



Haydock High School PE Department – Learning Overview

Year 7	<u>1a</u>	<u>1b</u>	<u>2a</u>	<u>2b</u>	<u>3a</u>	<u>3b</u>
	Baseline assessment Netball (G) Rugby (G) Football (B) Handball (B)	Badminton (G) Rugby (G) Rugby (B) Fitness (B)	Gymnastics/Dance (G) Fitness (G) Trampoline (B) Fitness (B)	Football (G) Trampoline (G) Basketball (B) Gymnastics (B)	Athletics (B&G) Rounders (G) Cricket (B)	Athletics (B&G) Cricket (G) Softball (B)
<u>Assessment</u>	<u>Week beginning Monday 21st October</u> Baseline assessment Practical skills assessed within lessons		<u>Week beginning 3rd February</u> Practical assessed within lessons		<u>Week beginning 8th June</u> Practical skills assessed within lessons	
<u>Assessment point revision</u>	Ongoing assessment		Ongoing assessment		Ongoing assessment	



Haydock High School PE Department – Learning Overview

Year 8	<u>1a</u>	<u>1b</u>	<u>2a</u>	<u>2b</u>	<u>3a</u>	<u>3b</u>
	Baseline assessment Netball (G) Rugby (G) Football (B) Handball (B)	Badminton (G) Rugby (G) Rugby (B) Fitness (B)	Gymnastics/Dance (G) Fitness (G) Trampoline (B) Fitness (B)	Football (G) Trampoline (G) Basketball (B) Gymnastics (B)	Athletics (B&G) Rounders (G) Cricket (B)	Athletics (B&G) Cricket (G) Softball (B)
<u>Assessments</u>	<u>Week beginning 7th October</u> Practical skills assessed within lessons		<u>Week beginning 20th January</u> Practical skills assessed within lessons		<u>Week beginning 18th May</u> Practical skills assessed within lessons	
<u>Assessment point revision</u>	Ongoing assessment		Ongoing assessment		Ongoing assessment	



Haydock High School PE Department – Learning Overview

Year 9	<p>1a Netball (G) Rugby (G) Football (B) Handball (B)</p> <p>CNAT RO42 training The principles of training: Principles of training Aerobic and Anaerobic Exercise Components of fitness Types of Training Fitness Testing</p>	<p>1b Badminton (G) Rugby (G) Rugby (B) Fitness (B)</p> <p>CNAT RO42 training The principles of training: Par-Q Aims and targets (SMART) Adaptability and progression Normative data Validity and reliability 6 weeks training programme and evaluation</p>	<p>2a Gymnastics/Dance (G) Fitness (G) Trampoline (B) Fitness (B)</p> <p>CNAT RO42 - 6 weeks training programme and evaluation Coursework completion</p>	<p>2b Football (G) Trampoline (G) Basketball (B) Gymnastics (B)</p> <p>CNAT RO46 – sports technology How technology is used to enhance performance, gameplay and spectatorship</p> <p>RO46 – sports technology How technology is used to enhance performance, gameplay and spectatorship</p>	<p>3a Athletics (B&G) Rounders (G) Cricket (B)</p> <p>CNAT RO46 – sports technology The application of technology in a chosen sport Introduction The positive effects off sports technology</p>	<p>3b Athletics (B&G) Cricket (G) Softball (B)</p> <p>CNAT RO46 – sports technology The application of technology in a chosen sport the negative effects of sports technology, implications for the future and development/adaptations</p>
	Assessments	<p>Week beginning 18th November Practical skills assessed within lessons RO42 – LO1, LO2, LO3</p>		<p>Week beginning 16th March Practical skills assessed within lessons RO42 – LO3, LO4; RO46 – LO1</p>		<p>Week beginning 22nd June Practical skills assessed within lessons RO42 – LO2, LO3</p>
	Assessment point revision	Ongoing assessment		Ongoing assessment		Ongoing assessment



Haydock High School PE Department – Learning Overview

<u>Year</u> <u>10</u>	<p>1a Netball (G) Rugby (G) Football (B) Handball (B)</p> <p>CNAT RO46 – Positive and negative consequences of technology Reactions of stakeholders History and tradition Developments and adaptations to the sport Implications for the future Overall judgement</p>	<p>1b Badminton (G) Rugby (G) Rugby (B) Fitness (B)</p> <p>CNAT RO45 – Diet and Nutrition Characteristics of a balanced diet Planning a balanced diet for a sports performer The importance of nutrition before during and after exercise The reasons for varying dietary requirements</p>	<p>2a Gymnastics/Dance (G) Fitness (G) Trampoline (B) Fitness (B)</p> <p>CNAT RO45 - The reasons for varying dietary requirements Dietary supplements and the issues associated with them Dehydration Undereating</p>	<p>2b Football (G) Trampoline (G) Basketball (B) Gymnastics (B)</p> <p>CNAT RO45 – The reasons for varying dietary requirements Dietary supplements and the issues associated with them Dehydration Undereating</p>	<p>3a Athletics (B&G) Rounders (G) Cricket (B)</p> <p>CNAT RO45 - Diet and Nutrition Designing a diet plan The suitability of the diet plan Evaluate the effectiveness of the diet plan</p>	<p>3b Athletics (B&G) Cricket (G) Softball (B)</p> <p>CNAT Coursework Completion</p>
<u>Assessments</u>	<u>Week beginning 11th November</u> RO46 – LO3, LO4; RO45 – LO1		<u>Week beginning 10th February</u> RO45 – LO2, LO3		<u>Week beginning 22nd June</u> RO45 - LO4	
<u>Assessments</u>	Ongoing assessment		Ongoing assessment		Ongoing assessment	



Haydock High School PE Department – Learning Overview

<u>Year 11</u>	<u>1a</u> Netball (G) Rugby (G) Football (B) Handball (B) CNAT RO41 Extrinsic factors which affect the risk of injury Intrinsic factors which affect the risk of injury Warm up and cool down	<u>1b</u> Badminton (G) Rugby (G) Rugby (B) Fitness (B) CNAT RO41 Types of injury Treatment of injury Emergency action plans Common medical conditions	<u>2a</u> Gymnastics/Dance (G) Fitness (G) Trampoline (B) Fitness (B) CNAT RO41 Types of injury Treatment of injury Emergency action plans Common medical conditions	<u>2b</u> Football (G) Trampoline (G) Basketball (B) Gymnastics (B) CNAT Coursework completion	<u>3a</u> Athletics (B&G) Rounders (G) Cricket (B) Examination Revision CNAT Sports Science	<u>3b</u> Athletics (B&G) Cricket (G) Softball (B) Examination Revision CNAT Sports Science
	<u>Assessments</u>	<u>Week beginning 30th September</u> RO41: L01, L02, L03, L04		<u>Week beginning 25th November</u> External exam		<u>Week beginning 9th March</u> RO41: L01, L02, L03, L04
	<u>Assessment point revision</u>	On-going assessment Content RO45 Exam RO41 – Assessing Risk in Sport		Content of RO41 Exam RO41 – Assessing Risk in Sport		Coursework completion RO45 RO41 Examination (Re-Sit students only)