
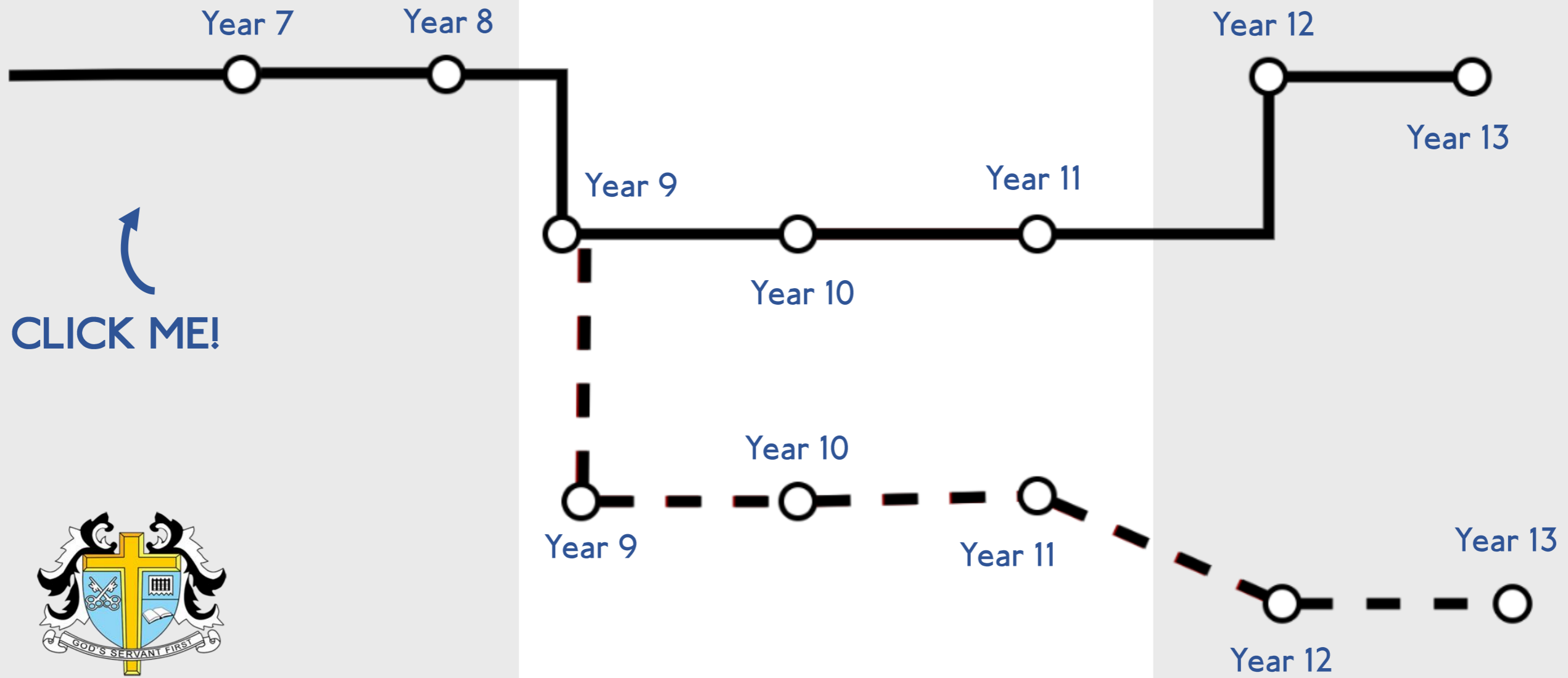


Key

 BTEC Sport

 Physical Education & Games

 Click to see plan



Physical Education & Games  
Curriculum  
St Thomas More High School

	Autumn Term	Spring Term	Summer Term
Topics	<p>Cross Country / Fitness for Sport</p> <ul style="list-style-type: none"> <li>- Developing CV fitness</li> </ul> <p>Football</p> <ul style="list-style-type: none"> <li>- Sending/Receiving</li> <li>- Defending &amp; Attacking</li> <li>- Rules &amp; Regulations</li> <li>- Gameplay</li> </ul> <p>Rugby</p> <ul style="list-style-type: none"> <li>- Passing &amp; Receiving</li> <li>- Basics of tackling</li> <li>- Rules &amp; Regulations</li> <li>- Gameplay</li> </ul> <p>Basketball</p> <ul style="list-style-type: none"> <li>- Dribbling</li> <li>- Passing</li> <li>- Shooting</li> <li>- Gameplay</li> </ul>	<p>Volleyball</p> <ul style="list-style-type: none"> <li>- Set &amp; Dig</li> <li>- Serving</li> <li>- Rules &amp; Regulations</li> <li>- Gameplay</li> </ul> <p>Hockey</p> <ul style="list-style-type: none"> <li>- Sending/Receiving</li> <li>- Defending &amp; Attacking</li> <li>- Rules &amp; Regulations</li> <li>- Gameplay</li> </ul> <p>Table Tennis</p> <ul style="list-style-type: none"> <li>- Basic strokes</li> <li>- Rules &amp; Regulations</li> <li>- Gameplay</li> </ul> <p>Handball</p> <ul style="list-style-type: none"> <li>- Passing</li> <li>- Shooting</li> <li>- Defending as a team</li> <li>- Rules &amp; Regulations</li> <li>- Gameplay</li> </ul> <p>Orienteering</p> <ul style="list-style-type: none"> <li>- Basic map reading</li> <li>- Compass work</li> </ul> <p>Fitness for Health</p> <ul style="list-style-type: none"> <li>- Cardiovascular</li> <li>- Circuit Training</li> <li>- Safety</li> </ul> <p>International Rules</p> <ul style="list-style-type: none"> <li>- Sports