



Achievement Cycle Overview

Curriculum: Core Physical Education

**Excellence.
No Excuses.**

Year	AC1	AC2	AC3	AC4
7 2 sports for 5 wks and 2 sports for 4 weeks	<p>Topic Overview: Netball/Dodgeball/Rugby/Orienteering</p> <ul style="list-style-type: none"> - Foundation level skills, techniques and T&S - Key rules and concept of the activity - Conditioned games <p>NC links: Use of tactics and strategies to overcome opponents Improving performance in competitive sport (team and individual) Take part in OAA Analysis and evaluation of performance</p> <p>CN Links: Practical performance Officiating Leadership Jobs in the Sports Industry</p> <p>GCSE Links: Warm up and Cool down/Muscles</p>	<p>Topic Overview: Football/Gymnastics/Cross Country/Badminton</p> <ul style="list-style-type: none"> - Foundation level skills, techniques and T&S - Key rules and concept of the activity - Conditioned games <p>NC links: Use of tactics and strategies to overcome opponents Improving performance in competitive sport (team and individual) Take part in OAA Analysis and evaluation of performance</p> <p>CN Links: Practical performance Officiating Leadership Jobs in the Sports Industry</p> <p>GCSE Links: Warm up and Cool down/Cardiovascular Endurance/Muscles</p>	<p>Topic Overview: Basketball/Handball/Fitness/Volleyball</p> <ul style="list-style-type: none"> - Foundation level skills, techniques and T&S - Key rules and concept of the activity - Conditioned games <p>NC links: Use of tactics and strategies to overcome opponents Improving performance in competitive sport (team) Analysis and evaluation of performance Physical confidence/lead active, healthy lives</p> <p>CN Links: Practical performance Officiating Leadership Jobs in the Sports Industry</p> <p>GCSE Links: Warm up and cool down/Skill related fitness/Muscles</p>	<p>Topic Overview: Tennis (short)/Athletics/Rounders/cricket</p> <ul style="list-style-type: none"> - Foundation level skills, techniques and T&S - Key rules and concept of the activity - Conditioned games <p>NC links: Use of tactics and strategies to overcome opponents Improving performance in competitive sport (team and individual) Analysis and evaluation of performance</p> <p>CN Links: Practical performance Officiating Leadership Jobs in the Sports Industry</p> <p>GCSE Links: Warm up and Cool down/Muscles</p>
8 Block 2 ran like yr 7 3 sports on a rotation for 1 hour lessons	<p>Topic Overview: Netball/Rugby/ Basketball/</p> <ul style="list-style-type: none"> - More challenging skills, techniques and T&S - Majority of rules - Moving towards full sided games <p>NC links: Use of tactics and strategies to overcome opponents Improving performance in competitive sport (team and individual) Take part in OAA Analysis and evaluation of performance</p> <p>CN Links: Practical performance Officiating Leadership Jobs in the Sports Industry</p> <p>GCSE Links: Effects of exercise on the body systems</p>	<p>Topic Overview: Football/Gymnastics/Cross Country/Badminton</p> <ul style="list-style-type: none"> - More challenging skills, techniques and T&S - Majority of rules - Moving towards full sided games <p>NC links: Use of tactics and strategies to overcome opponents Improving performance in competitive sport (team and individual) Take part in OAA Analysis and evaluation of performance</p> <p>CN Links: Practical performance Officiating Leadership Jobs in the Sports Industry</p> <p>GCSE Links: Effects of exercise on the body systems/Cardiovascular Endurance</p>	<p>Topic Overview: Basketball/Volleyball/Fitness</p> <ul style="list-style-type: none"> - More challenging skills, techniques and T&S - Majority of rules - Moving towards full sided games <p>NC links: Use of tactics and strategies to overcome opponents Improving performance in competitive sport (team) Physical confidence/lead active, healthy lives Analysis and evaluation of performance</p> <p>CN Links: Practical performance Officiating Leadership Jobs in the Sports Industry</p> <p>GCSE Links: Effects of exercise on the body systems/Health related fitness/Fitness tests</p>	<p>Topic Overview: Short Tennis /Athletics/Rounders/cricket</p> <ul style="list-style-type: none"> - More challenging skills, techniques and T&S - Majority of rules - Moving towards full sided games <p>NC links: Use of tactics and strategies to overcome opponents Improving performance in competitive sport (team and individual) Analysis and evaluation of performance</p> <p>CN Links: Practical performance Officiating Leadership Jobs in the Sports Industry</p> <p>GCSE Links: Effects of exercise on the body systems</p>
11	<p>Topic Overview:</p>	<p>Topic Overview:</p>	<p>Topic Overview:</p>	<p>Topic Overview:</p>

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Topic Overview: Football/Badminton/Netball/Trampolining/Dance/Cheerleading

