

End Game		<p>The curriculum should ensure that upon graduating from the Academy, our students should be able to:</p> <ul style="list-style-type: none"> Be physically literate while embarking on their own personal skills journey in an enjoyable environment Compose and communicate meaning and ideas through movement. Apply tactics, strategies and rules in both individual and group situations. Experience a range of traditional and non-traditional sports and physical activities Develop confidence and competence in performing skills individually, as part of a group and, where appropriate, to an audience Build social, personal, cognitive, creative and physical skills through a holistic approach to learning Pursue aptitudes and interests that promote a healthy lifestyle Understand, in an age related way, the effects physical activity, exercise and diet has on their body Develop knowledge of the physiological, psychological, social and historical influences on physical activity and sports performance. Maintain moderate and vigorous physical activity levels Process, analyse and evaluate performance taking into account aesthetics, biomechanics, kinesthetics, tactics and cognitive processes. 												
		AP1			AP2			AP3			AP4			SG
Set/Group		G & T (1) Mixed Improve individual performance through Fitness	Boys 1 & 2 Technique and Performance through cricket and table tennis	Girls 1 & 2 Outwitting opponents through football and basketball	G & T (1) Mixed Improve individual performance through Table Tennis	Boys 1 & 2 Outwitting opponents through football and basketball	Girls 1 & 2 Tactical and strategies through fitness/ HRF (PEP)	G & T (1) Mixed Improve individual performance through Badminton	Boys 1 & 2 Tactical and strategies through fitness/ HRF (PEP)	Girls 1 & 2 Fitness improvements through Athletics	G & T (1) Mixed Improve individual performance through Athletics /Tennis	Boys 1 & 2 Fitness improvements through Athletics	Girls 1 & 2 Technique and Performance through cricket and table tennis	
Year 9	Fertile Question	Does quitting when things are hard make you a better athlete than if you tried but failed?	Fail to prepare, prepare to fail. Does practice make perfect?	Is knowing your weaknesses better than knowing your strengths?	What makes you win? You or your opponent?	Is knowing your weaknesses better than knowing your strengths?	Can you win without winning?	Why is badminton harder than you think?	Can you win without winning?	Does quitting when things are hard make you a better athlete than if you tried but failed?	Does the fittest player always come first?	Does quitting when things are hard make you a better athlete than if you tried but failed?	Fail to prepare, prepare to fail. Does practice make perfect?	
	Skilful me	Improve individual performance through Fitness	Technique of a selection of shots types and the application of the key skills	How to beat/stop an opponent (1v1, 2v1,2v2, 3v1..etc)	Improve individual performance through Table Tennis	How to beat/stop an opponent (1v1, 2v1, 2v2, 3v1..etc)	Strategies on how to better myself/ performance	Improve individual performance through Badminton	Strategies on how to better myself/ performance	Apply components of fitness to improve performance	Improve individual performance through Athletics /Tennis	Apply components of fitness to improve performance	Technique of a selection of shots types and the application of the key skills	
	Team me	Responsibility; Look and listen at speaker, respond appropriately			Enjoy and Aspiration; Smile and persevere. Do not give up			Collaboration; Listen, think, speak. Work together to beat an opponent			Honesty; Being brave to try new things. I cannot _____ yet?			
