



**THE BROMFORDS SCHOOL**  
ACHIEVE ENRICH PREPARE

# The Bromfords School

## PE Department.

### Intent of Curriculum



The Bromfords School

PE Department.

The intent of PE at Bromfords is

- *To provide opportunities for students to **engage**, **enjoy** and **excel** in high quality PE & sport, building a legacy of life long activity*

Achieve:

*All pupils will develop their knowledge and understanding of a variety of sporting activities. The curriculum will provide intellectual and physical challenge through a variety of appropriate pathways and opportunities.*

Enrich:

*Students participate in a broad and balanced range of curricular and extra-curricular activities, including whole school events and intra and inter school activities.*

Prepare:

*Basic skills and concepts introduced through KS3 are developed and advanced within KS4 and KS5 allowing for progression to further studies and for life long participation in sport and physical activity.*

Department: PE	Curriculum Map What does PE at Bromfords look like?					
Entry KS2	Year 7	Year 8	Year 9	Year 10	Year 11	Post-16
	<p><u>Knowledge:</u> How to participate in a variety of Team and Individual Sports and to learn key language and terms used within Physical Education and Sport to help understand how to stay fit and healthy.</p> <p><u>Skills:</u> Identify key aspects of performances to develop self and others within some of the following activities: Rugby, Football, Netball, Basketball, Handball, Cricket, Rounders, Dance, Gymnastics, Badminton, Trampolining, Athletics.</p>	<p><u>Knowledge:</u> How to participate in a variety of Team and Individual Sports and to learn key language and terms used within Physical Education and Sport to help understand how to stay fit and healthy.</p> <p><u>Skills:</u> Identify key aspects of performances to develop self and others within some of the following activities: Rugby, Football, Netball, Basketball, Handball, Cricket, Rounders, Dance, Gymnastics, Badminton, Trampolining, Athletics.</p>	<p><u>Knowledge:</u> How to participate in a variety of Team and Individual Sports and to learn key language and terms used within Physical Education and Sport to help understand how to stay fit and healthy.</p> <p><u>Skills:</u> Identify key aspects of performances to develop self and others within some of the following activities: Rugby, Football, Netball, Basketball, Handball, Cricket, Rounders, Dance, Gymnastics, Badminton, Trampolining, Athletics.</p>	<p><u>Knowledge:</u> How to participate in a variety of Team and Individual Sports and to learn key language and terms used within Physical Education and Sport to help understand how to stay fit and healthy.</p> <p><u>Skills:</u> Identify key aspects of performances to develop self and others within some of the following activities: Rugby, Football, Netball, Basketball, Handball, Cricket, Rounders, Dance, Gymnastics, Badminton, Trampolining, Athletics.</p>	<p><u>Knowledge:</u> How to participate in a variety of Team and Individual Sports and to learn key language and terms used within Physical Education and Sport to help understand how to stay fit and healthy.</p> <p><u>Skills:</u> Identify key aspects of performances to develop self and others within some of the following activities: Rugby, Football, Netball, Basketball, Handball, Cricket, Rounders, Dance, Gymnastics, Badminton, Trampolining, Athletics.</p>	<p><u>Knowledge:</u> Exam specifications for A Level PE or OCR Technical Sport covering a variety of concepts.</p> <p><u>Skills:</u></p>

<b>Enrichment, Careers, Real-world Experience.</b>						
	Careers & Real-World: Physical Education develops Physical, Mental (Emotional) and Social Well-Being. This is developed through building confidence, teamwork and competence to take part in a wide range of physical activities. These transferable skills allow progression into a number of career opportunities, including Teaching, Coaching, Physiotherapy and Medicine and Media.					

