

	Autumn 1	Autumn 2	Spring 3	Spring 4	Summer 5	Summer 6
YEAR 10 -	<p>TOPIC: Developing Leadership.</p> <p>Knowledge: Learners will develop an understanding of the key skills required to be a confident leader, through application in the provision of sport and physical activity for different types of participants. Learners will develop an understanding on how to plan and deliver a range of warm-ups to prepare the body to take part in physical activity and the responses of the cardiorespiratory and musculoskeletal systems at each stage of the warm-up, as well as providing demonstrations and teaching points to introduce participants to the techniques required for different sporting skills. They will also be able to select and organise suitable drills and support participants to take part in the drills to develop their sporting skills.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Inclusivity in Disability Sport</p> <p>Knowledge: Learners will develop an awareness of disability in sport and how to include participants with a range of disabilities, through the understanding of how to support the adaptation of appropriate coaching activities. Learners will participate in a range of adapted and inclusive sports, such as blind football, seated volleyball and goalball, in order to gain a greater understanding of how skills and techniques can be adapted to participants needs. From this, learners will apply their leadership skills in order to develop their own inclusive activities to deliver to younger year groups.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: First Aid in Sport</p> <p>Knowledge: Learners will be able to understand how to apply a range of first aid protocols and procedures that can be applied through developed careers such as physiotherapy. Through this unit, learners will also improve their understanding of health issues and how to care for themselves and others, developing the learner's person's self-confidence, self-esteem and ability to cope with emergencies, as well as an understanding of risks – both in practical and theoretical settings.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Sport in the Community</p> <p>Knowledge: Learners will develop an understanding of different career paths that can be taken, following the development of leadership in sport, with learners developing awareness of how to transfer and put values into action outside the school environment, by getting engaged in their communities, making informed decisions, being sensitive and respecting the others and the environment.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Presentation, feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Health, Fitness and Nutrition</p> <p>Knowledge: Learners will develop their understanding in each of the components of physical and skill-related fitness. They will be able to apply this understanding to how these components of fitness are used in team sports, individual sports, outdoor activities and physical fitness activities and how they impact on performance.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Developing personal fitness and well-being</p> <p>Knowledge: Learners will be able to use methods to improve their own personal fitness, well-being and sporting skills. Additionally, learners will develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>

YEAR 11 -	<p>TOPIC: Developing Leadership</p> <p>Knowledge: Learners will continue to develop their knowledge of leadership skills, through design and delivery of session plans. Learners will advance their leadership development, through establishing their team management skills by providing strategies for building trust, fostering collaboration, and creating a positive learning environment for younger years.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Inclusivity in Disability Sport</p> <p>Knowledge: Learners will continue to build on prior knowledge of disability sport, by developing further understanding of how inclusivity fosters teamwork, appreciation, wellbeing and many other attributes that make up a positive learning environment. Students will apply this knowledge into a range of inclusive and adaptive sports.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: First Aid in Sport</p> <p>Knowledge: Learners will develop their first aid knowledge, to ensure understanding of how sport can cover minor injuries, sprains, concussions to cardiac arrest and other possible life-threatening injuries. As a result, learners will enhance their understanding of how a coach/teacher must be ready to react to any such event and apply the correct treatment in a time measured approach.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Sport in the Community</p> <p>Knowledge: Learners will investigate and develop an understanding of how conflict within sport (i.e. racism, sexism, homophobia, etc.), can impact participants, in order to gain knowledge of what steps can be taken to reduce it and ensure inclusivity within sporting communities. Further to this, learners will understand how charities contribute to raising awareness of these issues.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Health, Fitness and Nutrition</p> <p>Knowledge: Learners will develop knowledge and understanding of how eating smart and being active have similar effects on our health. These include: reduce the risk of chronic diseases, such as diabetes, heart disease, high blood pressure, stroke, and some cancers and associated disabilities. Learners will then practically develop fitness circuit and plans to focus on the key areas that contribute to combatting these health risks.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Developing healthy participation and mental well-being</p> <p>Knowledge: Learners will research and develop an understand of the impact that physical activity can have on the mental wellbeing of an individual. Learners will increase their awareness of how being physically active can improve mood, decrease the chance of depression and anxiety and lead to a better and more balanced lifestyle. From this, learners will develop their understanding through case studies and individual research.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>
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