	Educate me	Body systems- muscles and skeletal system (movement) Muscle contractions	Technical demands Leadership; Coaching points. How to improve technique and performance	Evaluation of strength and weakness	Movement alongside recap of muscles and bones	Evaluation of strength and weakness	Methods of training and mini PEP	Body systems; respiratory and CV system (basics)	Methods of training and mini PEP	Goal and target setting	Methods of training and components of fitness	Goal and Target setting	Technical demands Leadership; Coaching points. How to improve technique and performance	
	Physical Me	High activity levels leading to improvements in; Cardiovascular Fitness, co-ordination, agility, power			High activity levels leading to improvements in; Cardiovascular Fitness, co-ordination, agility, power			High activity levels leading to improvements in; Cardiovascular Fitness, co-ordination, agility, power			High activity levels leading to improvements in; Cardiovascular Fitness, co-ordination, agility, power			
Set/Group		G & T (1) Mixed Fitness improvements through swimming	Boys 1 Outwitting opponents through Badminton and Touch Rugby	Girls 1 Tactics and strategies through Football and Basketball	G & T (1) Mixed Tactics and strategies through Football and Basketball	Boys 1 Fitness improvements through swimming	Girls 1 Outwitting opponents through Badminton and Touch Rugby	G & T (1) Mixed Technical and Performance through athletics	Boys 1 Tactics and strategies through Football and Basketball	Girls 1 Fitness improvements through swimming	G & T (1) Mixed Outwitting opponents through Badminton and Touch Rugby	Boys 1 Technical and Performance through athletics	Girls 1 Technical and Performance through athletics	
Year 8	Fertile Question	How can fitness save you from drowning?	Steve Redgrave; five time Olympic Champion- Does hard work beat talent?	Failure is just another chance to revise your strategy. Do you agree?	Failure is just another chance to revise your strategy. Do you agree?	How can fitness save you from drowning?	Steve Redgrave; five time Olympic Champion- Does hard work beat talent?	Olympic gold medallist and three times world champion- is Jessica Ennis the perfect athlete?	Failure is just another chance to revise your strategy. Do you agree?	How can fitness save you from drowning?	Steve Redgrave; five time Olympic Champion- Does hard work beat talent?	Olympic gold medallist and three times world champion- is Jessica Ennis the perfect athlete?		
	Skilful me	Performing lengths using different techniques	How to beat an opponent (selection of shots, deception, dodge and speed)	Roles within attack and defence (focus on formations and types)	Roles within attack and defence (focus on formations and types)	Performing lengths using different techniques	How to beat an opponent (selection of shots, deception, dodge and speed)	Improve and understand core techniques- Running, Jumping and throwing	Roles within attack and defence (focus on formations and types)	Performing lengths using different techniques	How to beat an opponent (selection of shots, deception, dodge and speed)	Improve and understand core techniques- Running, Jumping and throwing		

Team me		Responsible; Look and Listen at speaker, ask questions when unsure on knowledge			Enjoyment and Innovation; Smile during lesson and push yourself whilst encouraging others			Aspiration and Collaboration; Listen, Think, Speak. (use of correct vocabulary, use of full sentences)			honesty and Inclusion; Use praise sandwich, explain how to get better)		
Educate me		Training Zones, anaerobic/anaerobic fitness, methods of training	Components of fitness (definitions), how to use these components to outwit and opponent)	Rules and regulations	Rules and regulations	Training Zones, anaerobic/anaerobic fitness, methods of training	Components of fitness (definitions), how to use these components to outwit and opponent)	Movement, (muscles and bones)	Rules and regulations	Training Zones, anaerobic/anaerobic fitness, methods of training	Components of fitness (definitions), how to use these components to outwit and opponent)	Movement, (muscles and bones)	
Physical Me		High activity levels leading to improvements in; Cardiovascular Fitness, Muscular Endurance, co-ordination,			High activity levels leading to improvements in; Cardiovascular Fitness, Muscular Endurance, co-ordination,			High activity levels leading to improvements in; Cardiovascular Fitness, Muscular Endurance, co-ordination,			High activity levels leading to improvements in; Cardiovascular Fitness, Muscular Endurance, co-ordination,		
Set/Group		Mixed set	Boys 1	Girls 1	G & T (1) Mixed	Boys 1	Girls 1	G & T (1) Mixed	Boys 1	Girls 1	G & T (1) Mixed	Boys 1	Girls 1
Year 7	Fertile Question	Where did Kelly Holmes start to become the elite performer she is today?			Do elite sports athletes focus on one sport or many at a young age?	Does Mo Farah accomplish his dreams on his own?	Is dancing is easier than playing football?	Dancing is easier than playing football?	Do elite sports athletes focus on one sport or many at a young age?	Does Mo Farah accomplish his dreams on his own?	Do elite sports athletes focus on one sport or many at a young age?	Dancing is easier than playing football?	Does Mo Farah accomplish his dreams on his own?