from around the world</li> <li>- Basic sending &amp; receiving</li> <li>- Rules &amp; Regulations</li> <li>- Gameplay</li> </ul>	<p>Athletics</p> <ul style="list-style-type: none"> <li>- Track (Sprints, Middle distance)</li> <li>- Throws (Shot, Javelin, Discus)</li> <li>- Jumps (Long, High)</li> </ul> <p>Tennis</p> <ul style="list-style-type: none"> <li>- Grips &amp; stance</li> <li>- Ground strokes</li> <li>- Rules &amp; Regulations</li> <li>- Gameplay</li> </ul> <p>Cricket</p> <ul style="list-style-type: none"> <li>- Bowling</li> <li>- Batting</li> <li>- Fielding</li> <li>- Rules &amp; Regulations</li> <li>- Gameplay</li> </ul> <p>Striking &amp; Fielding (Softball/Danish Long Ball)</p> <ul style="list-style-type: none"> <li>- Tactics</li> <li>- Gameplay</li> </ul>
NCC Codes	We will fill this out for you once review matrix is complete	We will fill this out for you once review matrix is complete	We will fill this out for you once review matrix is complete
Assessment	<p>Students are assessed at the end of each block of sports. They are assessed using our 'ME in PE' model that looks at four specific areas – Physical, Social, Leadership and Coaching and given an overall grade. This means that all pupils can achieve a higher level of success in PE, not just those are more able in terms of their physical performance</p> <p>A final overall end of year level is given out in the Summer</p>		
E/L	<p>All students are encouraged to attend extra-curricular clubs to improve their knowledge and understanding of these sports. There are clubs aimed at the more able/school representatives but also clubs where all students are welcomed.</p> <p>Students are often directed to relevant websites to learn more about the sports they study and to see how the sports are played at the highest level</p>		

