

Cycle	Term	Week	Year 7		Year 8		Year 9		Year 10		Year 11	
1	1a	1	Rugby	Teign Skills	Rugby	Health & Well-Being	Rugby	OAA	Strand	Activites	Strand	Activites
		2							Competitive	Cricket	Competitive	Cricket
		3								Fitness		Fitness
		4							Creative	Badminton	Creative	Badminton
		5								Trampolining		Trampolining
		6							Health & Well-Being	Tabel Tennis	Health & Well-Being	Tabel Tennis
		7								OAA		OAA
		8										
	1b	9	Netball	Gymnastics	Netball	Gymnastics	Netball/Basketball	Gymnastics/Vaulting	Strand	Activites	Strand	Activites
		10							Competitive	Rugby	Competitive	Rugby
		11								Badminton		Badminton
		12							Creative	Volleyball	Creative	Volleyball
		13								Fitness		Fitness
		14							Health & Well-Being	Alternate Fitness	Health & Well-Being	Alternate Fitness
		15								Ball Games		Ball Games
2	2a	16	Dance	Teign Skills	Dance	Fitness	Trampolining	Fitness	Strand	Activites	Strand	Activites
		17							Competitive	Netball	Competitive	Netball
		18								Dodgeball		Dodgeball
		19							Creative	OAA	Creative	OAA
		20								Alternate Fitness		Alternate Fitness
	21	Health & Well-Being	Bench Ball Primary Games	Health & Well-Being	Bench Ball Primary Games							
	2b	22	Football	Basketball	Football	Badminton	Handball	Badminton	Strand	Activites	Strand	Activites
		23							Competitive	Football	Competitive	Football
		24								Volleyball		Volleyball
		25							Creative	Kin Ball	Creative	Kin Ball
		26								Cheer/Tumbling		Cheer/Tumbling
		27							Health & Well-Being	Kin Ball Fitness	Health & Well-Being	Kin Ball Fitness
3	3a	28	Swimming	Pickleball	Swimming	Cricket	Volleyball	Tennis	Strand	Activites	Strand	Activites
		29							Competitive	OAA	Competitive	OAA
		30								Tennis		Tennis
		31							Creative	Rounders World Games	Creative	Rounders World Games
	32	Health & Well-Being	Athletics Rounders	Health & Well-Being	Athletics Rounders							
	3b	33	Athletics	Rounders	Athletics	Rounders	Athletics	Rounders/Cricket	Strand	Activites	Strand	Activites
		34							Competitive	Athletics	Competitive	Athletics
		35								Rounders		Rounders
		36							Creative	Parkour	Creative	Parkour
		37								Athletics		Athletics
		38							Health & Well-Being	Paralympic	Health & Well-Being	Paralympic
		39								Badminton		Badminton

KS4 Sports Studies

Cycle	Term	Week	Unit	Theme	Year 10	Unit	Theme	Year 11
1	1a	2	Key components of performance		Performance of skills and techniques	R 1 8 7	Plan for and be able to participate in an OAA	Key considerations when planning an OAA
		3			Participating in your activities			
		4			Decision making during performance			OAA risk assessment
		5			Managing and maintaining performance in individual activities			Emergency procedures plan
		6			Your role and contribution to team activities			Demonstrate appropriate skills in OAA
		7	Applying practice methods to support improvement in a sporting activity		Strengths and weaknesses of sports performance		Evaluate participation in OAA	
		8						
		9						
		10			Methods to improve performance			Evaluate participation of OAA
		11						
		12						
		13						
		14			Measuring improvement in performance			Evaluate the value of participating in OAA
	1b	15						
2	2a	16	Organising and planning a sports activity session		Organisation of a sports activity	R 1 8 4	Issues which affect participation in sport	User Groups
		17						Possible Barriers
		18			Safety considerations when planning a sports activity session			Possible barrier solutions
		19						Factors which can positively and negatively impact sport
		20			Objectives to meet the needs of the group			Emerging/new sports in the UK
		21	Leading a sports activity session		Organisation of a sports activity		The role of sport in promoting values	Sport Values
		22						The Olympic and Paralympic movement
		23						Sporting values initiative and campaigns
		24						The importance of etiquette and sporting behaviour
		25			Leading a sports activity			The use of PED's in sport
	2b	26						
	3a	27	Reviewing your own performance in planned and planned activities in the UK				The indicative of hosting a major sporting event for a city or country	The features of a major sporting event
		28			Review your leadership of a sports activity session			Positives and negative pre-event aspects of hosting a major sporting event
		29						Potential positives and negatives aspects of hosting a major sporting event
		30	Provision for different types of outdoor and adventure activities in the UK				The role of NG81	NG81
		31						
		32			Provisions available for OAA both locally and nationally			Role of technology
		33						
3	3b	34	Equipment, clothing and safety aspects of participating OAA		Types of equipment to be used for participation			Exams
		35			Types of clothing to be used for participation			
		36			Types of technology that can enhance participation or safety			
		37						
		38			Types of terrain and environment			

KS4 Sports Science

Cycle	Term	Week	Unit	Theme	Year 10	Unit	Theme	Year 11
1	1a	2		Components of fitness applied in sport	Relevance of components to fitness to different sports	R 1 8 3	Developing a balanced nutrition plan for a selected sporting activity	How to design and develop a balanced nutrition plan
		3						
		4			Assess components of fitness			Key factors when considering the success/impact of a nutrition
		5						
		6		Principles of training in sport	How nutritional behaviour can be managed to improve sports performance		The effect of overeating on sports performance	
		7					Application of components of fitness to skill performance	The effects of under-eating on sport performance
		8						
		9					Methods of training and their benefits	The effects of dehydration on sports performance
	10							
	11							
	12							
	1b	13		Organising and planning a fitness training programme	Factors when designing a fitness training programme	R 1 8 1	Different factors which influence the risk of severity of injury	Extrinsic factors
		14						
		15			Recording results from fitness training programme			Intrinsic factors
		16						
		17		Recording results from fitness training programme	Warm up and cool down routines		Key components of a warm up	
18								
19		Recording results from fitness training programme						Physiological and psychological benefits of a warm up
20								
21	Evaluate own performance in planning and delivery of a fitness training programme	Effectiveness of a fitness training programme	Reducing risk, treatment and areas of activity for medical conditions and first aid	Key components of a cool down				
22					Physiological and psychological benefits of a cool down			
23						Acute injuries		
24					Chronic injuries			
25	nutrients needed for a healthy balanced diet	The role of nutrients in sports and their sources	R 1 8 0	Cases, symptoms and treatment of medical conditions		Measures before and during sport or physical activity		
26					Response and treatment to injuries and medical conditions			
27						Asthma		
28					Diabetes			
29	Epilepsy							
30		SCA						
31	Dehydration							
32		Applying differing dietary requirements to varying types of sporting activity	The delivery requirements of endurance/aerobic activities	R 1 8 0	Exams			
33	The delivery requirements of intense/anaerobic activities							
34						The dietary requirements of strength based activities		
35								
36								
37								
38								
39								