	Skilful me	Baseline tests: Fitness tests FUNDamentals through: Modified activities			Applying core skills working alone through: Fitness Net games Athletics	Applying core skills working with others through Handball Striking and fielding OAA	Performance and replicate movement	Performance and replicate movement	Applying core skills working alone through: Fitness Net games Athletics	Applying core skills working with others through Handball Striking and fielding OAA	Applying core skills working alone through: Fitness Net games Athletics	Performance and replicate movement	Applying core skills working with others through Handball Striking and fielding OAA
	Team me	Responsible; Take responsibility for correct kit consistently. Look and listen at speaker			Enjoyment and Aspiration; Smile during lesson and push your self			Collaboration; Communication- Listen, Think, Speak			Honesty; Strength and weaknesses (praise sandwich)		
	Educate me	Look after me; basics to nutrition, safety and how to start and end training sessions (warm up and cool down			Understanding components of fitness, the definitions and athletes that would use them	Improving Leadership skills, focusing on team work and psychology	Learn how to develop Evaluation skills. How to improve technique	Learn how to develop Evaluation skills. How to improve technique	Understanding components of fitness, the definitions and athletes that would use them	Improving Leadership skills, focusing on team work and psychology	Understanding components of fitness, the definitions and athletes that would use them	Learn how to develop Evaluation skills. How to improve technique	Improving Leadership skills, focusing on team work and psychology
	Physical Me	High activity levels leading to improvements in; Cardiovascular Fitness, Muscular Endurance, co-ordination,			High activity levels leading to improvements in; Cardiovascular Fitness, Muscular Endurance, co-ordination,			High activity levels leading to improvements in; Cardiovascular Fitness, Muscular Endurance, co-ordination,			High activity levels leading to improvements in; Cardiovascular Fitness, Muscular Endurance, co-ordination,		

		1	2	3	4
Year 9 PE Option 2 hours a week	Fertile Question	What makes the best			
	Content	Practical Elite coaching Girls: Basketball (MJO) Boys: Football (MBU) Theory Applied anatomy and Physiology (Systems)	Practical Elite coaching Girls: Basketball (MJO) Boys: Football (MBU) Theory Movement Analysis Use of Data	Practical Elite coaching Girls: Basketball (MJO) Boys: Football (MBU) Theory Sport Psychology Socio-Cultural influences	Practical Elite coaching Girls: Basketball (MJO) Boys: Football (MBU) Theory Health fitness and Well-being
	Concepts	Practical What training involves for an elite athlete Theory How our body allows us to perform	Practical What training involves for an elite athlete Theory	Practical What training involves for an elite athlete Theory	Practical What training involves for an elite athlete Theory
Knowledge	Practical Core skills and techniques Theory Skeletal (Bones, Joints & Functions) Muscular (Muscles & antagonistic muscle pairs) Respiratory (Air pathway, gaseous exchange) Cardiovascular (Cardiac cycle) Short & long term effects of exercise (all systems)	Practical Core skills and techniques Theory Types of movement (Types and uses in sport) Use of data (Data types & methods of collecting) Presenting and analysing data (Tables, charts graphs & analysis)	Practical Core skills and techniques Theory Skill and Ability (definitions and classifications) Goal setting (goal types & SMART targets) Information processing (Roles of each stage) Arousal and Motivation Conduct of performers (sports/games-manship)	Practical Core skills and techniques Theory Reasons for participation in physical activity Energy use Nutrition	
Year 9 SPORT Option 1 hour a week	Fertile Question				
	Content	Fitness for Sport and Exercise Warm ups and cool downs Fitness tests Methods of training/Fitness intensities	Training for personal fitness Designing a training programme PEP/Circuit training Review training programme	Practical sports performance Core skills and techniques (2 sports) Rules, regulations & scoring (2 sports) Officiating (2 sports)	Leading Sports Activities Analysis of poor/outstanding leadership (teacher) Planning and leading of session Review of planning and leadership
	Concepts				
Knowledge	Components of fitness Fitness intensities Warm ups and cool downs Methods of training Fitness testing	Designing a training programme Exercise adherence factors Principles of training Implement a training programme Review a training programme	Sports rules Sports regulations Sports scoring systems Roles and responsibilities of officials Technical and tactical demands	Attributes of sports leaders Planning and leading sports activities Reviewing planning and leading	