



	Autumn 1			Autumn 2			Spring 1			Spring 2			Summer 1			Summer 2		
Reporting Y10		CfCs		BfL & Grades			CfCs			BfL & Grades			BfL & Report					
Year 10 PE	In Invasion Games students will be challenged physically and mentally in a variety of complex and highly pressurised situations . Here they will be required to show an advanced application of skills, tactics and techniques, being encouraged to enjoy competing with and against their peers. During this unit students will also work upon developing a number of personal qualities, such as cooperation, teamwork, respect and self-management. In Fitness units students will work independently on areas of their fitness which are most important to them. They will use their knowledge of the components of fitness and their personal motivation (aims) to design fitness work/a programme which challenges and motivates them. Students will be encouraged to use a variety of C of F in order to meet the requirements of leading a healthy, active lifestyle. During this unit students will also work upon developing a number of personal qualities, such as Independence, Resilience and Self-Management. On the Sports Leaders course students will be taught how to behave/act like a leader and display the skills and behaviours needed for effective sports leadership, such as planning, communication, confidence and group control. Here they will gain experience in delivering sports sessions and be able to evaluate the effectiveness of their own leadership performance. Further experience will be gained by assisting with the many primary sports events held at RLS. During this unit students will be encouraged to develop a number of personal qualities, such as, cooperation, confidence, communication, teamwork, leadership and self-discipline. During the Autumn term we run a carousel from the 4 activity areas with Sports Leaders being an option. Assessment and DIT: At the end of each unit students will complete an assessment and receive feedback					In Net Games students will be challenged physically and mentally in a variety of complex and highly pressurised situations . Here they will be required to show an advanced application of skills, tactics and techniques, being encouraged to enjoy competing with and against their peers. During this unit students will also work upon developing a number of personal qualities, such as cooperation, teamwork, respect and self-management. In Aesthetic activities students will develop routines which show an appreciation of their individual skills, ability and knowledge of what makes high quality aesthetic performances. They will be challenged physically and mentally, working both individually and as part of a group. In addition students will be able to appreciate what makes a quality performance and offer constructive and knowledgable feedback to other performers. During this unit students will be encouraged to develop a number of personal qualities, such as, cooperation, confidence and resilience. During the Spring term students will opt for activities from the 4 activity areas. Assessment and DIT: At the end of each unit students will complete an assessment and receive feedback					In Athletic activities students will take part in a number of track and field events. Here they will be challenged to achieve their personal best and understand where their strengths and weaknesses lie. Students will use athletics sessions to further specialise and prepare for intra and inter-school athletics comeptitions. During this unit students will be encouraged to develop a number of personal qualities, such as resilience, respect and humility. In Striking and Fielding Games students will be challenged physically and mentally in a variety of complex and highly pressurised situations . Here they will be required to show an advanced application of skills, tactics and techniques, being encouraged to enjoy competing with and against their peers. During this unit students will also work upon developing a number of personal qualities, such as cooperation, teamwork, respect and self-management. During the Summer term we run a carousal from the 6 activity areas with Sports Leaders being an option. Assessment and DIT: At the end of each unit students will complete an assessment and receive feedback					Work Experience Week		
Year 10 Sports Science	The current Yr 10 cohort will be the first to undertake the OCR Cambridge National Sports Science course. The course structure is similar to the existing Sports Studies course currently in its final year of delivery. This means 3 units covered over the 2 year course, 2 worth 40% and 1 worth 20% Therefore, students in the autumn term will start work on unit R181 ' Applying the principles of training: fitness and how it affects skill performance '. Task 1 'Components of fitness applied in Sport' will see students assessed on their description of 10 fitness tests, analysing their results to compare to National Data and then identify fitness strengths and weaknesses. They will evidence this through a writtent report. Task 2 'Components of fitness applied in Sport' will see students complete a written assignment where they are tasked with identifying a wide range of skills which are used in their 2 chosen sports and identifying which components of fitness allow these skills to be performed effectively. Following this students will design 2 component of fitness tests which link closely to skills they perform in their best/chosen activity. They will analyse the results from this, compare to others and discuss the quality and appropriateness of each test.					In the spring term, students will move on to Task 3 in unit R181, ' Apply principles of training in Sport '. Here, students will learn the essential parts of planning a training programme and applying this to themselves and a client allocated by the exam board. In this 3rd written report students will give detailed information about SPOR, FITT, SMART, Training Methods and Energy Systems. Around Easter time, students will undertake Task 4 'Organising and Planning a fitness training programme' , where they will use the knowledge they have gained in task 3 to create their own personal 6 week training programme addressing their performance needs and aims. They will do this for one of their 2 chosen sports, including pre and post testing, and a risk assessment to ensure the programme is safe. The final task of the unit, Task 5 ' Review own performance in planning and delivery of a fitness training programme' , will be completed in the summer term. This will take the form of an evaluation to be present to your sports coach where the learner will carryout a complete review/evaluation of their training programme. This will include, comparing pre and post test results, highlighting strengths and weaknesses of their fitness and the programme in general, identifying adaptions and ways the programme could be improved if it was repeated. The unit R181 contributes 40% of the overall marks for the course. The unit will be externally moderated in either June 2026, or Jan 2027.					Work Experience Week							