	Autumn Term	Spring Term	Summer Term
Topics	<p>Cross Country / Fitness for Sport</p> <ul style="list-style-type: none"> <li>- Developing CV fitness</li> <li>- Pacing and tactics</li> </ul> <p>Football</p> <ul style="list-style-type: none"> <li>- Sending/Receiving</li> <li>- Defending &amp; Attacking</li> <li>- Shooting</li> <li>- Tactics</li> <li>- Rules &amp; Regulations</li> <li>- Gameplay</li> </ul> <p>Rugby</p> <ul style="list-style-type: none"> <li>- Passing &amp; Receiving</li> <li>- Basics of tackling</li> <li>- Rucks &amp; Mauls</li> <li>- 3 man scrums</li> <li>- Rules &amp; Regulations</li> <li>- Gameplay</li> </ul> <p>Basketball</p> <ul style="list-style-type: none"> <li>- Dribbling</li> <li>- Passing</li> <li>- Shooting</li> <li>- Man-to-man defending</li> <li>- Rules &amp; Regulations</li> <li>- Gameplay</li> </ul>	<p>Volleyball</p> <ul style="list-style-type: none"> <li>- Set &amp; Dig</li> <li>- Block</li> <li>- Serving</li> <li>- Rules &amp; Regulations</li> <li>- Gameplay</li> </ul> <p>Hockey</p> <ul style="list-style-type: none"> <li>- Sending/Receiving</li> <li>- Defending &amp; Attacking</li> <li>- Tactics</li> <li>- Rules &amp; Regulations</li> <li>- Gameplay</li> </ul> <p>Table Tennis</p> <ul style="list-style-type: none"> <li>- Basic strokes</li> <li>- Development of spin</li> <li>- Variation of serves</li> <li>- Rules &amp; Regulations</li> <li>- Gameplay</li> </ul> <p>Handball</p> <ul style="list-style-type: none"> <li>- Passing</li> <li>- Shooting</li> <li>- Attacking as a team</li> <li>- Defending as a team</li> <li>- Rules &amp; Regulations</li> <li>- Gameplay</li> </ul> <p>Fitness for Health</p> <ul style="list-style-type: none"> <li>- Cardiovascular</li> <li>- Circuit Training</li> <li>- Basic weight training (free weights/body weight)</li> <li>- Gym safety</li> </ul> <p>International Rules</p> <ul style="list-style-type: none"> <li>- Sports from around the world</li> <li>- Basic sending &amp; receiving</li> <li>- Tactics</li> <li>- Rules &amp; Regulations</li> <li>- Gameplay</li> </ul>	<p>Athletics</p> <ul style="list-style-type: none"> <li>- Track (Sprints, Middle distance)</li> <li>- Throws (Shot, Javelin, Discus)</li> <li>- Jumps (Long, High)</li> <li>- Development of technique</li> </ul> <p>Tennis</p> <ul style="list-style-type: none"> <li>- Grips &amp; stance</li> <li>- Ground strokes</li> <li>- Serves</li> <li>- Volleys</li> <li>- Rules &amp; Regulations</li> <li>- Gameplay</li> </ul> <p>Cricket</p> <ul style="list-style-type: none"> <li>- Bowling</li> <li>- Batting</li> <li>- Fielding</li> <li>- Tactics</li> <li>- Rules &amp; Regulations</li> <li>- Gameplay</li> </ul> <p>Striking &amp; Fielding (Softball/Danish Long Ball)</p> <ul style="list-style-type: none"> <li>- Tactics</li> <li>- Gameplay</li> </ul>
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Assessment	<p>Students are assessed at the end of each block of sports. They are assessed using our 'ME in PE' model that looks at four specific areas – Physical, Social, Leadership and Coaching and given an overall grade. This means that all pupils can achieve a higher level of success in PE, not just those are more able in terms of their physical performance</p> <p>A final overall end of year level is given out in the Summer</p>		
E/L	<p>All students are encouraged to attend extra-curricular clubs to improve their knowledge and understanding of these sports. There are clubs aimed at the more able/school representatives but also clubs where all students are welcomed.</p> <p>Students are often directed to relevant websites to learn more about the sports they study and to see how the sports are played at the highest level</p> <p>Year 8 students are given a workbook in the Spring term based on GCSE PE topics that they can complete and return to the PE Department. This is particularly aimed at those thinking about studying GCSE PE from Year 9 onwards but anybody is welcome to try and complete the tasks.</p>		

