

Rules – Confidence – Solving

Diet and Nutrition

Term 6



Analysis – Resilience – Competitive

Diet and Nutrition

Term 5



Responsibility – Leadership – Tactics

Effects of Exercise + Benefits

Term 4



Feedback – Respect – Technique

Effects of Exercise + Benefits

Term 3



Understanding – Communication – Ability

Warm ups – Cool Downs – Rules

Term 2



Knowledge – Effort – Fitness Levels

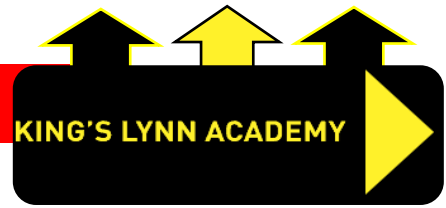
Warm ups – Cool Downs – Rules

Term 1



PE
Yr 7

Evaluation & Development of Head Heart Hands



Rules – Confidence – Solving

Goal Setting

Term 6



Analysis – Resilience – Competitive

Goal Setting

Term 5



Responsibility – Leadership – Tactics

Components of Fitness

Term 4



Feedback – Respect – Technique

Components of Fitness

Term 3



Understanding – Communication – Ability

Muscles and Bone

Term 2



Knowledge – Effort – Fitness Levels

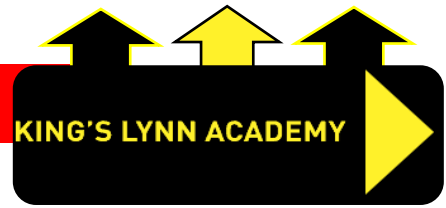
Muscles and Bones

Term 1



PE
Yr 8

Welcome to PE



Rules – Confidence – Solving

Leadership Qualities

Term 6



Analysis – Resilience – Competitive

Leadership Qualities

Term 5



Responsibility – Leadership - Tactics

Analysis of Performance

Term 4



Feedback – Respect - Technique

Analysis of Performance

Term 3



Understanding – Communication - Ability

Training Methods

Term 2



Knowledge - Effort - Fitness Levels

Training methods

Term 1



PE
Yr 9

Unit:
R187
OAA

Evaluate participation in OAA activity

Plan and take part in OAA activity



Term 6

Unit:
R187
OAA

Equipment, Clothing and Safety

Provision of different OAA activities



Term 5

Unit: R185
Performance
and
leadership in
sports
activities

Delivery and evaluation of leadership

Delivery and evaluation of leadership

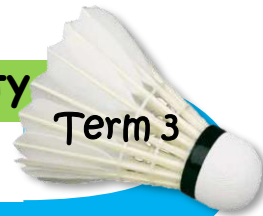


Term 4

Unit: R185
Performance
and
leadership in
sports
activities

Organising and planning a sports activity

Organising and planning a sports activity



Term 3

Unit: R185
Performance
and
leadership in
sports
activities

Applying Practice Methods

Applying Practice Methods



Term 2

Unit: R185
Performance
and
leadership in
sports
activities

Key components of sports performance

Key components of sports performance



Term 1

Unit: R184 Contemporary Issues in Sport

End of course

KING'S LYNN ACADEMY

Feedback

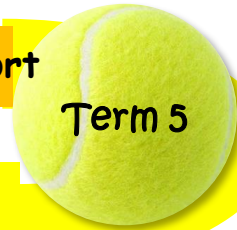
Sit Final Exam



Term 6

Use of technology in sport

The role of National Governing Bodies in Sport



Term 5

Positives and negatives of MSEs

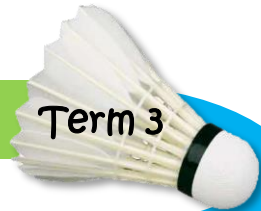
Implications of hosting a major sporting event



Term 4

Use of Performance enhancing drugs

Sporting etiquette and behaviour



Term 3

Olympic and Paralympic Movement



Promoting Sporting Values



Term 2

Factors affecting popularity of sports

Issues affecting participation in sport



Term 1

Year 2: Cambridge National in Sport Studies