

St Thomas More RC College Curriculum Topic Overview commencing September 2021

Subject: Physical Education – CNat Sport Year Group 10

Week	Autumn
1	LO1 – user groups
2	LO1 – barriers and solutions
3	LO1 – factors impacting on popularity
4	LO1 – how factors impacting on popularity relate to sport
5	LO1 – current trends in the popularity of different sports in the UK
6	LO1 – growth of new/emerging sports and activities in the UK
7	LO2 – values promoted through sport/ the Olympic and Paralympic movements
8	LO2 – other initiatives and events which promote values through sport
9	LO2 – the importance of etiquette and sporting behaviour
10	LO2 – the use of performance enhancing drugs in sport
11	LO2 – features of major sporting events
12	LO3 – potential benefits/drawbacks of hosting a major sporting event
13	LO3 – the links between the potential benefits and drawbacks and legacy
14	LO4 – what governing bodies in sport do and their promotion
15	LO4 – governing body development, infrastructure, policies , initiatives and funding

Week	Spring
16	Spring – RO53 Sports Leadership
17	LO1 – leadership roles and responsibilities
18	LO1 – role – related responsibilities
19	LO1 – personal qualities of leadership
20	LO1 – leadership styles
21	LO2 – key considerations when planning sports activity sessions
22	LO2 – safety considerations when planning sports activity sessions
23	LO3 – safe practice
24	LO3 – delivery style and adaptability
25	LO3 – motivation techniques
26	LO3 – communication skills
27	LO3 – motivation techniques

Week	Summer
28	LO4 – aspects to consider in evaluating planning and delivery of a sports session
29	LO4 – review of what well, what did no go too well and what could be improved
30	Summer – RO52 Practical Sport
31	LO1 – Key components of performance of performance for an individual performer
32	LO1 – Key components of performance of performance for an individual performer
33	LO2 – Key components of performance of performance for a team performer
34	LO2 – Key components of performance of performance for a team performer
35	LO3 – How to apply rules and regulations relevant to the activity
36	LO3 – The importance of consistency and accuracy
37	LO3 – The use of signals / the importance of positioning / methods of communicating
38	LO3 – The importance of consistency and accuracy
39	LO3 – The use of signals / the importance of positioning / methods of communicating

St Thomas More RC College Curriculum Topic Overview commencing September 2021

Subject: Physical Education – CNat Sport Year Group 11

Week	Autumn
1	LO1 – leadership roles and responsibilities / role – related responsibilities
2	LO1 – personal qualities of leadership / leadership styles
3	LO2 – key considerations when planning sports activity sessions
4	LO2 – safety considerations when planning sports activity sessions
5	LO3 – safe practice
6	LO3 – delivery style and adaptability
7	LO3 – motivation techniques
8	LO3 – communication skills
9	LO3 – motivation techniques
10	LO4 – aspects to consider in evaluating planning and delivery of a sports session
11	LO4 – review of what well, what did no go too well and what could be improved
12	LO3 – communication skills
13	LO3 – motivation techniques
14	LO4 – aspects to consider in evaluating planning and delivery of a sports session
15	LO4 – review of what well, what did no go too well and what could be improved

Week	Spring
16	LO1 – Key components of performance of performance for an individual performer
17	LO1 – Key components of performance of performance for an individual performer
18	LO2 – Key components of performance of performance for a team performer
19	LO2 – Key components of performance of performance for a team performer
20	LO3 – How to apply rules and regulations relevant to the activity
21	LO3 – The importance of consistency and accuracy
22	LO3 – The use of signals / the importance of positioning / methods of communicating
23	LO4 – How to identify areas for improvement in own performance
24	LO4 – Types of skills and practices
25	LO4 – Methods to improve own performance
26	LO4 – How to measure improvements in skills, techniques and strategies developed.
27	LO4 – How to measure improvements in skills, techniques and strategies developed.

Week	Summer
28	LO1 – the definition of an outdoor activity
29	LO1 – Example and provision of outdoor activities in the UK
30	LO1 – the definition of an outdoor activity
31	LO1 – Example and provision of outdoor activities in the UK