

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Invasion Games	<p><i>Rugby:</i> You will develop an understanding of the tag and contact game, whilst developing core skills such as passing, contact tackling, rucking and special awareness.</p> <p><i>Basketball / Netball:</i> You will be developing the basic core Basketball skills needed to compete in a game of Basketball, such as passing, dribbling, attacking, defending and shooting. You will be learning about passing, footwork, shooting, positions, attacking and defending in Netball</p>	<p><i>Rugby:</i> You will be building on the core skills from Year 7 such as; passing, tackling, rucking whilst developing further tactical understanding and introducing rucking as part of regular play and scrums.</p> <p><i>Basketball / Netball:</i> You will be building on the core skills from Year 7 such as; passing, shooting, movement and defensive skills whilst developing further tactical understanding.</p> <p><i>Football:</i> You take the reigns as you are put into teams with a variety of different roles such as the manager, warm up coach and skills coach. Develop your team over the course of the season building upon key attacking skills.</p>	<p><i>Rugby:</i> You will develop an understanding of the game, whilst developing core skills such as passing, tackling, rucking and special awareness. Introduction of 5 man scrum &amp; lineout at this age.</p> <p><i>International:</i> You will develop an understanding of the rules &amp; regulations of a range of games such as; Tchoukball, American Football, Ultimate Frisbee, Gaelic Football, Lacrosse and many more.</p>	<p>Here students will be given opportunities to revisit their favourite invasion games. Students will be grouped on ability and interests so that lessons can be tailored to students needs giving an opportunity for inclusive and competitive games which motivate students to succeed and continue physical activity.</p> <p>Games such as; football, basketball, netball, handball as well as internationally adapted games such as tkchoball.</p>			
Striking & Fielding		<p><i>Rounder (Girls):</i> Your lessons will look at developing batting, bowling, fielding and applying tactics within the game. Skills to be applied in primarily rounders.</p>	<p><i>Striking &amp; Fielding (Boys):</i> Your lessons will look at developing batting, bowling, fielding and applying tactics within the game. Skills to be applied in both cricket &amp; softball.</p>	<p>Within our 'summer games' unit students can opt to continue their physical journey developing striking &amp; fielding skills. For some this may be an opportunity to enjoy and continue physical activity for others this may be an opportunity to develop specific skills such as; fielding and batting. All students to gain a knowledge of rules, regulations and to be able to facilitate small games.</p>			
Net & Wall Games			<p><i>Badminton:</i> Your lessons will look at attacking shots and defensive shots, serving and the basic rules of the game.</p>	<p>Here students will be given opportunities to revisit their favourite net &amp; wall games as well as introduced to a few alternatives. Students will be grouped on ability and interests so that lessons can be tailored to students needs giving an opportunity for inclusive and competitive games which motivate students to succeed and continue physical activity.</p> <p>Games such as; badminton, volleyball and table tennis.</p>			
Dance							
Gymnastics	<p>You will be developing the basic components of a routines, which focus on Balances and Locomotion. Following this you will learn a range of vaulting techniques.</p>		<p><i>Trampolining:</i> learning a range of different techniques and how to create and perform a sequence. Transferring jumps from KS1 &amp; KS2 into trampolining and then performing intermediate moves such as; seat drop, back drop, front drop and more challenging advanced rotations.</p>	<p>Students will have the option to continue in developing gymnastics through trampolining. Here students will be able to develop routines and learn a variety of landing positions, shaped drops, combinations and somersaults.</p>			