Reporting Y11		CfCs & Grades		Rep & Grades		CfCs & Grades		BfL & Grades				
Year 11 PE	In Invasion Games students will be challenged physically and mentally in a variety of complex and highly pressurised situations . Here they will be required to show an advanced application of skills, tactics and techniques, being encouraged to enjoy competing with and against their peers. During this unit students will also work upon developing a number of personal qualities, such as cooperation, teamwork, respect and self-management. In Fitness units students will work independently on areas of their fitness which are most important to them. They will use their knowledge of the components of fitness and their personal motivation (aims) to design fitness work/a programme which challenges and motivates them. Students will be encouraged to use a variety of C of F in order to meet the requirements of leading a healthy, active lifestyle. During this unit students will also work upon developing a number of personal qualities, such as Independence, Resilience and Self-Management. During the Autumn term we run a carousel from the 4 activity areas. Assessment and DIT: At the end of each unit students will complete an assessment and receive feedback				In Net Games students will be challenged physically and mentally in a variety of complex and highly pressurised situations . Here they will be required to show an advanced application of skills, tactics and techniques, being encouraged to enjoy competing with and against their peers. During this unit students will also work upon developing a number of personal qualities, such as cooperation, teamwork, respect and self-management. In Aesthetic activities students will develop routines which show an appreciation of their individual skills, ability and knowledge of what makes high quality aesthetic performances. They will be challenged physically and mentally, working both individually and as part of a group. In addition students will be able to appreciate what makes a quality performance and offer constructive and knowledgable feedback to other performers. During this unit students will be encouraged to develop a number of personal qualities, such as, cooperation, confidence and resilience. During the Spring term students will opt for activities from the 4 activity areas. Assessment and DIT: At the end of each unit students will complete an assessment and receive feedback				In Athletic activities students will take part in a number of track and field events. Here they will be challenged to achieve their personal best and understand where their strengths and weaknesses lie. Students will use athletics sessions to further specialise and prepare for intra and inter-school athletics comeptitions. During this unit students will be encouraged to develop a number of personal qualities, such as resilience, respect and humility. In Striking and Fielding Games students will be challenged physically and mentally in a variety of complex and highly pressurised situations . Here they will be required to show an advanced application of skills, tactics and techniques, being encouraged to enjoy competing with and against their peers. During this unit students will also work upon developing a number of personal qualities, such as cooperation, teamwork, respect and self-management. During the Summer term we run a carousal from the 6 activity areas. Assessment and DIT: At the end of each unit students will complete an assessment and receive feedback			
Year 11 Sports Science	In the first term of Year 11 Sports Science students will take part in the Nutrition and Sports Performance Unit (R183). This is another coursework based unit with students completing another 4 written reports. The first assignment will be understanding the different nutrients which make up a balanced diet and linking this to a specific client who has been selected by the exam board. Task 2 will investigate nutritional requirements before, after and during exercise and detailing the different needs of different sports performers. Task 3 will build on the 2 previous assignments, setting a dietary plan for the identified client and ensuring this matches the individuals needs. Task 4 evaluates the dangers if a poor diet and how this can have a negative impact on sporting performance, in general, but specifically for our client. As with all the written coursework, this will be structured and scaffolded in great deal, with continuous guidance being given to the students. A step by step approach is adopted to help support the students in completing this task. Following the completion of a task, work will be thoroughly marked with amendments being suggested - DIT work will then be completed with a final grade then being awarded. The Nutrition and Sports Performance Unit will be external assessed in the June series of Year 11. This unit counts for 20% of the overall mark for the course.				In the final term and a half on the course, students complete the final unit of the course. This unit 'Reducing the risk of sports injuries and dealing with common medical conditions' (R180). This is assessed through an examination which will take place in early May of Year 11. In this exam there are 5 topic areas which will be covered 'Different factors which influence the risk and severity of injury', 'Warm up and cool down routines', 'Different types and causes of sports injuries', 'Reducing risk, treatment and rehabilitation of sports injuries and medical conditions, 'Causes, symptoms and treatment of medical conditions'. Teachers will teach the content in both a practical and theory way to try and increase students understanding. Students will complete a booklet of notes which will act as the main revision tool for this exam. The aim will be to complete the contents of the examination by Easter with the remaining lessons up to the exam being for revision, i.e. confirming students knowledge of the contents and completing past papers. This examination will be 1 hour 15 minutes and will be worth 40% of the overall grade awarded. Overall Sports Science students gain a score out of 200 which gives them an overall grade for the course of Distinction * (180), Distinction (160), Merit (140), Pass (120), these are Level 2 qualifications which is the equivalent to a GCSE grade. Level 1 grades are also available should a P2 not be achieved.							