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| **Year 11 Curriculum Overview (2023-24)**  **PE** | | | | | | |
| **Autumn Term** | **Knowledge & Understanding** | | | **Literacy Skills**  **Opportunities for**  **developing**  **literacy skills** | **Employability Skills**  **[if any]** | **Assessment Opportunities** |
| **Composites** | **Components**  **[KEY concepts & subject specific vocab]** | **Formal Retrieval**  **[if any]** |
|  | Physical Training | Health and fitness recap  The components of fitness  Linking sports and activities to components  Reasons/limitations of fitness testing  Measuring components and how data is collected  The principles of Training and progressive overload  Applying the principles of training  Types of training and intro of analysis/evaluation coursework task  Types of training  Calculating intensity  Injury prevention  High altitude and seasonal aspects  Warm/cool down  Application of the above on the coursework task | DO IT NOW task linked to previously learned knowledge | Use of KO and vocab lists in ‘Do Now’ tasks.  Use of whiteboards and mini whiteboards for identifying keywords/analysing performances/recording results  Use of task and technique cards, using keywords and vocabulary.  Scorecards and analysis sheets | * Service * Ambition * Compassion * Respect * Equality * Determination * Cooperation * Supporting others * Self improvement * Resilience * Self-reflection determination * Teamwork * Leadership * Respect * Adhering to rules * Coaching * Analysis * Giving feedback * Presenting/performing * Safety consciousness * Health consciousness * Decision making | MCQ  Formative assessment through small sided games  Summative assessment through full sided games where possible |
| **Year 9 Curriculum Overview**  **PE** | | | | | | |
| **Spring**  **Term** | **Knowledge & Understanding** | | | **Literacy Skills**  **Opportunities for**  **developing**  **literacy skills** | **Employability Skills**  **[if any]** | **Assessment Opportunities** |
| **Composites** | **Components**  **[KEY concepts & subject specific vocab]** | **Formal Retrieval**  **[if any]** |
|  | Socio-Cultural Influences and Well-Being | Examples of feedback and guidance  Arousal and the inverted U theory  Optimal arousal and stress management techniques  Aggression and personality  Intrinsic/extrinsic motivation  Engagement patterns  Commercialisation and sponsorship  Positive and negative effects of the media  Positive and negative impacts of technology  Introduction the drugs  Sporting examples of drug taking  Advantages/disadvantages to the performer of taking PEDs  Spectator behaviour and hooliganism |  |  | * Service * Ambition * Compassion * Respect * Equality * Determination * Cooperation * Supporting others * Self improvement * Resilience * Self-reflection determination * Teamwork * Leadership * Respect * Adhering to rules * Coaching * Analysis * Giving feedback * Presenting/performing * Safety consciousness * Health consciousness   Decision making | MCQ  Formative assessment through small sided games  Summative assessment through full sided games where possible |
| **Year 9 Curriculum Overview**  **Subject** | | | | | | |
| **Summer**  **Term** | **Knowledge & Understanding** | | | **Literacy Skills**  **Opportunities for**  **developing**  **literacy skills** | **Employability Skills**  **[if any]** | **Assessment Opportunities** |
| **Composites** | **Components**  **[KEY concepts & subject specific vocab]** | **Formal Retrieval**  **[if any]** |
|  |  | Revision and exam technique |  | Use of KO and vocab lists in ‘Do Now’ tasks.  Use of whiteboards and mini whiteboards for identifying keywords/analysing performances/recording results  Use of task and technique cards, using keywords and vocabulary.  Scorecards and analysis sheets | * Service * Ambition * Compassion * Respect * Equality * Determination * Cooperation * Supporting others * Self improvement * Resilience * Self-reflection determination * Teamwork * Leadership * Respect * Adhering to rules * Coaching * Analysis * Giving feedback * Presenting/performing * Safety consciousness * Health consciousness   Decision making | MCQ  Formative assessment through small sided games  Summative assessment through full sided games where possible |