



## 5-YEAR CURRICULUM PLAN



## Curriculum at a Glance

Year 7	Year 8	Year 9	Year 10	Year 11
<ul style="list-style-type: none"><li>•Netball</li><li>•Dance</li><li>•Rugby</li><li>•Football</li><li>•Badminton</li><li>•Fitness</li><li>•Trampolining</li><li>•Basketball</li><li>•Athletics</li><li>•Rounders</li><li>•Tennis</li><li>•Cricket</li></ul>	<ul style="list-style-type: none"><li>•Netball</li><li>•Dance</li><li>•Hockey</li><li>•Rugby</li><li>•Football</li><li>•Badminton</li><li>•Fitness</li><li>•Trampolining</li><li>•Basketball</li><li>•Athletics</li><li>•Rounders</li><li>•Tennis</li><li>•Cricket</li></ul>	<ul style="list-style-type: none"><li>•Netball</li><li>•Dance</li><li>•Rugby</li><li>•Football</li><li>•Handball</li><li>•Badminton</li><li>•Fitness</li><li>•Trampolining</li><li>•Basketball</li><li>•Athletics</li><li>•Rounders</li><li>•Tennis</li><li>•Cricket</li></ul>	<ul style="list-style-type: none"><li>• Key components of performance</li><li>•Applying practice methods to support improvement in a sporting activity</li><li>•Organising and planning a sports activity session</li><li>•Leading a sports activity session</li><li>•Reviewing your own performance in planning and leading a sports activity session.</li><li>•The different sources of media that cover sport.</li></ul>	<ul style="list-style-type: none"><li>•Positive effects of media in sport</li><li>•Negative effects of media in sport</li><li>•Contemporary Issues in Sport</li></ul>



## PE 3 Year Curriculum Plan (Current Yr7-9)

Students complete each activity on a rotation basis throughout the year.

Focus / Term	Half Term One	Half Term Two	Half Term Three	Half Term Four	Half Term Five	Half Term Six
<b>Year 7-9</b> <b>Topic Covered and End Points</b>	Outdoor adventurous activities- Problem solving activities  End Point <ul style="list-style-type: none"> <li>To be able to solve problems using skills to overcome challenges.</li> </ul> Invasion games- (Football, Handball and Netball). <ul style="list-style-type: none"> <li>To be able to apply skills, tactics and knowledge in a game situation.</li> </ul>	Outwitting opponents (Badminton)  End Point <ul style="list-style-type: none"> <li>To be able to apply skills, tactics and knowledge in a game situation.</li> </ul> Healthy active lifestyles (Fitness) <ul style="list-style-type: none"> <li>To be able to demonstrate knowledge of how to live an active lifestyle.</li> <li>To be able to complete different fitness activities and tests.</li> </ul>	Aesthetic sports (trampolining gymnastics and dance). End Point <ul style="list-style-type: none"> <li>To be able to apply a range of skills in a performance.</li> <li>To be able to apply a range of dance movements and skills in a performance.</li> </ul>	Invasion games (Basketball, hockey and rugby).  End Point <ul style="list-style-type: none"> <li>To be able to apply skills, tactics and knowledge in a game situation.</li> </ul>	Analysing and improving performance- (Athletics and Tennis) End Point <ul style="list-style-type: none"> <li>To be able to apply skills, tactics and knowledge in a game situation.</li> </ul>	Striking and fielding games (Cricket and rounders)  End Point <ul style="list-style-type: none"> <li>To be able to apply skills, tactics and knowledge in a game situation.</li> </ul>
<b>NC</b>	Take part activities which present intellectual and	Analyse their performances compared to previous	Develop student's technique and improve their performance in	Use a range of tactics and strategies to overcome opponents in	Analyse their performances compared to previous	Use a range of tactics and strategies to overcome opponents in