Y7 & Y8	<p><u>Local Clubs</u></p> <p>Football – Catholic Utd Football Club - <a href="http://catholicutd.co.uk">Catholic United Football Club (catholicutd.co.uk)</a> Basketball – Southend Scorpions - <a href="http://scorpionsbasketballacademy.com">Scorpions Basketball Academy</a> Rugby – Westcliff Rugby Club - <a href="http://westcliffRFC.co.uk">Westcliff Rugby Football Club – Westcliff Rugby Football Club (westcliffRFC.co.uk)</a> Athletics – Southend Athletics - <a href="http://southend-on-sea-athletic-club.co.uk">Home - Southend on Sea Athletic Club (southend-on-sea-athletic-club.co.uk)</a> Cricket – Leigh-on-Sea Cricket Club - <a href="http://leighcricket.com">Leigh-on-Sea Cricket Club Home page (leighcricket.com)</a> Tennis – Westcliff Lawn Tennis Club - <a href="http://westcliffLawnTennisClub.com">Westcliff Lawn Tennis Club – WLTC</a></p> <p><u>Useful websites</u></p> <p><a href="http://www.britishswimming.org">www.britishswimming.org</a> Amateur Swimming Association <a href="http://www.badmintonengland.co.uk">www.badmintonengland.co.uk</a> Badminton Association of England <a href="http://www.britishcycling.org.uk">www.britishcycling.org.uk</a> British Cycling <a href="http://www.british-gymnastics.org">http://www.british-gymnastics.org</a> British Gymnastics <a href="http://www.teamgb.com/">http://www.teamgb.com/</a> The British Olympic Association <a href="http://www.britishvolleyball.org">www.britishvolleyball.org</a> British Volleyball Association <a href="http://www.englandbasketball.co.uk">www.englandbasketball.co.uk</a> English Basketball Association <a href="http://www.thefa.com">www.thefa.com</a> The Football Association <a href="http://www.lta.org.uk">www.lta.org.uk</a> The Lawn Tennis Association <a href="http://www.rfu.com">www.rfu.com</a> The Rugby Football Union <a href="http://www.sportsleaders.org">www.sportsleaders.org</a> Sports Leaders UK <a href="http://www.sportofficialsuk.com">www.sportofficialsuk.com</a> Sports Officials UK <a href="http://www.ukathletics.net">www.ukathletics.net</a> UK Athletics <a href="http://www.uksport.gov.uk">www.uksport.gov.uk</a> UK Sport</p>
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	Autumn Term	Spring Term	Summer Term
Topics	<p>Functions of the skeletal system</p> <p>Classification of bones</p> <p>Structure of the skeletal system</p> <p>Classification and roles of muscles</p> <p>Location and roles of key voluntary muscles</p> <p>Antagonistic muscles</p> <p>Fast and slow twitch muscle fibres</p> <p>Structure and function of cardiovascular system</p> <p>Arteries, capillaries and veins</p>	<p>Vascular shunting</p> <p>Components of blood and their significance for physical activity</p> <p>Respiratory system – composition of air; lung volumes</p> <p>Location and roles of principle components of respiratory system</p> <p>Structure and function of alveoli</p> <p>Energy sources; aerobic and anaerobic exercise and short term effects of exercise</p>	<p>Components of fitness</p> <p>Fitness tests – theory and practice</p> <p>Principles of training</p> <p>Application of principles of training to a PEP</p> <p>Methods of training</p>
Exam Spec w/link	<p><a href="#">GCSE Physical Education 2016: Specification (pearson.com)</a></p> <p>(Component 1) 1.1 – 1.2</p>	<p><a href="#">GCSE Physical Education 2016: Specification (pearson.com)</a></p> <p>(Component 1) 1.2 – 1.3</p>	<p><a href="#">GCSE Physical Education 2016: Specification (pearson.com)</a></p> <p>(Component 1) 3.2 – 3.3</p>
Assessment	<p>Skeletal system test</p> <p>Location and roles of muscle test</p>	<p>Respiratory system test related to different sports performers</p> <p>Structure of Cardiovascular system test</p> <p><i>End of half term tests</i></p> <p><i>Past paper questions on each topic in class and for extended learning</i></p> <p><i>End of year exam</i></p>	<p>Components of fitness</p> <p>Methods of Training test</p>
E/L	<p>EXTENDED LEARNING TASKS CAN BE FOUND ON 'TEAMS' IN THE EXTENDED LEARNING FOLDER. THESE CAN BE COMPLETED AND HANDED IN AT ANY TIME TO THE TEACHER IN CHARGE OF THE CLASS</p>		

