

Physical Education (Cambridge Nationals) Long Term plan 2021-23 Y10+11

Intent:

Through the PE curriculum at Woolton High School, we want to offer all pupils the opportunity to further their knowledge in Physical Education with a tailored qualification in Sports Science. It will help develop their physical literacy not only in sports but in diet and nutrition, dealing with injuries and common medical issues, and fundamental Principles of Training. This will enable them to develop a healthy active lifestyle outside of school and into their adult life.

Implementation:

The Cambridge Nationals qualification has been implemented for our learners to build opportunities where it can impact them outside of school life. The units are sequenced to aid transition in Yr9 and help relieve pressure when they take their exam module in Jan in year 11.

There are catch-up weeks for pupils that have poor attendance as well as opportunities to catch up any missed learning at different points within the normal; school week.

Woolton High School aims to create a positive learning environment for all pupils in Physical Education lessons where every pupil feels safe and ready to learn.

Autumn

Year 10

Unit RO42: Principles of Training

- **LO 1:** Know the principles of training in a sporting context.
- **LO2:** Know how training methods target different fitness components
- **LO3:** Be able to conduct fitness tests.

Key Vocab

Specificity, progression, regression, Overload.

Year 11

Unit RO41: Reducing the risk of sports injuries

- **LO1:** Understand the different factors which influence the risk of injury.
- **LO2:** Understand how appropriate warm-up and cool-down can help to prevent injury.
- **LO3:** Know how to respond to injuries within a sporting context.
- **LO4:** Know how to respond to common medical conditions.

Exam: January

Key Vocab

- Intrinsic, psychological, Kyphosis, Scoliosis, Lordosis

Spring

Year 10

Unit RO42: Principles of Training

Unit RO43: The body's response to physical activity.

- **RO42: LO4. Be able to develop a fitness training program**
- **LO1 Know the key components of the musculoskeletal system a cardiorespiratory system, their functions, and roles.**

Key Vocab

Validity, reliability, principle, specific, procedure

Year 11

Unit RO45: Sports Nutrition

- LO1: Know about nutrients needed for a healthy, balanced diet.**
- LO2; Understand the importance of nutrition in sports.**
- LO3 Know about the effects of a poor diet on sports performance.**

Key Vocab

Calories, Carbohydrates, Protein, macronutrients, micronutrients

Summer

Year 10

Unit RO42: Principles of Training

Unit RO43: The body's response to physical activity.

- **LO2 understands the importance of the musculoskeletal and cardiorespiratory systems in health and fitness.**
- **LO3 Be able to assess the short-term effects of physical activity on the muscular-skeletal system in health and fitness.**
- **LO4 be able to assess the long-term effects of physical activity on musculoskeletal and cardiorespiratory systems.**

Key Vocab

Cranium, Cartilage, Alveoli, Arteries, capillaries

Year 11

Unit: Reducing the risk of sports injuries

LO4: be able to develop diet plans for performers.

Key Vocab

Hydration, objectively, subjectively
