



### Overview plans for academic year 2025-2026

**Subject: Physical Education**

**Year group/cohort: Mixed KS4**

	Knowledge and Understanding	Knowledge and Understanding	Skills	Skills	Assessment	Subject specific literacy	Cross curricular links
	Components (Key concepts)	Composite (Bigger picture)	Components (Key concepts)	Composite (Bigger picture)	What is being assessed, how, and when?	Key Vocabulary	Including Personal Development and SMSC
<b>Autumn Term 1</b>	<p>BTEC- Sport Unit SP7 Playing Sport</p> <p>Sports Leadership Awards- LFC Foundation (Tuesday)</p>	<p>Develop your knowledge and understanding of the skills and techniques needed to be successful in sports.</p> <p>The transferable and sector skills you develop in this unit can enable you to progress to further learning.</p> <p>Work as part of a team or individually in an activity. Apply and explore principles of attack and defence.</p>	<p>Show skills and techniques in sport. Review own performance when playing sport to improve skills and techniques. Identifying own strengths and areas for improvement</p> <p>Develop a variety of tactics and strategies. Students to perform in different roles: performer, official, coach.</p>	<p><u>Related to major sporting events in the Autumn-</u></p> <p>Football. Premier League begins</p>	<p>How skills and techniques are taught and learned</p> <p>Sequence of developing skills and techniques</p> <p>When and how performance can be improved</p> <p>Understanding rules of the</p>	<p><u>Developing key words-</u></p> <p>Tactics, strategies, confidence, team work, technique, skills, resilience, self-esteem, physical, emotional, mental, analyse.</p>	<p>Current issues in sport- West Lancashire Sports Leadership</p> <p>Liverpool FC foundation</p>

		Execute strategic and tactical decisions.			game. Officiating games and scoring systems. Analyse of performance.		
<b>Autumn Term 2</b>	<p>BTEC- Sport Unit A2 Developing a progression plan</p> <p>Fitness (Park Pool Gym)</p> <p>Sports Leadership Awards- LFC Foundation (Tuesday)</p>	<p>Learners will develop the skills and behaviours needed to progress to the next stage in their learning, identifying progression opportunities and creating a plan to enable them to get there.</p> <p>Plan 12-week Fitness program. A well-structured 12-week fitness program to help you build muscle, lose weight, and improve overall fitness through a combination of strength training, cardio, and flexibility workouts.</p>	<p>Benefits and purpose of developing a progression plan Finding out about progression opportunities Setting a progression goal Identifying the skills and behaviours needed to meet progression goal Reviewing own skills and behaviours against progression goal. Creating a progression plan</p> <p>Develop 12-week fitness program. Focuses on improving all components of fitness, including cardiovascular capacity and strength.</p>		<p>Explore the skills and behaviours needed to meet personal progression goal</p> <p>Produce a progression plan to meet intended progression goal.</p>	<p>Teamwork, Self-esteem, mental, physical and social health, techniques, confidence, resilience, empathy. Analyse of performance.</p> <p>Strength, Conditioning, Cardiovascular, Aerobic, Anaerobic, Muscle, Maximum strength</p>	<p>Persons BTEC sport.</p> <p>Current issues in sport- West Lancashire Sports Leadership</p> <p>Liverpool FC foundation</p>

<b>Spring Term 1</b>	<p>Fitness (Park Pool Gym)</p> <p>Sports Leadership Awards- LFC Foundation (Tuesday)</p> <p>Table Tennis (Alternative)</p>	<p>12-week Fitness program. A well-structured 12-week fitness program to help you build muscle, lose weight, and improve overall fitness through a combination of strength training, cardio, and flexibility workouts.</p>	<p>Developing skills in boxing. Linking health and skill related fitness to various sports. Working at maximum capacity.</p>		<p>Working at maximum capacity. Testing heart rate before, during and after exercise. Understanding of recovery.</p>	<p>capacity Resilience, motivation, endurance, stamina, mental, physical, health, confidence</p>	<p>Maths- calculation of heart BPM.</p> <p>Science- respiration Aerobic, anaerobic</p> <p>Current issues in sport- West Lancashire Sports Leadership</p> <p>Liverpool FC foundation</p>
<b>Spring Term 2</b>	Cricket Rounders	<p>Advance rules of the game, observation skills, analyse performance. Further understanding of fitness</p>	<p>Apply and explore principles of Batting and bowling.</p> <p>Set individual targets for batting and bowling Have fun and feeling good, increasing self-esteem Recall the importance of team play helping to encourage the physical, mental and social skills of pupils.</p>	<p>International test matches begin</p> <p>T20 Series</p> <p>ODI Series begins</p>	<p>Understanding of rules. Analysis of performance (Self/ peer). Decision making when playing various shots.</p>	<p>Drive, bowl, catch, teamwork, pairs, communication, self-esteem, empathy, responsibility.</p>	<p>Current issues in sport- West Lancashire Sports Leadership</p>

<b>Summer Term 1</b>	Tennis Badminton  Boccia (Alternative)	Advance rules of the game, observation skills, analyse performance. Apply fluency, control and greater quality of skills. Further understanding of fitness	Students to perform in different roles: performer, official, coach  Recall the importance of team play helping to encourage the physical, mental and social skills of pupils.	Wimbledon-Tennis tournament	Understanding of rules. Analysis of performance (Self/ peer). Decision making when batting. Decision making when bowling and fielding.	Points/scoring, problem solving, serving, striking, reaction, endurance, encouragement Reaction time.	Current issues in sport- West Lancashire Sports Leadership
<b>Summer Term 2</b>	Athletics (Javelin/ Discus, Running).	Enhance replication and performance across all athletics events	Set individual targets for each event. Encouraging the development of mental, physical health through working with others.			Fitness, energy, integrity, responsibility, motivation.	Current issues in sport- West Lancashire Sports Leadership

**Subject Information including exam board details:**

Pearson BTEC Level 1 Introductory Award in Sport: Unit A2 Developing a progression plan

Unit SP7 Playing Sport.

**Careers linked to this subject area:**

BTEC sport can lead to a variety of employment opportunities in the sports industry.

- Coach
- Multi skills coach
- Sports scientist
- Sports psychologist
- Sports therapist
- Outdoor activities instructor
- Strength and conditioning coach
- Professional athletes

**Enrichment Opportunities:**

Wigan in the Community (Divert) Off-site activities (Bowling, Stadium tours, multi sports)

LFC in the community- Onside programme, Premier league inspires, Onside plus. Sports Leadership Award level 1 and 2.

Sports day (Whole school)