Autumn Term						Spring Term					Summer Term				
Topics		Physical	Social	Leadership	Coaching		Physical	Social	Leadership	Coaching		Physical	Social	Leadership	Coaching
	<b>Cross Country</b>	Fitness Levels Competitive	Motivation Commitment	Team Work Cooperation	Lead a warm up Use of terminology	<b>Fitness</b>	Fitness Levels Competitive	Commitment Motivation	Cooperation Team work	Lead a warm up Use of terminology	<b>Athletics</b>	Technique Competitive	Motivation Commitment	Empathy and Kindness Cooperation	Lead a warm up Use of terminology
	<b>Football</b>	Technique Decision making	Sportsmanship Communication	Teamwork Empathy and Kindness	Lead a warm up Tactics	<b>Football</b>	Technique Decision making	Sportsmanship Communication	Teamwork Empathy and Kindness	Lead a warm up Tactics	<b>Cricket</b>	Decision Making Technique	Respect Communication	Motivation Teamwork	Rules Use of terminology
	<b>Basketball</b>	Skill Development Decision making	Motivation Respect	Teamwork Communication	Technique Rules	<b>Basketball</b>	Skill Development Decision making	Motivation Respect	Teamwork Communication	Technique Rules	<b>Tennis</b>	Technique Skill Development	Sportsmanship Commitment	Communication Cooperation	Lead a warm up Use of terminology
	<b>Rugby</b>	Skill Development Competitive	Respect Sportsmanship	Teamwork Empathy and Kindness	Rules Tactics	<b>Rugby</b>	Skill Development Competitive	Respect Sportsmanship	Teamwork Empathy and Kindness	Rules Tactics	<b>Strike &amp; Field</b>	Competitive Decision making	Motivation Respect	Team work Communication	Tactics Technique
	<b>NC link</b>	<ul style="list-style-type: none"> <li>Use and develop a variety of tactics and strategies to overcome opponents in team and individual games</li> <li>Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.</li> </ul>					<ul style="list-style-type: none"> <li>Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]</li> </ul>					<ul style="list-style-type: none"> <li>Develop their technique and improve their performance in other competitive sports,[for example, athletics and gymnastics], or other physical activities [for example, dance]</li> </ul>			
<b>Assessment</b>	Attitude for Learning <ul style="list-style-type: none"> <li>Kit marks</li> <li>Physical</li> <li>Social</li> <li>Leadership</li> <li>Coaching</li> </ul>					Attitude for Learning <ul style="list-style-type: none"> <li>Kit marks</li> <li>Physical</li> <li>Social</li> <li>Leadership</li> <li>Coaching</li> </ul>					Attitude for Learning <ul style="list-style-type: none"> <li>Kit marks</li> <li>Physical</li> <li>Social</li> <li>Leadership</li> <li>Coaching</li> </ul>				
<b>Extra Curricular</b>	Football – Squad and recreational practices Basketball Rugby Fitness – Gym Tennis Athletics Cricket														