Athletics	Athletics (All): Your lessons will be covering the three disciplines of athletics: Throws, Runs and Jumps. You will develop an understanding of the basic technique required for each event.	Athletics (Boys): Your lessons will be covering the three disciplines of athletics: Throws, Runs and Jumps. You will develop an understanding of the intermediate-advanced technique required for each event	Athletics (Girls): Your lessons will be covering the three disciplines of athletics: Throws, Runs and Jumps. You will develop an understanding of the intermediate-advanced technique required for each event	Within our 'summer games' unit students can opt to continue their physical journey developing athletics skills. For some this may be a health/fitness approach in the summer, for others this may be focusing around advanced performance in running & jumping disciplines.	
OAA		OAA: You will be completing a range of team building tasks, developing a range of problem solving skills and learning how to read a map. Working individually, in pairs and small groups to navigate through challenges and the use of maps.			
Swimming	You will be developing a range of strokes such as; front crawl, back crawl and breaststroke. Students will also have the opportunity to learn a variety of aquatic skills. Students will have the opportunity to take their skills from a training pool to a pool that has a deep end linking it to real life situation. Students will also have the opportunity to develop their confidence in deeper waters by swimming, jumping and diving.				
Leadership / Health & Fitness	Your lessons will look at the components of fitness. Importance of warm ups and how we can test and develop of fitness. Further to this students will gain an insight into the anatomy and physiology of sport, looking at the effects of exercise on the human body.	Learners will develop an understanding of the attributes associated with successful sports leadership. Learners will also get the opportunity to plan, lead and review sporting activities.	Learners will develop their knowledge and understand of the components of fitness required for physical activities and how each can be measured, be able to apply training principles to training programmes, along with knowing how to optimise training and prevent injury. These skills will be applied within NIA Fitness suit creating a real life scenario.	Learners will build upon their knowledge and understand of fitness training. Students will be able to identify the different methods of training and along with knowing how to optimise training and prevent injury. Students will be mainly using the NIA fitness suite as a real life scenario.	

## BTEC Sport

Unit 1				<p>Unit 1: Fitness for Sport &amp; Exercise</p> <p>In this unit you will:</p> <p>A know about the components of fitness and the principles of training</p> <p>B explore different fitness training methods</p> <p>C investigate fitness testing to determine fitness levels.</p>		<p>Unit 1: Anatomy &amp; Physiology</p> <p>AO1 Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors affecting each body system</p> <p>AO2 Demonstrate understanding of each body system, the short- and long-term effects of sport and exercise on each system and additional factors that can affect body systems in relation to exercise and sporting performance</p> <p>AO3 Analyse exercise and sports movements, how the body responds to short-term and long-term exercise and other additional factors affecting each body system</p> <p>AO4 Evaluate how body systems are used and how they interrelate in order to carry out exercise and sporting movements</p> <p>AO5 Make connections between body systems in response to short-term and long-</p>	
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						term exercise and sport participation. Make connections between muscular and all other systems, cardiovascular and respiratory systems, energy and cardiovascular systems	
Unit 2				Unit 2: Practical Performance in Sport In this unit you will: A understand the rules, regulations and scoring systems for selected sports B practically demonstrate skills, techniques and tactics in selected sports C be able to review sports performance.			Unit 2: Fitness Training and Programming for Health, Sport and Well-being AO1 Demonstrate knowledge and understanding of the effects of lifestyle choices on an individual's health and well-being AO2 Apply knowledge and understanding of fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods to an individual's needs and goals AO3 Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests AO4 Evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved AO5 Be able to develop a fitness training programme with appropriate justification
Unit 3				Unit 3: Applying the Principles of Personal Training In this unit you will: A design a personal fitness training programme B know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training C implement a self-designed personal fitness training programme to achieve own goals and objectives D review a personal fitness training programme.			Unit 3: Professional Development in the Sports Industry A Understand the career and job opportunities in the sports industry B Explore own skills using a skills audit to inform a career development action plan C Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway D Reflect on the recruitment and selection process and your individual performance.
Unit 4							
Unit 5					Unit 5: The Sports Performer in Action In this unit you will: A know about the short-term responses and long-term adaptations of the body systems to exercise B know about the different energy systems used during sports performance.		
Unit 6							

Unit 7: Practical Sports Performance  
In this unit you will:  
A Examine National Governing Body rules/laws and regulations for selected sports competitions  
B Examine the skills, techniques and tactics required to perform in selected sports  
C Develop skills, techniques and tactics for sporting activity in order to meet sport aims  
D Reflect on own practical performance using selected assessment methods.

Every child deserves to be the best they can be