



Core PE	Topic 1	Topic 2	Topic 3
Year 7	<p>Topic: Being your Best</p> <p>Focus: Excellence</p> <p>Outcome: Displays exceptional levels of effort in all lessons in a desire to achieve and influences others.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, (rugby, football, hockey, basketball) striking and fielding (cricket and rounders), athletic activities, net and wall (badminton) gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Accepting Challenge</p> <p>Focus: Determination</p> <p>Outcome: Actively seeks out and takes on increasingly challenging situations and roles to push themselves further.</p> <p>Duration: 6-12 lessons.</p> <p>A range of sports which include invasion games (rugby, football, basketball, hockey) striking and fielding (cricket and rounders) athletic activities, net and wall (badminton) gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Respect for yourself– integrity</p> <p>Focus: Respect</p> <p>Outcome: Displays exceptionally high levels of sportsmanship and personal standards in PE in all activities and roles.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games (rugby, football, basketball, hockey) net and wall activities (tennis and badminton) striking and fielding (cricket and rounders) athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>
Year 8	<p>Topic: Working in your challenge zone</p> <p>Focus: Excellence</p> <p>Outcome: Able to identify a range of detailed personal targets for themselves and others that are within personal challenge zones</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, net and wall, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Demonstrating resilience</p> <p>Focus: Determination</p> <p>Outcome: Consistently demonstrates an ability to bounce back, even after repeated failure in a challenging setting.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, net and wall, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Respect for others– empathy</p> <p>Focus: Respect</p> <p>Outcome: Works effectively with all and any student in the class. Is actively helpful in managing equipment, self and people.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, net and wall, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>



<p>Year 9</p>	<p>Topic: Reflection and decision making</p> <p>Focus: Excellence</p> <p>Outcome: Makes thoughtful and considered reflections on own and others performance and makes appropriate, justified decisions under pressure.</p> <p>Duration: 6-12 lessons Add Table Tennis/Handball</p> <p>A range of sports which include invasion games, net and wall, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Self-motivation and motivation of others</p> <p>Focus: Determination</p> <p>Outcome: Demonstrates high levels of drive and personal ambition and pushes others to achieve their best.</p> <p>Duration: 6-12 lessons Add Table tennis/Handball</p> <p>A range of sports which include invasion games, net and wall, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Respect the value of physical activity</p> <p>Focus: Respect</p> <p>Outcome: a clear understanding of the wide ranging benefits of and active and healthy lifestyle and actively seeks to gain those benefits.</p> <p>Duration: 6- 12 lessons</p> <p>A range of sports which include invasion games, net and wall, striking and fielding, athletic activities, gymnastic activities, adventurous activities, table tennis/Handball and healthy related fitness.</p>
<p>Year 10</p>	<p>Topic: Evaluation and goal setting</p> <p>Focus: Excellence</p> <p>Outcome: Able to offer a detailed evaluation of their own and others performance and have the ability to set a goal relevant to their analysis.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, net and wall, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Developing your physical fitness</p> <p>Focus: Determination</p> <p>Outcome: Demonstrates significant progress in improving their personal level of fitness in relation to individual targets.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, net and wall, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Teamwork and collaboration</p> <p>Focus: Respect</p> <p>Outcome: Highly effective teamwork (including leadership) that has a consistently positive impact on others. Collaborates well with any other person</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, net and wall, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>



<p>Year 11</p>	<p>Topic: Demonstrating creativity, innovation and flair</p> <p>Focus: Excellence</p> <p>Outcome: Able to consistently modify and create unique responses as demanded by different, challenging situations.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, net and wall, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Problem solving</p> <p>Focus: Determination</p> <p>Outcome: Demonstrate the ability assess, plan, complete and review responses to a range of physical and mental challenges. Consistently successful in solving the problem set.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, net and wall, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>	<p>Topic: Leadership and communication</p> <p>Focus: Respect</p> <p>Outcome: Displays confidence and high quality communication skills in a variety of leadership roles. Independently manages others.</p> <p>Duration: 6-12 lessons</p> <p>A range of sports which include invasion games, net and wall, striking and fielding, athletic activities, gymnastic activities, adventurous activities and healthy related fitness.</p>
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Btec Sport