## Physical Education - Year 10

	Autumn Term	Spring Term	Summer Term
Topics	Lever system – first, second and third class levers Mechanical advantage in sport and physical activity Movement possibilities at joints Utilisation of movement in physical activity Joint classification and impact on movement axes Planes and axes – generalised movement patterns Long term effects of training on the musculo-skeletal system Long term effects of training on the cardio-respiratory system	Physical, emotional and social health Lifestyle choices Impact of lifestyle choices Sedentary lifestyles and consequences Balanced diet and the role of nutrients Dietary manipulation for sport Optimum weight	Identification and treatment of injury Injury prevention in physical activity Performance enhancing drugs Factors affecting participation in physical activity Participation rate trends – use of data An introduction to using a PEP to develop fitness, health and exercise and performance PARQs; warm ups and cool downs PEP Planning
Exam Spec w/link	<a href="https://www.pearson.com/uk/qualifications/gcse/physical-education/2016-specification">GCSE Physical Education 2016: Specification (pearson.com)</a> (Component 1) 2.1, 2.2, 3.4	<a href="https://www.pearson.com/uk/qualifications/gcse/physical-education/2016-specification">GCSE Physical Education 2016: Specification (pearson.com)</a> (Component 2) 1.1, 1.2, 1.3	<a href="https://www.pearson.com/uk/qualifications/gcse/physical-education/2016-specification">GCSE Physical Education 2016: Specification (pearson.com)</a> (Component 1) 3.5, 4.1 (Component 4)
Assessment	Joint classification test Long term effects of training question grade)	Diet/Role of nutrients test  <i>End of half term tests</i> <i>Past paper questions on each topic in class and for extended learning</i> <i>End of year exam</i>	Injury and PED's test Personal Exercise Programme (Component 4 – 10% of
E/L	EXTENDED LEARNING TASKS CAN BE FOUND ON 'TEAMS' IN THE EXTENDED LEARNING FOLDER. THESE CAN BE COMPLETED AND HANDED IN AT ANY TIME TO THE TEACHER IN CHARGE OF THE CLASS		

## Autumn Term

## Spring Term

## Summer Term

Topics	Lesson 1 – Cross County and Sport Education season  Lesson 2 – Recreational competition <table border="1"> <thead> <tr> <th>Lesson 1</th> <th>Physical</th> <th>Social</th> <th>Leadership</th> <th>Coaching</th> </tr> </thead> <tbody> <tr> <td><b>Cross Country</b></td> <td>Fitness Levels Competitive</td> <td>Motivation Commitment</td> <td>Teamwork Cooperation</td> <td>Lead a warm up Use of terminology</td> </tr> <tr> <td><b>Sport Education</b></td> <td>Fitness Levels Skill Development</td> <td>Communication Motivation Respect</td> <td>Motivation Communication Teamwork</td> <td>Rules Tactics Technique</td> </tr> <tr> <td><b>Football</b> <b>Basketball</b> <b>Rugby</b></td> <td>Technique Decision Making Competitive</td> <td>Sportsmanship Commitment</td> <td>Empathy and Kindness Cooperation</td> <td>Use of Terminology Lead a warm up</td> </tr> </tbody> </table>	Lesson 1	Physical	Social	Leadership	Coaching	<b>Cross Country</b>	Fitness Levels Competitive	Motivation Commitment	Teamwork Cooperation	Lead a warm up Use of terminology	<b>Sport Education</b>	Fitness Levels Skill Development	Communication Motivation Respect	Motivation Communication Teamwork	Rules Tactics Technique	<b>Football</b> <b>Basketball</b> <b>Rugby</b>	Technique Decision Making Competitive	Sportsmanship Commitment	Empathy and Kindness Cooperation	Use of Terminology Lead a warm up	Lesson 1 – Sport Education and fitness  Lesson 2 – Recreational Competition <table border="1"> <thead> <tr> <th>Lesson 1</th> <th>Physical</th> <th>Social</th> <th>Leadership</th> <th>Coaching</th> </tr> </thead> <tbody> <tr> <td><b>Fitness</b></td> <td>Fitness Levels Competitive</td> <td>Motivation Commitment</td> <td>Teamwork Cooperation</td> <td>Lead a warm up Use of terminology</td> </tr> <tr> <td><b>Sport Education</b></td> <td>Fitness Levels Skill Development</td> <td>Communication Motivation Respect</td> <td>Motivation Communication Teamwork</td> <td>Rules Tactics Technique</td> </tr> <tr> <td><b>Football</b> <b>Basketball</b> <b>Rugby</b></td> <td>Technique Decision Making Competitive</td> <td>Sportsmanship Commitment</td> <td>Empathy and Kindness Cooperation</td> <td>Use of Terminology Lead a warm up</td> </tr> </tbody> </table>	Lesson 1	Physical	Social	Leadership	Coaching	<b>Fitness</b>	Fitness Levels Competitive	Motivation Commitment	Teamwork Cooperation	Lead a warm up Use of terminology	<b>Sport Education</b>	Fitness Levels Skill Development	Communication Motivation Respect	Motivation Communication Teamwork	Rules Tactics Technique	<b>Football</b> <b>Basketball</b> <b>Rugby</b>	Technique Decision Making Competitive	Sportsmanship Commitment	Empathy and Kindness Cooperation	Use of Terminology Lead a warm up	Lesson 1 – Sport Education season  Lesson 2 - Recreational Competition <table border="1"> <thead> <tr> <th>Lesson 1</th> <th>Physical</th> <th>Social</th> <th>Leadership</th> <th>Coaching</th> </tr> </thead> <tbody> <tr> <td><b>Sport Education</b></td> <td>Fitness Levels Skill Development</td> <td>Communication Motivation Respect</td> <td>Motivation Communication Teamwork</td> <td>Rules Tactics Technique</td> </tr> <tr> <td><b>International Rules</b> <b>Strike &amp; Field</b> <b>Ultimate Frisbee</b></td> <td>Technique Decision Making Competitive</td> <td>Sportsmanship Commitment</td> <td>Empathy and Kindness Cooperation</td> <td>Use of Terminology Lead a warm up</td> </tr> </tbody> </table>	Lesson 1	Physical	Social	Leadership	Coaching	<b>Sport Education</b>	Fitness Levels Skill Development	Communication Motivation Respect	Motivation Communication Teamwork	Rules Tactics Technique	<b>International Rules</b> <b>Strike &amp; Field</b> <b>Ultimate Frisbee</b>	Technique Decision Making Competitive	Sportsmanship Commitment	Empathy and Kindness Cooperation	Use of Terminology Lead a warm up
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Physical Education – Year 11