	physical challenges and be encouraged to work in a team and developing skills to solve problems, either individually or as a group.  Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.	ones and demonstrate improvement to achieve their personal best.  Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.	other competitive sports.  Perform dances using advanced dance techniques within a range of dance styles and forms.	direct competition through team and individual games.	ones and demonstrate improvement to achieve their personal best.	direct competition through team and individual games.
Powerful Knowledge and Careers	Sports Coach/Performer/Umpire/PE Teacher	Sports Coach/Performer/Personal Trainer/Nutritionist	Sports Coach/Performer/Umpire/PE Teacher	Sports Coach/Performer/Umpire/PE Teacher	Sports Coach/Performer/Umpire/PE Teacher	Sports Coach/Performer/Umpire/PE Teacher
Tier 3 Words	Tactic/Skill/Solving/Passing/Defending/Dodging/Navigate	Court/Forehand/Backhand/Grip/Fitness/Component/Muscular/Cardiovascular/Training/Set/Repetition	Canon/Mirror/Motif/Routine/Travel/	Passing/Tackling/Dodging/Defending/Space/Shooting	Jump/Throw/Distance/Power/Court/Forehand/Backhand	Long barrier/Batting/Fielding/Tactic/Throwing/Catching
Long Term Retrieval	Recall and demonstrate techniques, skills, knowledge and tactics within a game.	Recall and demonstrate techniques, skills, knowledge and tactics within a game. Such as, recalling how to do the forehand long serve and backhand short serve.	Recall and demonstrate movements and skills within a performance/routine. For example, using a set piece in a dance routine.	Recall and demonstrate techniques, skills, knowledge and tactics within a game. For example, demonstrating passing and shooting in a basketball game.	Recall and demonstrate techniques, skills, knowledge and tactics within a game. For example, being able to demonstrate the correct technique when sprinting.	Recall and demonstrate techniques, skills, knowledge and tactics within a game.
Assessment Details	Assessment based on application of skills and knowledge in a game/performance in football, handball and netball.	Assessment based on application of skills and knowledge in a game/performance.	Assessment based on application of skills and knowledge in a game/performance.	Assessment based on application of skills and knowledge in a game/performance.	Assessment based on application of skills and knowledge in a game/performance.	Assessment based on application of skills and knowledge in a game/performance.
Homework	Activity pack and extra-curricular activities.	Activity pack and extra-curricular activities.	Activity pack and extra-curricular activities.	Activity pack and extra-curricular activities.	Activity pack and extra-curricular activities.	Activity pack and extra-curricular activities.



## OCR Sport Studies 2 Year Curriculum Plan (Current Year 10-11)

Focus / Term	Half Term One	Half Term Two	Half Term Three	Half Term Four	Half Term Five	Half Term Six
<b>Year 10 Topic Covered and End Points</b>	R185- Performance in two selected activities.  <b>End Point</b> <ul style="list-style-type: none"> <li>To be able to apply skills and tactic in two selected activities.</li> </ul>	R185-Perform and review performance in a selected activity.  <b>End Point</b> <ul style="list-style-type: none"> <li>To be able to apply suggested improvements for performance in a selected activity.</li> </ul>	R185- Plan a sport session plan and risk assessment to lead an activity.  <b>End Point</b> <ul style="list-style-type: none"> <li>To be able to plan an effective sports activity session plan.</li> <li>To be able to plan and conduct a risk assessment for a sporting activity.</li> </ul>	R185- Lead and review a sports activity session.  <b>End Point</b> <ul style="list-style-type: none"> <li>To be able to effectively lead a sports activity session.</li> </ul>	R185- Review leadership skills.  <b>End Point-</b> <ul style="list-style-type: none"> <li>To be able to effectively review a sports activity session.</li> </ul>	R186. TA1- How the media covers sport.  <b>End Point</b> <ul style="list-style-type: none"> <li>To be able to distinguish between different media sources and how they cover a selected sporting activity.</li> </ul>
<b>NC</b>	R185- Performance and leadership in sports activities.	R185- Performance and leadership in sports activities.	R185- Performance and leadership in sports activities.	R185- Performance and leadership in sports activities.	R185- Performance and leadership in sports activities.	R186- Sport and the media
Powerful Knowledge and <b>Careers</b>	<b>Sports performer, PE Teacher, Sports Coach.</b>	<b>Sports performer, PE Teacher, Sports Coach.</b>	<b>Sports coach, PE teacher</b>	<b>Sports Coach, PE teacher.</b>	<b>Sports Coach, PE teacher.</b>	<b>Journalist, Media Broadcaster, Digital marketing.</b>
Tier 3 Words	Performance, skill, tactic.	Strength, weakness, progression, drill.	Adapt, risk, assessment, skill, drill, progression.	Evaluate, progression, adapt, strength, weakness.	Evaluate, strengths, weaknesses, improvement.	Broadcast, social, digital, print.
Long Term Retrieval	Recall and demonstrate techniques, skills, knowledge and tactics within a game.	Recall and demonstrate techniques, skills, knowledge and tactics within a game.	Recall and apply knowledge of a structured sports activity session along with potential risks.	Recall and apply knowledge of a structured sports activity session along with potential risks.	Evaluate knowledge learnt from how to be an effective leader, and how to deliver an effective sports leader session.	Apply knowledge based on the different media sources and the impact this can have on a local sports club.
Assessment Details	Teacher witness statement and student log book of performance.	NEA Coursework-Written report based on strengths and weaknesses.	NEA Coursework- Sports activity plan and risk assessment.	NEA Coursework- Evaluation based on leadership skills.	NEA Coursework- Evaluation based on leadership skills.	NEA Coursework- Written report based on a sporting activity/club and how the media covers their sport.
Homework	Completion of performance log book for two sports.	Completion of performance log book for two sports.	Research protocols to deal with risks in sport.	Research effective attributes and aspects	Research and review your attributes and aspects	Research task based on local sports club and the types of media used.

