

Term 1 Content Autumn 1	Term 2 Content Autumn 2	Term 3 Content Spring 1	Term 4 Content Spring 2	Term 5 Content Summer 1	Term 6 Content Summer 2	Desired end of year outcomes
<p>Practical Performance Activity 1 - Athletics</p> <p>Safe practises Warm up, Cool Down, Venue rules</p> <p>Running, throwing and jumping across a range of events.</p> <p>Focus on good technique with consistent accuracy, control and fluency in isolation and in a controlled or competitive setting.</p> <p>Application of rules, conventions and tactics.</p> <p>Leading others Appropriate communication with other players.</p> <p>Professional conduct and safety for all.</p>	<p>Practical Performance Activity 2 – Fitness Training (Weight and Circuit Training)</p> <p>Safe practises Warm up, Cool Down, Venue rules and equipment checks</p> <p>Create a 6-week training programme to improve your own fitness.</p> <p>Evaluate and modify your training programme to ensure progression and suitability.</p> <p>Show a range of exercises with good technique.</p> <p>Application of rules, conventions and tactics.</p> <p>Leading others Appropriate communication with other players.</p> <p>Professional conduct and safety for all.</p>	<p>Analysing Performance Analyse your own and others performance, identifying strengths and weaknesses and suggesting how performance may be improved.</p> <p>Observe and assess your own or a peer's performance in one practical activity:</p> <p>Analyse the skills requires Evaluate the strengths and weaknesses of the performer</p> <p>Suggest how performance can be improved.</p>	<p>Practical Performance Activity 3 – basketball/netball</p> <p>Safe practises Warm up, Cool Down, Venue rules</p> <p>Footwork skills Passing, dribbling, shooting, set shot, jump shot. Focus on good technique with consistent accuracy, control and fluency in isolation and in a controlled or competitive setting</p> <p>Application of rules, conventions and tactics.</p> <p>When and where to pass etc. Roles and positions on court.</p> <p>Teamwork and communication.</p> <p>Application of rules, conventions and tactics.</p> <p>Leading others Appropriate communication with other players and professional conduct and safety for all.</p>	<p>Practical Performance Activity 4 – Water based activity i.e. sailing, canoeing etc.</p> <p>Safe practises Warm up, Cool Down, Safety on water, Venue rules and equipment checks.</p> <p>Skills related to chosen activity.</p> <p>Focus on good technique with consistent accuracy, control and fluency in isolation and in a controlled or competitive setting.</p> <p>Application of rules, conventions and tactics.</p> <p>Leading others Appropriate communication with other players.</p> <p>Professional conduct and safety for all.</p>	<p>Leading others Leading a range of sporting activities:</p> <p>Keeping self and others safe.</p> <p>Offering guidance and encouragement.</p> <p>Use of feedback.</p> <p>Drills to improve performance.</p> <p>Use of equipment.</p> <p>Evaluating performance – recognising strengths and weaknesses.</p> <p>Professional conduct.</p>	<p>Completion of OCR Entry Level in Physical Education</p> <p>NB: Core PE Lessons support and enhance time spent on this course.</p>
Assessment						
Throughout year after each activity						
Assessment day in Summer 2						