	Autumn Term	Spring Term	Summer Term
Topics	<p>Sporting behaviours</p> <p>Deviance in sport</p> <p>Classification of skills</p> <p>Forms of practice – theory and practical application</p> <p>Types of guidance – theory and practical application</p> <p>Mental preparation for performance; types of feedback</p> <p>Revision for Mocks</p>	<p>Participation rate trends – use of data</p> <p>Commercialisation and the media</p> <p>Advantages and disadvantages of commercialisation</p> <p>Completion of PEP's</p> <p>Review and Revise –</p> <ul style="list-style-type: none"> <li>• Structure of the skeletal system</li> <li>• Classification and roles of muscles</li> <li>• Structure and function of cardiovascular system</li> <li>• Location and roles of principle components of respiratory system</li> <li>• Components of fitness</li> <li>• Principles of training</li> <li>• Methods of training</li> </ul>	<p>Review and Revise –</p> <ul style="list-style-type: none"> <li>• Vascular shunting</li> <li>• Components of blood and their significance for physical activity</li> <li>• Lever system – first, second and third class levers</li> <li>• Mechanical advantage in sport and physical activity</li> <li>• Joint classification and impact on movement axes</li> <li>• Long term effects of training on the musculo-skeletal system</li> <li>• Long term effects of training on the cardio-respiratory system</li> <li>• Physical, emotional and social health</li> <li>• Lifestyle choices</li> <li>• Impact of lifestyle choices</li> <li>• Identification and treatment of injury</li> <li>• Injury prevention in physical activity</li> <li>• Performance enhancing drugs</li> </ul>
Exam Spec	<p><a href="http://www.pearson.com">GCSE Physical Education 2016: Specification (pearson.com)</a></p> <p>(Component 2) 3.3, 2.1, 2.3</p>	<p><a href="http://www.pearson.com">GCSE Physical Education 2016: Specification (pearson.com)</a></p> <p>(Component 2) 3.4, 4.1</p>	<p><a href="http://www.pearson.com">GCSE Physical Education 2016: Specification (pearson.com)</a></p>
Assessment	<p>Practice and guidance exam questions exams to be used throughout lessons</p> <p><i>End of year exam</i></p>	<p>Commercialisation test</p> <p>Personal Exercise Programme (Component 4 – 10% of grade)</p> <p><i>End of half term tests</i></p> <p><i>Past paper questions on each topic in class and for extended learning</i></p>	<p>Past paper</p>
E/L	<p>EXTENDED LEARNING TASKS CAN BE FOUND ON 'TEAMS' IN THE EXTENDED LEARNING FOLDER. THESE CAN BE COMPLETED AND HANDED IN AT ANY TIME TO THE TEACHER IN CHARGE OF THE CLASS</p>		