	Unit 1—Fitness for Sport and Exercise	Unit 2 - - Practical Performance in Sport	Unit 3—Applying the principles of Personal Training
<p>Year 11</p>	<p>Level 1/2</p> <p>Mandatory unit</p> <p>Learning aims -</p> <p>A. Know about the components of fitness and the principles of training.</p> <p>B. Explore different training methods</p> <p>C. Investigate fitness testing to determine fitness levels.</p> <p>Assessment—External</p>	<p>Level1/2</p> <p>Mandatory unit</p> <p>Learning aims -</p> <p>A. Understand the rules, regulations and scoring systems for selected sports.</p> <p>B. Practically demonstrate skills , techniques and tactics in selected sports</p> <p>C. Be able to review sports performance.</p> <p>Assessment—Internal</p>	<p>Level 1/2</p> <p>Mandatory unit</p> <p>Learning aims -</p> <p>A. Design a personal fitness training programme.</p> <p>B. Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training.</p> <p>C. C. Implement a self-designed personal fitness training programme to achieve own goals and objectives.</p> <p>D. Review a personal fitness training programme.</p> <p>Assessment - Internal</p>



<p>Year 11</p>	<p>Unit 4—The Mind and sports performance</p> <p>Optional Unit</p> <p>Learning aims -</p> <p>A. Investigate personality and its effect on sports performance.</p> <p>B. explore the influence that motivation and self-confidence have on sports performance.</p> <p>C. Know about arousal and anxiety, and the effects they have on sports performance.</p> <p>Assessment—Internal</p>	<p>Unit 5 - The sports performer in Action</p> <p>Optional Unit</p> <p>Learning aims -</p> <p>A. Know about the short term responses and long term adaptations of the body to exercise.</p> <p>B. Know about the different energy systems used during sports performance.</p> <p>Assessment - Internal</p>	<p>Unit 6—Leading Sports Activities</p> <p>Optional Unit</p> <p>Learning aims -</p> <p>A. Know the attributes associated with successful sports leadership.</p> <p>B. Undertake the planning and leading of sports activities.</p> <p>C. Review the planning and leading of sports activities.</p> <p>Assessment - Internal</p>
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Btec Tech Award in Sport

	Component 1	Component 2	Component 3
<p>Year 10</p>	<p>Level 1/2</p> <p>Mandatory unit</p> <p>Learning aims - Preparing Participants to take part in Sport and Physical activity</p> <p>Internal assessment -Feb—April 23</p>	<p>Level1/2</p> <p>Mandatory unit</p> <p>Learning aims - Taking Part and Improving other participants sporting performance</p> <p>Internal assessment - Oct—Dec 23</p>	<p>Level1/2</p> <p>Mandatory unit</p> <p>Learning aims—Developing Fitness to improve other participants performance in sport and physical activity</p> <p>External assessment—May/June 24</p>



Cape Active

All Years	<p>Inter School Sport -</p> <p>All Students have the option of participating in High Quality school sport representing the school in a wide range of competitive tiered events. Examples include the County athletics championships, Penwith schools surf championship and the National small schools football cup.</p>	<p>Extra-Curricular clubs -</p> <p>All students have the option to participate in a range of high quality preschool, lunch time and after school clubs.</p> <p>Examples include Table tennis, football and gymnastics.</p>	<p>Play -</p> <p>All Students are encouraged to move throughout the school day. This takes the form of preschool workouts, indoor rowing, active tutor, lunch time active, break time activity and classroom based movement.</p>
All Years	<p>Intra School Sport -</p> <p>All students take part in a summer sports day and a winter house games performing a range of activities for their house. There is also an indoor futsal league throughout the year.</p>	<p>Be Inspired -</p> <p>All students can participate in Be Inspired My Personal Best. This is supported with use of the Youth Sports Trust my Personal Best Cards.</p>	<p>Variety -</p> <p>Some students participate in Project ability events and the All Move Mencap project which supports the links between mainstream students and kites students in an active way.</p>