			Research drills and practices for a sports activity.	needed for a successful leader.	needed for a successful leader.	
<b>Year 11 Topic Covered and End Points</b>	R186. TA2- Positive effects of the media in sport.  <b>End Point</b> <ul style="list-style-type: none"> <li>To be able to explain relationship between your club's sporting activity and the media</li> <li>To be able to explain your club's activity and the media use each other to promote themselves and increase sponsorship revenue.</li> <li>To be able to explain how the media can promote the links between your sports club and the health and fitness industry.</li> <li>To be able to recommend how the club could raise its profile through the use of the media by using their lottery grant.</li> </ul>	R186. TA3- Negative effects of the media in sport.  <b>End Point</b> <ul style="list-style-type: none"> <li>To be able to explain the effects on spectators and live sport.</li> <li>To be able to explain the effects on sports and sports performers.</li> </ul>	R184 TA1- Contemporary issues in sport.  <b>End Point</b> <ul style="list-style-type: none"> <li>To be able to identify user groups and issues which affect participation in sport.</li> </ul>	R184 TA2 and TA3- Contemporary issues in sport.  <b>End Point</b> <ul style="list-style-type: none"> <li>The role of sport in promoting values.</li> <li>The implications of hosting a major sporting event for a city or country.</li> </ul>	R184 TA4 and TA5- Contemporary issues in sport.  <b>End Point</b> <ul style="list-style-type: none"> <li>Explain the role National Governing Bodies (NGBs) play in the development of their sport.</li> <li>Explain the use of technology in sport.</li> </ul>	R181- Contemporary issues in sport.  <b>End Point</b> <ul style="list-style-type: none"> <li>To be able to apply knowledge to their OCR exam.</li> </ul>
<b>NC</b>	R186- Sport and the media	R186- Sport and the media	R184- Contemporary issues in sport.	R184- Contemporary issues in sport.	R184- Contemporary issues in sport.	R184- Contemporary issues in sport.
Powerful Knowledge and Careers	Journalist, Media Broadcaster, Digital marketing	Journalist, Media Broadcaster, Digital marketing	Leisure centre assistant/Sport Development officer/Gym manager	Event organiser/Sports Development Officer	Sports development officer.	

Tier 3 Vocab	Education/Exposure/Minority/Grassroots/Elite/Initiatives	Revenue/Commodity/Commercial/Grants	User Groups/Gender/Disability/Economical/Barrier/Environment/Provision/Emerging	Values/Initiatives/Etiquette/Sportsmanship/Gamesmanship/Creed/Bidding/Commercial/Financial	Funding/Lobby/Spectatorship/officiating/infrastructure	
Long Term Retrieval	Apply knowledge of the positive relationship a sports club can have with the media.	Apply knowledge explaining how the media can have a negative impact on spectators and performers in a chosen sport.	Recall the different user groups and how barriers can have an impact on participation.	Recall knowledge of the importance of values within sport, and the implications of hosting a major sporting event.	Recall knowledge of how NGB's have a role in developing a sport and how technology has impacted on sport.	
Assessment details	NEA- Written report for positive effects of the media on a selected sport.	NEA- Written report for positive effects of the media on a selected sport	Exam question's based on issues which affect participation in sport.	Exam questions based on the role of promoting values and hosting major sporting events.	Exam questions based on NGB's and technology in sport.	R184- Full OCR GCSE Exam
Misconceptions	Being able to distinguish the links between both the sports activity and traditional media types.	Distinguishing the different between spectators and performers.	Multiple barriers to participation can affect a number of user groups.	Distinguishing the difference between regular and recurring sporting events.	Understanding the difference between financial roles.	
Homework	Research task based on positive effects for a select sport.	Research task based on negative effects for a select sport.	CGP- Practice exam questions and worksheets.	CGP- Practice exam questions and worksheets.	CGP- Practice exam questions and worksheets.	CGP- Practice exam questions and worksheets.