- Advanced level skills, techniques and T&S
- All rules (some officiating)
- Full sided games

NC links:
Use of tactics and strategies to overcome opponents
Improving performance in competitive sport (team and individual)
Analysis and evaluation of performance
Using advanced dance techniques in a range of styles and forms

CN Links:
Practical performance
Officiating
Leadership
Jobs in the Sports Industry

GCSE Links: Nutrition and Diet

Topic Overview: Lacrosse/Cross Country/Gymnastics/Volleyball

- Advanced level skills, techniques and T&S
- All rules (some officiating)
- Full sided games

NC links:
Use of tactics and strategies to overcome opponents
Improving performance in competitive sport (team and individual)
Take part in OAA
Analysis and evaluation of performance

CN Links:
Practical performance
Officiating
Leadership
Jobs in the Sports Industry

GCSE Links: Nutrition and Diet/Training methods

Topic Overview: Basketball/Rugby/Fitness/Handball

- Advanced level skills, techniques and T&S
- All rules (some officiating)
- Full sided games

NC links:
Use of tactics and strategies to overcome opponents
Improving performance in competitive sport (team)
Analysis and evaluation of performance
Physical confidence/lead active, healthy lives

CN Links:
Practical performance
Officiating
Leadership
Jobs in the Sports Industry

GCSE Links: Nutrition and Diet/Short term and long-term effects of exercise on the body/FITT principle

Topic Overview: Tennis/Cricket/Softball/Athletics/Rounders/Ultimate Frisbee

- Advanced level skills, techniques and T&S
- All rules (some officiating)
- Full sided games

NC links:
Use of tactics and strategies to overcome opponents
Improving performance in competitive sport (team and individual)
Analysis and evaluation of performance

CN Links:
Practical performance
Officiating
Leadership
Jobs in the Sports Industry

GCSE Links: Nutrition and Diet

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Topic Overview: Activities chosen according to the group

Netball/Football/Volleyball/Badminton/Basketball/Trampolining/Rugby/Fitness/Handball/Dance/Lacrosse/Dodgeball/Cheerleading/Gymnastics

- Advanced and complex skills, techniques and T&S – focusing on compositional ideas
- All rules and focus on officiating
- Full sided games - focusing on the pupil's role in achieving a collective or individual outcome

NC links:
Complex and demanding physical activity
A range of activities to promote an active, healthy lifestyle
Develop personal fitness
Tactics and strategies to overcome opponents

CN Links:
Practical performance
Officiating
Leadership
Jobs in the Sports Industry

GCSE Links:
Importance of life- long exercise to prevent disease

Topic Overview: Continue with chosen activities or choose an option pathway

Traditional games
Alternative games
Leadership
Officiating
Fitness and health
This Girl Can/Mindfulness

NC links:
Complex and demanding physical activity
A range of activities to promote an active, healthy lifestyle
Develop personal fitness
Tactics and strategies to overcome opponents

CN Links:
Practical performance
Officiating
Leadership
Jobs in the Sports Industry

GCSE Links:
Traditional games - Importance of life- long exercise to prevent disease
Alternative games - Importance of life- long exercise to prevent disease and Social/Physical and Mental benefits of physical activity
Leadership – leadership styles and coaching
Officiating – National Governing Bodies
Fitness and health – Physical and Mental effects of exercise
This Girl Can/Mindfulness - Social/Physical and Mental

Topic Overview: Continue with chosen activities or choose an option pathway

Traditional games
Alternative games
Leadership
Officiating
Fitness and health
This Girl Can/Mindfulness

NC links:
Complex and demanding physical activity
A range of activities to promote an active, healthy lifestyle
Develop personal fitness
Tactics and strategies to overcome opponents

CN Links:
Practical performance
Officiating
Leadership
Jobs in the Sports Industry

GCSE Links:
Traditional games - Importance of life- long exercise to prevent disease
Alternative games - Importance of life- long exercise to prevent disease and Social/Physical and Mental benefits of physical activity
Leadership – leadership styles and coaching
Officiating – National Governing Bodies
Fitness and health – Physical and Mental effects of exercise
This Girl Can/Mindfulness - Social/Physical and

Topic Overview: Tennis/Rounders/Softball/Cricket/Athletics/Baseball

- Advanced and complex skills, techniques and T&S – focusing on compositional ideas
- All rules and focus on officiating
- Full sided games - focusing on the pupil's role in achieving a collective or individual outcome

NC links:
Complex and demanding physical activity
A range of activities to promote an active, healthy lifestyle
Develop personal fitness
Tactics and strategies to overcome opponents

CN Links:
Practical performance
Officiating
Leadership
Jobs in the Sports Industry

GCSE Links:
Technology in sport – focus on the summer activities