


Year 11				
Pathway Curriculum	Physical Skills Knowledge Map	Thinking Skills	Leadership	 Fitness & Health
<p>Declarative</p> <p><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) Movement analysis -planes & lever 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) 	<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</p> <p><i>What should they be able to do?</i></p> <p><i>What things should all students 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) Complete the skills in isolation drills without guidance in a practical exam (GCSE/CNAT/ CORE) Complete the application of (GCSE/CNAT/ CORE) skill drills 	<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-cultural issues (Component 2 content)- (GCSE) Apply knowledge & understanding of Component 2 content (GCSE) 	<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 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"> 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) Plan a skills &/or fitness session (GCSE/CNAT/ CORE) Perform training methods (GCSE/CNAT/ CORE)



Curriculum Knowledge Map



	<ul style="list-style-type: none"> 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"> 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"> Monitor working heart rate/ training intensity (GCSE/CNAT/ CORE)
Disciplinary Literacy (Tier 3 Vocab)	<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
Assessment	<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

