Training<br>Aerobics<br>Dance<br>Orienteering<br>Football skills<br>Tennis |
|               | Term 2: (activities to be reviewed in line with most up to date guidelines)<br>Gymnastics<br>Rugby<br>Dance<br>Badminton   |
|               | Term 3:<br>Football<br>Dodgeball<br>Basketball<br>Table tennis   |
|               | Term 4:<br>Football<br>Dodgeball<br>Basketball<br>Table tennis   |
|               | Term 5:<br>Athletics<br>Cricket<br>Rounders<br>Tennis<br>Softball  |
|               | Term 6:<br>Athletics<br>Cricket<br>Rounders<br>Tennis<br>Softball  |
|               |  |
| <b>Year 9</b> | <b>Exam Board:</b> OCR Cambridge National<br><b>Qualification:</b> Sport Science   |
|               | Term 1: Hybrid skills – Fitness Testing / Data Collection  |



|                |  |
|----------------|--|
|                | Term 2: Principles of Training   |
|                | Term 3: Sports Injuries  |
|                | Term 4: Use of Technology in Sport   |
|                | Term 5: Nutrition and Performance  |
|                | Term 6: Application of previous knowledge to practical activities  |
|                |  |
| <b>Year 10</b> | <b>Exam Board:</b> OCR Cambridge National<br><b>Qualification:</b> Sport Science   |
|                | Term 1: R042 Applying the principles of training; LO1 the principles of training in a sporting context.<br>R042 Applying the principles of training; LO2 aerobic and anaerobic exercise, the components of fitness, specific training methods for each of the fitness components.  |
|                | Term 2: R042 Applying the principles of training; LO3 tests which assess fitness, how to interpret the results of fitness tests.   |
|                | Term 3: R041 Reducing the Risk of sports injuries - exam preparation. LO1 extrinsic factors which can influence the risk of injury, intrinsic factors which can influence the risk of injury. LO2 the physical benefits of a warm up, the psychological benefits of a warm up, key components of a warm up, physical benefits of a cool down, key components of a cool down. |
|                | Term 4: R041 Reducing the risk of sports injuries - exam preparation. LO3 acute and chronic injuries, types, causes and treatment of common sports injuries, how to respond to injuries and medical conditions in a sporting context, Emergency Action Plans (EAP) in a sporting context, how to respond to these common medical conditions.                                 |
|                | Term 5: R041 Reducing the risk of sports injuries - exam preparation. LO4 the symptoms of common medical conditions, how to respond to these common medical conditions. MAY EXAM   |
|                | Term 6: R042 Applying the principles of training; LO4 design a fitness training programme.   |
|                |  |
| <b>Year 11</b> | <b>Exam Board:</b> OCR Cambridge National<br><b>Qualification:</b> Sport Science   |
|                | Term 1: R045 Sports nutrition ; LO1 characteristics of a   |



|                |  |
|----------------|--|
|                | <p>balanced diet, what nutrients are, the role of nutrients in a healthy, balanced diet, food sources of nutrients.<br/> R045 Sports nutrition ; LO2 the importance of nutrition before, during and after exercise, the reasons for the varying dietary requirements of different activity types, the use of dietary supplements.</p>  |
|                | <p>Term 2: R045 Sports nutrition ; LO3 the definition of malnutrition, the effects of overeating on sports performance and participation, the effects of under eating on sports performance and participation, the effects of dehydration on sports performance and participation.<br/> R045 Sports nutrition ; LO4 how to design a diet plan, how to evaluate the effectiveness of the diet plan.</p> |
|                | <p>Term 3: R046 Technology in sport ; LO1 how technology is used to enhance performance, how technology is used to enhance game play, how technology is used to enhance spectatorship.</p>   |
|                | <p>Term 4: R046 Technology in sport ; LO2 the positive effects of sports technology.<br/> R046 Technology in sport ; LO3 the negative effects of sports technology.</p>  |
|                | <p>Term 5: R046 Technology in sport ; LO4 the factors affecting the use of technology in sport.<br/> R046 Technology in sport ; LO4 the impact the technology has had.</p>   |
|                | <p>Term 6:</p>   |
|                |  |
| <b>Year 12</b> | <p><b>Exam Board: Pearson</b><br/> <b>Qualification: Level 3 BTEC Sport</b></p>  |
|                | <p>Term 1:<br/> Fitness Training and Programming in Sport.<br/> Professional development in the Sports Industry.<br/> Application of Fitness Testing.<br/> Coaching for Performance</p>  |
|                | <p>Term 2:<br/> Fitness Training and Programming in Sport.<br/> Professional development in the Sports Industry.<br/> Application of Fitness Testing.<br/> Coaching for Performance</p>  |



# The Robert Napier School

|                |  |
|----------------|--|
|                | <p>Term 3:<br/>Fitness Training and Programming in Sport.</p> <p>Professional development in the Sports Industry.</p> <p>Application of Fitness Testing.</p> <p>Coaching for Performance</p> |
|                | <p>Term 4:<br/>Sports Leadership.</p> <p>Practical Sports Performance</p>  |
|                | <p>Term 5:<br/>Sports Leadership.</p> <p>Practical Sports Performance</p>  |
|                | <p>Term 6:<br/>Anatomy and Physiology.</p> <p>Sports Leadership.</p> <p>Practical Sports Performance</p>   |
|                |  |
| <b>Year 13</b> | <b>Exam Board: Pearson<br/>Qualification: Level 3 BTEC Sport</b>   |
|                | <p>Term 1:<br/>Sports Psychology.</p> <p>Anatomy and Physiology.</p>   |
|                | <p>Term 2:<br/>Sports Psychology.</p> <p>Anatomy and Physiology.</p>   |
|                | <p>Term 3:<br/>Research Methods.</p> <p>Sports Event.</p>  |
|                | <p>Term 4:<br/>Research Methods.</p> <p>Sports Event.</p>  |
|                | Term 5: Research Methods.  |



# The Robert Napier School

|                                     |   |
|-------------------------------------|---|
|                                     | Sports Event.   |
|                                     |   |
| <b>Extra-Curricular Activities:</b> | Basketball, Netball, Football, Dance, Table Tennis, Handball, Cricket, Athletics. |