## Year 7 – Intent:

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b></p>	<p><b>Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage,</p>	<p><b>Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage, enjoy and excel in high quality PE &amp; sport, building a legacy of life long activity</p>	<p><b>Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage, enjoy and excel in high quality PE</p>	<p><b>Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage,</p>	<p><b>Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage,</p>

To provide opportunities for students to engage, enjoy and excel in high quality PE & sport, building a legacy of life long activity	enjoy and excel in high quality PE & sport, building a legacy of life long activity			& sport, building a legacy of life long activity	enjoy and excel in high quality PE & sport, building a legacy of life long activity
<i>Measuring Impact through: Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i>	<i>Measuring Impact through: Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i>	<i>Measuring Impact through: Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i>	<i>Measuring Impact through: Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i>	<i>Measuring Impact through: Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i>	<i>Measuring Impact through: Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i>

## Year 8 – Intent:

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage, enjoy and excel in high quality PE &amp; sport, building a legacy of life long activity</p>	<p><b>Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage, enjoy and excel in high quality PE &amp; sport, building a legacy of life long activity</p>	<p><b>Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage, enjoy and excel in high quality PE &amp; sport, building a legacy of life long activity</p>	<p><b>Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage, enjoy and excel in high quality PE &amp; sport, building a legacy of life long activity</p>	<p><b>Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage, enjoy and excel in high quality PE &amp; sport, building a legacy of life long activity</p>	

<p><i>Measuring Impact through:</i></p> <p><i>Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i></p>	<p><i>Measuring Impact through:</i></p> <p><i>Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i></p>	<p><i>Measuring Impact through:</i></p> <p><i>Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i></p>	<p><i>Measuring Impact through:</i></p> <p><i>Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i></p>	<p><i>Measuring Impact through:</i></p> <p><i>Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i></p>
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## Year 9 – Intent:

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Core PE Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage, enjoy and excel in high quality PE &amp; sport, building a legacy of life long activity</p>	<p><b>Core PE Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage, enjoy and excel in high quality PE &amp; sport, building a legacy of life long activity</p>	<p><b>Core PE Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage, enjoy and excel in high quality PE &amp; sport, building a legacy of life long activity</p>		<p><b>Core PE Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage, enjoy and excel in high quality PE &amp; sport, building a legacy of life long activity</p>	

<b>Theory PE Scheme of Work:</b> Physical Training  <b>Learning Intent:</b> To secure understanding of how to effectively develop different components of fitness through the application of training principles ensuring optimal performance and a reduced risk of injury.	<b>Theory PE Scheme of Work:</b> Physical Training  <b>Learning Intent:</b> To secure understanding of how to effectively develop different components of fitness through the application of training principles ensuring optimal performance and a reduced risk of injury.	<b>Theory PE Scheme of Work:</b> Health, Fitness & well-being  <b>Learning Intent:</b> To secure an understanding of the benefits of exercise and good nutrition and how this can be applied to an individual's lifestyle.	<b>Theory PE Scheme of Work:</b> Anatomy & Physiology  <b>Learning Intent:</b> To know the basic structures and functions of the body's system. Be able to evaluate the effect of short and long term exercise has on these systems and the impact this can have on physical performance.  Socio-Cultural influences  <b>Learning Intent:</b> To develop an understanding of influences that effect participation rates within sport & strategies to combat low participation. Whilst also gaining an understanding specific socio-cultural issues that impact sports image in the media and overall society.
<i>Measuring Impact through:</i>  Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.	<i>Measuring Impact through:</i>  Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.	<i>Measuring Impact through:</i>  Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.	<i>Measuring Impact through:</i>  Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.

## Year 10– Intent:

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Core PE Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b></p>	<p><b>Core PE Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage, for students to engage,</p>	<p><b>Core PE Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage, enjoy and excel in high quality PE &amp; sport, building a legacy of life long activity</p>	<p><b>Core PE Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage, enjoy and excel in high quality PE &amp;</p>	<p><b>Core PE Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage,</p>	<p><b>Core PE Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage,</p>

