

YEAR 7

Exploring and Building Foundations

- Develop fundamental skills across a range of sports.
- Learn basic rules, tactics, and decision-making.
- Understand health and wellbeing through physical activity.
- Use simple feedback to improve performance.
- Build confidence, teamwork, and leadership.

YEAR 8

Developing and Applying Knowledge

- Refine skills with greater consistency and control.
- Apply tactics and strategies in different activities.
- Adapt performance and make informed decisions.
- Explore fitness, performance, and health.
- Analyse performance and develop leadership.

YEAR 9

Performing, Evaluating and Leading

- Perform confidently in competitive situations.
- Adapt tactics and make effective decisions under pressure.
- Evaluate performance using detailed feedback.
- Demonstrate leadership and communication skills.
- Prepare for KS4 pathways and lifelong participation.

GCSE Physical Education

YEAR 10 YEAR 11

Level 2 Cambridge National Sports Studies

YEAR 10

YEAR 11

Applying Theory and Developing Performance

- Anatomy, physiology and movement analysis.
- Components of fitness, methods of training and principles of training.
- Skill classification, sports psychology and socio-cultural influences.
- Refine practical skills across a range of activities.
- Complete practical assessments and draft the NEA Analysis and Evaluation of Performance (AEP).

Refining Performance and Achieving GCSE Success

- Consolidate GCSE knowledge and exam skills.
- Complete practical assessments and submit the NEA.
- Evaluate performance and apply evidence-based improvements.
- Develop tactical awareness, decision-making, and exam confidence.
- Prepare for GCSE success and lifelong participation in physical activity.

Exploring Sport and Developing Coursework Skills

R186 Sport and the Media

- Explore the relationship between sport and the media.
- Examine how media influences participation, performance, and commercialisation.
- Evaluate the positive and negative impact of media on sport and performers.
- Develop research, analysis, and coursework skills.
- Complete the assessed R186: Sport and the Media coursework unit.

R185 Performance and Leadership in Sports Activities

- Develop practical performance in a range of sports and activities.
- Understand and demonstrate effective sports leadership.
- Plan, deliver, and evaluate leadership activities.
- Analyse performance to identify areas for improvement.
- Complete the R185: Performance and Leadership coursework unit.

Refining Coursework and Preparing for Examination

R185 Performance and Leadership in Sports Activities

- Refine practical performance and leadership skills.
- Complete and submit the R185: Performance and Leadership coursework.
- Evaluate leadership and performance improvements.
- Develop confidence, communication, and organisation.

R184 Contemporary Issues in Sport

- Explore contemporary issues affecting sport and participation.
- Examine barriers, inclusion, and sporting values.
- Apply knowledge to real-life sporting examples.
- Develop exam techniques through revision and past papers.
- Build confidence and independence for examination success.