


Year 11				
Pathway Curriculum	Physical Skills Knowledge Map	Thinking Skills	Leadership	 Fitness & Health
<p>Declarative <i>What should they know?</i></p> <p><i>What key facts/concepts/knowledge do we want all students to know?</i></p>	<ul style="list-style-type: none"> Advanced techniques (GCSE/CNAT/ CORE) What skills to implement into certain competitive situations (GCSE/CNAT/ CORE) How to refine technique to suit the game situation (GCSE/CNAT/ CORE) How to disguise or outwit an opponent in competitive situations (GCSE/CNAT/ CORE) 	<ul style="list-style-type: none"> Basic & advanced Strategies (GCSE/CNAT/ CORE) Basic & advanced Tactics Formations (GCSE/CNAT/ CORE) Applied Anatomy & Physiology: Structure & function of the body systems (GCSE) Classification of bones, joints, muscles, and blood vessels (GCSE) Short & long term effects of exercise on the body systems (GCSE) Components of Fitness and fitness testing (GCSE/CNAT/ CORE) Fitness training methods and principles of training (GCSE/CNAT/ CORE) Performance Enhancing Drugs (GCSE/CNAT) Olympic Values (CNAT) Roles of National Governing Bodies (CNAT) Barrier which affect participation in physical activity and sport (CNAT) Sporting Behaviours (GCSE/ CNAT) Impact of hosting sporting events (CNAT) 	<ul style="list-style-type: none"> Leadership qualities/skills (GCSE/CNAT/ CORE) Fair play and what it involves? (GCSE/CNAT/ CORE) Rules of the sport (GCSE/CNAT/ CORE) Scoring system within a given sport (GCSE/CNAT/ CORE) Organisation of tournaments (GCSE/CNAT/ CORE) Basic CPR (CORE) 	<ul style="list-style-type: none"> Leading a healthy lifestyle post 16 Balanced diet Health benefits of exercise Fitness benefits of exercise How to create personal exercise programmes? (GCSE/CNAT/ CORE) How to plan personal & effective training sessions? (GCSE/CNAT/ CORE) How to measure resting, working, recovery heart rates and Training intensity (MHR)? (GCSE/CNAT/ CORE) How to carry out different training methods and what resources are needed? (GCSE/CNAT/ CORE) How to improve mental health (GCSE/CNAT/ CORE)
<p>Procedural <i>What should they be able to do?</i></p>	<ul style="list-style-type: none"> Perform and refine advanced skills (GCSE/CNAT/ CORE) Select and apply appropriate technique in competitive situations (GCSE/CNAT/ CORE) Applying disguise to advanced techniques (GCSE/CNAT/ CORE) 	<ul style="list-style-type: none"> Apply advanced strategies & tactics (GCSE/CNAT/ CORE) Apply set plays to outwit opponents (GCSE/CNAT/ CORE) Select formations/ order Knowledge & understanding of Health, Fitness & Well-being, Sports Psychology and Socio- 	<ul style="list-style-type: none"> Lead in certain sports/activities (GCSE/CNAT/ CORE) Lead/ co-lead a 3-part warm-up (GCSE/CNAT/ CORE) Lead small groups or assist a leader with a skills task (GCSE/CNAT/ CORE) Officiate or assist an official 	<ul style="list-style-type: none"> Mindfulness (Mental Health Task) (GCSE/CORE) Lead a healthy lifestyle? (GCSE/CNAT/ CORE) Have a balanced diet? (GCSE/CNAT/ CORE) Plan an exercise plan (GCSE/CNAT/ CORE)



Curriculum Knowledge Map

<p><i>What things should all students be able to do?</i></p>	<ul style="list-style-type: none"> • Complete the skills in isolation drills without guidance in a practical exam (GCSE/CNAT/ CORE) • Complete the application of (GCSE/CNAT/ CORE) skill drills without guidance in a practical exam (GCSE/CNAT/ CORE) • Complete a range of fitness tests and training methods (GCSE/CNAT/ CORE) 	<ul style="list-style-type: none"> • cultural issues (Component 2 content)- (GCSE) • Apply knowledge & understanding of Component 2 content (GCSE) • Evaluate the topic within Component 2 content and relate to the context (GCSE) • Analyse and evaluate your own personal exercise programme (GCSE) 	<ul style="list-style-type: none"> • Organise a tournament fixtures and timings (GCSE/CNAT/ CORE) • Record scores within a tournament/game (GCSE/CNAT/ CORE) • Plan a skills session (GCSE/CNAT/ CORE) 	<ul style="list-style-type: none"> • Plan a skills &/or fitness session (GCSE/CNAT/ CORE) • Perform training methods (GCSE/CNAT/ CORE) • Monitor working heart rate/ training intensity (GCSE/CNAT/ CORE)
<p>Disciplinary Literacy (Tier 3 Vocab)</p>	<ul style="list-style-type: none"> • Activity/ sport specific terminology (dependent on activity sport covered) • Positive deviance • Negative deviance 	<ul style="list-style-type: none"> • Switch • Transition • Press • Micronutrients • Macro nutrients • High-organisation skills • Low organisation skills • Socio-economic 	<ul style="list-style-type: none"> • Concurrent feedback • Terminal feedback • Intrinsic & Extrinsic feedback • Gamesmanship • Sportsmanship • Variable practice • Distributed practice • Massed practice • Mechanical guidance 	<ul style="list-style-type: none"> • Somatotype • Mindfulness • PAR-Q • Karvonen formula • Lactate accumulation • Normative data • Adaptation • Sedentary lifestyle • Training threshold
<p>Assessment</p>	<ul style="list-style-type: none"> • GCSE Practical Performance assessment of skills in isolation and application of skill in competitive situations. • CAMNAT Sports Studies assessed in demonstrating skills in OAA and sport. • No assessment in Core PE 	<ul style="list-style-type: none"> • GCSE Practical Performance assessment of application of skills, strategies, and tactics in competitive situations. • CAMNAT Sports Studies assessed in planning sessions in Leadership. • No formal assessment in Core PE 	<ul style="list-style-type: none"> • CAMNAT Sports Studies assessed in planning, leading and evaluating a competition/ tournament and skills sessions. • No formal assessment in GCSE or Core PE. 	<ul style="list-style-type: none"> • GCSE PE Component 4- Assessed in analysing, planning, completing and evaluating personal exercise programme (PEP). • No formal assessment in CAMNAT Sport Studies and Core PE
<p>Diversity</p>	<p>Students study:</p> <ul style="list-style-type: none"> • Topic 1 in CAMNAT Sport Studies & TOPIC 3 (GCSE Paper 2)- Barriers to participation in sport & physical activity (Ethnicity, gender, disability, disadvantaged backgrounds, religion). • The Role of Sport in Promoting Values in CAMNAT Sport Studies (Fair play, Citizenship, Tolerance & Respect, Inclusion, National Pride) • The Olympic & Paralympic values (Excellence, Respect & Friendship/ Courage, Determination, Inspiration & Equality) 			