<p>To provide opportunities for students to engage, enjoy and excel in high quality PE &amp; sport, building a legacy of life long activity</p> <p><b>Theory PE Scheme of Work:</b> Anatomy &amp; Physiology</p> <p><b>Learning Intent:</b> To develop a secure understanding of the structures and functions of the body's systems. Demonstrating the ability to apply these to a variety of practical examples.</p>	<p>enjoy and excel in high quality PE &amp; sport, building a legacy of life long activity</p> <p><b>Theory PE Scheme of Work:</b> Sports Psychology</p> <p><b>Learning Intent:</b> To develop secure understanding of the psychological concepts that effect performance and how they can be applied to a variety of practical examples.</p>	<p><b>Theory PE Scheme of Work:</b> Socio-cultural influences</p> <p><b>Learning Intent:</b> To develop a secure understanding of the influences society &amp; culture has on sport and how this impacts participation and sports portrayal in society both positive &amp; negative. Demonstrating an ability to apply this to a variety of practical examples.</p>	<p><b>Theory PE Scheme of Work:</b> Health Fitness &amp; well-being</p> <p><b>Learning Intent:</b> To have a secure understanding of how an active lifestyle and good nutrition positively affect your health &amp; well-being. Applying this to a variety of practical examples and individual lifestyles.</p>	<p>sport, building a legacy of life long activity</p> <p><b>Theory PE Scheme of Work:</b> Analysing &amp; Evaluating Performance (AEP) Coursework</p> <p><b>Learning Intent:</b> To demonstrate the ability to effectively evaluate and analyse an individual's performance. Showing consideration for how to plan for improvements by identifying strengths &amp; weaknesses.</p>	<p>enjoy and excel in high quality PE &amp; sport, building a legacy of life long activity</p> <p><b>Theory PE Scheme of Work:</b> Analysing &amp; Evaluating Performance (AEP) Coursework</p> <p><b>Learning Intent:</b> To demonstrate the ability to effectively evaluate and analyse an individual's performance. Showing consideration for how to plan for improvements by identifying strengths &amp; weaknesses.</p>
<p><i>Measuring Impact through:</i></p> <p><i>Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i></p>	<p><i>Measuring Impact through:</i></p> <p><i>Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i></p>	<p><i>Measuring Impact through:</i></p> <p><i>Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i></p>	<p><i>Measuring Impact through:</i></p> <p><i>Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i></p>	<p><i>Measuring Impact through:</i></p> <p><i>Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i></p>	<p><i>Measuring Impact through:</i></p> <p><i>Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i></p>

## Year 11– Intent:

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Core PE Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage, enjoy and excel in high quality PE &amp; sport, building a legacy of life long activity</p>	<p><b>Core PE Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage, enjoy and excel in high quality PE &amp; sport, building a legacy of life long activity</p>	<p><b>Core PE Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage, enjoy and excel in high quality PE &amp; sport, building a legacy of life long activity</p>	<p><b>Core PE Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage, enjoy and excel in high quality PE &amp; sport, building a legacy of life long activity</p>	<p><b>Core PE Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage, enjoy and excel in high quality PE &amp; sport, building a legacy of life long activity</p>	<p><b>Core PE Scheme of Work:</b> Students to undertake a variety of Individual and Team sports allowing a good breadth of study to be in place. Sports undertaken will allow for an understanding of how to play the sports, an understanding of the different roles that can be undertaken in the sports and the health and well-being benefits of regular participation in these sports and general physical activity. Extra-curricular activities are planned and undertaken throughout the year to allow students further opportunities to develop their attributes and enjoyment as well as challenge themselves within a competitive situation.</p> <p><b>Learning Intent:</b> To provide opportunities for students to engage, enjoy and excel in high quality PE &amp; sport, building a legacy of life long activity</p>

<p><b>Theory PE Scheme of Work:</b> Anatomy &amp; Physiology revision</p> <p><b>Learning Intent:</b> To recap &amp; consolidate prior learning in terms of the effect of exercise on the human body systems.</p>	<p><b>Theory PE Scheme of Work:</b> Sports Psychology revision</p> <p><b>Learning Intent:</b> To recap &amp; consolidate prior learning in terms of psychological concepts that effect performance.</p>	<p><b>Theory PE Scheme of Work:</b> Paper 1 Revision – Exam Question Practice</p> <p><b>Learning Intent:</b> To master the skills of analysing and evaluating factors which effect physical performance &amp; know how to improve performance using a variety of practical examples.</p>	<p><b>Theory PE Scheme of Work:</b> Paper 2 Revision – Exam Question Practice</p> <p><b>Learning Intent:</b> To master the skills of analysing and evaluating influences that effect an individual’s involvement in sport and the contribution of sport to an individual’s health, fitness &amp; well-being.</p>	<p><b>Theory PE Scheme of Work:</b> Revision</p> <p><b>Learning Intent:</b> To master the skill of applying theoretical content to a variety of practical examples and understanding the factors that underpin sport and well-being.</p>	<p><b>Theory PE Scheme of Work:</b> Revision</p> <p><b>Learning Intent:</b> To master the skill of applying theoretical content to a variety of practical examples and understanding the factors that underpin sport and well-being.</p>
<p><i>Measuring Impact through:</i></p> <p><i>Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i></p>	<p><i>Measuring Impact through:</i></p> <p><i>Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i></p>	<p><i>Measuring Impact through:</i></p> <p><i>Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i></p>	<p><i>Measuring Impact through:</i></p> <p><i>Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i></p>	<p><i>Measuring Impact through:</i></p> <p><i>Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i></p>	<p><i>Measuring Impact through:</i></p> <p><i>Regular assessment will occur within lessons, culminating in an overall assessment of students progress, ability and understanding at the end of each block of work.</i></p>

