Stratton School

Core PE

Curriculum Journey

Fit by choice

Optional: Stratton Football Academy Programme
Enroll in the Football Academy programme to play competitive football against other RDP teams and Academies in the East of England – speak to Mr Boulton for details.

Final exams

Fit for life

Year 12/13

Enrichment

Option to choose to take part in fitness activities, team games and more

Option to continue to study sport: CTec Level 3 in Sports and Physical Activity

Continuing your fitness journey

Year 11

Options pathways
Health Based Physical Education (HBPE)
Dealing with stress, competitive activities, fun fitness, health benefits

Term 2
Sport Education
Invasion games,
Net & Wall games and Alternative sports

Term 3
TGFU/Direct Instruction
Striking & Fielding,
Athletics

Final exams

Fit to perform

Year 10

Term 3: TGFU / Direct Instruction
Striking & fielding, athletics, net & wall games

Term 2: Direct Instruction
Table Tennis
Tchuckball, Badminton
Fitness,
Basketball

Term 1: Focus participation
Basketball, Netball, Football, Rugby

Fit to compete

Year 9

Functional fitness

teambuilding and invasion games

Net wall games

Invasion games (TGFU)

Striking and fielding

Aesthetics

Fit to learn

Year 8

Team Dynamics
Netball and Basketball

Outwitting Opponents
Football and badminton

Express yourself
Gymnastics,

Influencing Others
Sport ed. And Orienteering

Personal Challenge
Athletics and fitness

Sport for Life
Softball, golf and tennis

Year 7

Team Dynamics
Football and Rugby

Outwitting Opponents
Basketball and Netball

Express yourself
Gymnastics and Dance

Influencing Others
Dance and orienteering

Personal Challenge
Athletics, Fitness and Striking/Fielding

Sport for Life
Tennis and cricket

Feeder Schools

Transition project

Year 6 curriculum

Stratton School

CTec Sport and Physical Activity

Curriculum Journey

Year 13 →

Term 1
Cont. Unit 2 (see below)

Term 1/2/3
Unit 19 Sport Psychology
Unit 17 Sports Injuries and Rehabilitation

These units are corsework based and will be completed both in school and during learning time away from the classrooo

Exams in Year 12

Exam –

U1 - Body Systems

U3 - Sport organisation

U4 - Safety in Sport

← Year 12

Term 2/3
Unit 2: Gain an understanding behind the theory of what makes good sports coaches and activity leaders and methods that can be employed to improve the performance of participants.

Term 1
Unit 1: Develop an understanding of the structures and functions of the key body systems, how these support and impact performance in sport.
Unit 3: Develop an understanding of the organisations involved in sport in the UK, their roles and responsibilities.

Students opting to study the diploma will also cover:

U2 – Sport Coaching

U6 – Group exercise to music

U7 – Improving fitness

U10 – Biomechanics

U11 – Exercise for specific groups

U13 – Fitness testing

U17 – Sport Injuries

U19 – Sport Psychology

Stratton School

CNat Sport Studies

Curriculum Journey

Year 11 →

Term 1
Continue R186 (below)

Term 2/3
R184 Contempory issues in Sport
Externally assessed exam, students will develop an understanding of current affairs in sport (such as VAR)

Final exams
R184

← Year 10

Term 3
R186 Sport and the Media (Coursework based)
Investigating the impact of TV, radio, printed press and the internet on sports and sportspeople.

Term 1 and 2
R185 Performance and leadership in sports activities (Coursework based)
Investigating the role of a performer and coach. Recognising performance in sport and imporviing it. Creating session plans to improve others sessions and evaluating their impact.

Year 9 →

Skill development of invasion games such as netball and basketball to prepare for unit R185

Skill development of net/wall games, such as badminton, to prepare for R185

Development of understanding of sports potentially covered in R186 unit

Transition project
Summer sport based active engagement task

Stratton School

GCSE PE

Curriculum Journey

Year 11 →

Term 1
AEP
hand in

Term 1
Component 2
Sport Psychology
Socio-Cultural influences

Term 2
Component 2
Health fitness and wellbeing

Term 2/3
Component 1 and 2
Review and revision

Final exams

*Ongoing practical assessment of 3 sports (1 team, 1 individual and 1 of either) throughout year 10 and until March of year 11

Summer task: Completing AEP

← Year 10

Component 2: Sport Psychology

AEP (Coursework): Conducting fitness

Term 2
Component 1:
Physical training

Term 1
Component 1: Applied Anatomy and Physiology

Year 9 →

Introduction of Components of fitness and links to sport and physical activity

Functional use of physiological measures, such as heart rate, breathing rate and VO2 max within core PE

Development of understanding of practical sports and their place in the GCSE syllabus.

Transition project
Join/continue to take part in an extra curricular sports club