## Games - Year 11

	Autumn Term	Spring Term	Summer Term
Topics	<p>Lesson 1 – Competitive competition</p> <p>Lesson 2 – Recreational competition/Off site activities*</p> <p>*In lesson 2, students will have the opportunity to experience an off-site activities for a range of sports and physical activities</p> <ul style="list-style-type: none"> <li>• Bouldering wall</li> <li>• Swimming</li> <li>• Golf</li> <li>• Skateboarding</li> <li>• Cycling</li> </ul>	<p>Lesson 1 – Competitive competition</p> <p>Lesson 2 – Recreational competition/Off site activities*</p> <p>*In lesson 2, students will have the opportunity to experience an off-site activities for a range of sports and physical activities</p> <ul style="list-style-type: none"> <li>• Bouldering wall</li> <li>• Swimming</li> <li>• Golf</li> <li>• Skateboarding</li> <li>• Cycling</li> </ul>	<p>Lesson 1 – Competitive competition</p> <p>Lesson 2 – Recreational competition/Off site activities*</p> <p>*In lesson 2, students will have the opportunity to experience an off-site activities for a range of sports and physical activities</p> <ul style="list-style-type: none"> <li>• Bouldering wall</li> <li>• Swimming</li> <li>• Golf</li> <li>• Skateboarding</li> <li>• Cycling</li> </ul>
NC Link	<ul style="list-style-type: none"> <li>• Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.</li> <li>• Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.</li> <li>• Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.</li> <li>• Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group</li> </ul>
Assessment	<p>Attitude for Learning</p> <ul style="list-style-type: none"> <li>• Kit marks</li> <li>• Physical</li> <li>• Social</li> <li>• Leadership</li> <li>• Coaching</li> </ul>	<p>Attitude for Learning</p> <ul style="list-style-type: none"> <li>• Kit marks</li> <li>• Physical</li> <li>• Social</li> <li>• Leadership</li> <li>• Coaching</li> </ul>	<p>Attitude for Learning</p> <ul style="list-style-type: none"> <li>• Kit marks</li> <li>• Physical</li> <li>• Social</li> <li>• Leadership</li> <li>• Coaching</li> </ul>
Extra Curricular	<p>Football – Squad and recreational practices</p> <p>Cricket</p> <p>Basketball</p> <p>Rugby</p> <p>Fitness – Gym</p> <p>Athletics</p> <p>Tennis</p>		

## Games - Useful Links

Football – Catholic Utd Football Club - [Catholic United Football Club \(catholicutd.co.uk\)](http://catholicutd.co.uk)

Basketball – Southend Scorpions - [Scorpions Basketball Academy](http://scorpionsbasketballacademy.com)

Rugby – Westcliff Rugby Club - [Westcliff Rugby Football Club – Westcliff Rugby Football Club \(westcliffRFC.co.uk\)](http://westcliffRFC.co.uk)

Athletics – Southend Athletics - [Home - Southend on Sea Athletic Club \(southend-on-sea-athletic-club.co.uk\)](http://southend-on-sea-athletic-club.co.uk)

Cricket – Leigh-on-Sea Cricket Club - [Leigh-on-Sea Cricket Club Home page \(leighcricket.com\)](http://leighcricket.com)

Tennis – Westcliff Lawn Tennis Club - [Westcliff Lawn Tennis Club – WLTC](http://westcliffLawnTennisClub.co.uk)

Physical Education - Year 12

Physical Education - Year 13

BTEC Sport - Year 9

BTEC Sport - Year 10

BTEC Sport - Year 11

BTEC Sport - Year 12

BTEC Sport - Year 13