## Year 12– Intent:

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Year 12 OCR Sport – Unit 1</p> <p><b>Scheme of Work:</b> Skeletal System</p> <p><b>Learning Intent:</b> To develop an understanding of the skeletal system and how it is used within sporting situations.</p> <p>Year 12 OCR Tech Unit 17</p> <p><b>Scheme of Work:</b> Sports Injuries</p> <p><b>Learning Intent:</b> To develop an understanding of types of injury and impacts of injuries.</p> <p>Unit 19 <b>Scheme of Work:</b> Motivation and Attribution</p> <p><b>Learning Intent:</b> Know the different factors that affect motivation for sport and exercise. Understand attribution theory in</p>	<p>Year 12 OCR Sport – Unit 1</p> <p><b>Scheme of Work:</b> Muscular System</p> <p><b>Learning Intent:</b> To develop an understanding of the muscular system and how it is used within sporting situations.</p> <p>Year 12 OCR Tech Unit 17</p> <p><b>Scheme of Work:</b> Sports Injuries</p> <p><b>Learning Intent:</b> To develop an understanding of types of injury and impacts of injuries.</p> <p>Unit 19 <b>Scheme of Work:</b> Motivation and Attribution</p> <p><b>Learning Intent:</b> Know the different factors that affect motivation for sport and exercise. Understand attribution theory in relation to sport and exercise.</p>	<p>Year 12 OCR Sport – Unit 1</p> <p><b>Scheme of Work:</b> Cardio-vascular and respiratory systems</p> <p><b>Learning Intent:</b> To develop an understanding of the CV and respiratory systems and how they are used within sporting situations.</p> <p>Year 12 OCR Tech Unit 17</p> <p><b>Scheme of Work:</b> Injury Treatment</p> <p><b>Learning Intent:</b> To develop an understanding of how to treat different types of sports injury.</p> <p>Unit 19 <b>Scheme of Work:</b> Stress, anxiety and group dynamics</p> <p><b>Learning Intent:</b> Understand the effects of stress, anxiety and arousal in sport and exercise. Understand the importance of group dynamics in team sports and group exercise.</p>	<p>Year 12 OCR Sport – Unit 1</p> <p><b>Scheme of Work:</b> Energy Systems</p> <p><b>Learning Intent:</b> To develop an understanding of the energy systems and how they are used within sporting situations.</p> <p>Year 12 OCR Tech Unit 17</p> <p><b>Scheme of Work:</b> Injury Treatment</p> <p><b>Learning Intent:</b> To develop an understanding of how to treat different types of sports injury.</p> <p>Unit 19 <b>Scheme of Work:</b> Stress, anxiety and group dynamics</p> <p><b>Learning Intent:</b> Understand the effects of stress, anxiety and arousal in sport and exercise. Understand the importance of group dynamics in team sports and group exercise.</p>	<p>Year 12 OCR Sport – Unit 1</p> <p><b>Scheme of Work:</b> Revision and exam preparation</p> <p><b>Learning Intent:</b> To recap concepts covered and prepare for the exam.</p> <p>Year 12 OCR Tech Unit 17</p> <p><b>Scheme of Work:</b> Rehabilitation of Injuries</p> <p><b>Learning Intent:</b> To develop an understanding of how people recover from injury and the processes that can be undertaken to assist this.</p> <p>Unit 19 <b>Scheme of Work:</b> Stress, anxiety and group dynamics</p> <p><b>Learning Intent:</b> Understand the effects of stress, anxiety and arousal in sport and exercise. Understand the importance of group dynamics in team sports and group exercise.</p>	<p>Year 12 OCR Sport – Unit 1</p> <p><b>Scheme of Work:</b> Revision and exam preparation</p> <p><b>Learning Intent:</b> To recap concepts covered and prepare for the exam.</p> <p>Year 12 OCR Tech Unit 17</p> <p><b>Scheme of Work:</b> Rehabilitation of Injuries</p> <p><b>Learning Intent:</b> To develop an understanding of how people recover from injury and the processes that can be undertaken to assist this.</p> <p>Unit 19 <b>Scheme of Work:</b> Stress, anxiety and group dynamics</p> <p><b>Learning Intent:</b> Understand the effects of stress, anxiety and arousal in sport and exercise. Understand the importance of group</p>

