

Long term planning grid

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 9 GCSE</b>	<p><b>Importance of regular exercise and physical activity/ sport to a performer</b></p> <p><b>What will be learnt?</b> Exercise, sport and physical activity</p> <p>Importance of exercise to the social, physical and mental well being</p> <p>Social affects Physical effects Mental/Emotional effects</p> <p>Role of nutrition</p> <p>Importance of participation</p> <p><b>Main Outcomes</b> What is the difference between sport and physical activity</p> <p>What positive effects sport can have on a performer</p>	<p><b>What makes an effective sports person?</b></p> <p><b>What will be learnt?</b> Different roles in sport *performer *coach *official *timekeeper *manager *data analysis</p> <p>Life skills required in each role Practical application of each role in sport and new sports</p> <p><b>Main Outcomes</b> What is the difference in the roles in sport played by the performer, coach and official?</p> <p>What key life skills are developed through these roles? Introduction of new sports such as Handball , Climbing, Volleyball</p> <p><b>Assessment</b> Observation of students in each of the roles stated above Students involvement in</p>	<p><b>Developing Leadership skills</b> Leadership award</p> <p><b>What will be learnt?</b> Leadership qualities Communication skills Self Belief skills Teamwork skills Self management skills Problem Solving skills</p> <p>Achieved through practical and classroom based activities/tasks</p> <p><b>Main Outcomes</b> What makes a good leader in sport? What skills are required and what behaviours are exhibited? More leaders to help in sport clubs/fixtures and develop community links Development of a sports leading hub</p> <p><b>Assessment</b> Sports leaders award achieved More involved in clubs and helping younger years as role models. Sports Leading hub developed to inspire others</p>	<p><b>Developing Leadership skills</b> Leadership award</p> <p><b>What will be learnt?</b> Leadership qualities Communication skills Self Belief skills Teamwork skills Self management skills Problem Solving skills</p> <p>Achieved through practical and classroom based activities/tasks</p> <p><b>Main Outcomes</b> What makes a good leader in sport? What skills are required and what behaviours are exhibited? More leaders to help in sport clubs/fixtures and develop community links Development of a sports leading hub</p> <p><b>Assessment</b> Sports leaders award achieved More involved in clubs and helping younger years as role models. Sports Leading hub developed to inspire others</p>	<p><b>The role of Fitness levels in developing sports performance</b></p> <p><b>What will be learnt?</b> The fitness components The fitness tests The training methods made relevant to the students' sports Applying knowledge to situations in sport Evaluating self and applying to a plan</p> <p><b>Main outcomes</b> What are the different fitness components associated with main sport? How do you test for these components? Which training methods are used to develop fitness in your sport? Which are strengths and weaknesses? Develop a plan</p> <p><b>Assessment</b> Fitness tests performed and recorded in a booklet</p>	<p><b>Developing fitness and performance in sport</b></p> <p><b>What will be learnt?</b> Completion of a training programme for developing fitness levels and performance in sport Structuring a training programme</p> <p>Other factors affecting performance linked to psychology aspect of GCSE</p> <p><b>Main outcomes</b> Completion of a Personal Exercise Programme for a sport</p> <p>Awareness of other factors based on psychology/sociocultural topics</p> <p><b>Assessment</b> Training programme completed over 6 weeks Written document on programme (PEP)</p>

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	<p>Key effects on the body and mind</p> <p>Why is nutrition so important?</p> <p>Why regular participation is important for success</p> <p>Talk from a Sports star</p> <p><b>Assessment</b>          Work booklet on key effects          Participation log for GCSE support          Test/quiz</p>	<p>such roles in core PE and in extra-curricular activities</p> <p>Specific leadership award</p>			<p>Training methods undertaken to develop fitness</p> <p>Development of a written plan</p>	
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