relation to sport and exercise.					dynamics in team sports and group exercise.
<i>Measuring Impact through: Regular assessments and exam board set tasks or exams.</i>	<i>Measuring Impact through: Regular assessments and exam board set tasks or exams.</i>	<i>Measuring Impact through: Regular assessments and exam board set tasks or exams.</i>	<i>Measuring Impact through: Regular assessments and exam board set tasks or exams.</i>	<i>Measuring Impact through: Regular assessments and exam board set tasks or exams.</i>	<i>Measuring Impact through: Regular assessments and exam board set tasks or exams.</i>



## Year 13– Intent:

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Scheme of Work:</b> Year 13 OCR Sport – Unit 2  Sports Organisation  <b>Learning Intent:</b> Understand how sport in the UK is organised	<b>Scheme of Work:</b> Year 13 OCR Sport – Unit 2  Sports Development  <b>Learning Intent:</b> Understand sports development  <b>Scheme of Work:</b> Year 13 OCR Sport – Unit 3  Planning for Success  <b>Learning Intent:</b> Be able to plan sports and activity sessions.	<b>Scheme of Work:</b> Year 13 OCR Sport – Unit 2  Impact of Sports Development  <b>Learning Intent:</b> Understand how the impact of sports development can be measured  <b>Scheme of Work:</b> Year 13 OCR Sport – Unit 3  Prepare, deliver, review, progress  <b>Learning Intent:</b> Be able to prepare sports and activity environments. Be able to deliver sports and activity sessions. Be able to review sports and activity sessions.	<b>Scheme of Work:</b> Year 13 OCR Sport – Unit 2  Sports Development in Practice  <b>Learning Intent:</b> Understand sports development in practice  <b>Scheme of Work:</b> Year 13 OCR Sport – Unit 3  Winning a contract  <b>Learning Intent:</b> Be able to use methods to improve skills, techniques and tactics in sport.	<b>Scheme of Work:</b> Year 13 OCR Sport – Unit 2  Revision  <b>Learning Intent:</b> To develop knowledge and understanding of all schemes of work.  <b>Scheme of Work:</b> Year 13 OCR Sport – Unit 3  Resubmissions of assignments  <b>Learning Intent:</b> To develop knowledge and understanding to allow progression of assignment work.	<b>Scheme of Work:</b> Year 13 OCR Sport – Unit 2  Revision  <b>Learning Intent:</b> To develop knowledge and understanding of all schemes of work.  <b>Scheme of Work:</b> Year 13 OCR Sport – Unit 3  Resubmissions of assignments  <b>Learning Intent:</b> To develop knowledge and understanding to allow progression of assignment work.
Measuring Impact through: Regular assessments and exam board set tasks or exams.	Measuring Impact through: Regular assessments and exam board set tasks or exams.	Measuring Impact through: Regular assessments and exam board set tasks or exams.	Measuring Impact through: Regular assessments and exam board set tasks or exams.	Measuring Impact through: Regular assessments and exam board set tasks or exams.	Measuring Impact through: Regular assessments and exam board set tasks or exams.