

A stylized, light blue illustration of a unicorn's head and neck, facing right. The unicorn has a single, long, spiraling horn and a flowing mane. The illustration is set against a dark blue background with a large, light blue circular arc behind the unicorn's head. A solid yellow vertical bar is on the far left of the page.

# **Sancton Wood School**

## **Curriculum Overview**

**2022-23**

**Year 11**

# English

## Language, Literature and Spoken Language

Michaelmas	Lent	Summer
<p>GCSE C19th Fiction Text : Dr Jekyll and Mr Hyde</p> <p>Study of character, theme, exposition and narrative structure, narrative perspective, context etc. in relation to the requisite skills of the AOs, including reader response.</p> <p>Literature extract questions based on theme and/or character.</p> <p>Language Paper 1 Revision using extracts from core text</p>	<p>Language Paper 2 preparation.</p>	<p>Revision</p>

## Michaelmas 1

Set 1 - Higher Tier - AQA

### Algebra

- Quadratic simultaneous equations
- Proof
- Algebraic fractions

### Number

- Surds

Set 3 - Foundation Tier – AQA

### Shape

- Transformations in a plane
- Vector geometry

### Graphs

- Interpreting graphs

## Michaelmas 2

Set 1 - Higher Tier – AQA

### Data

- Histograms

### Shape

- Vector geometry
- Transformation in a plane
- Construction and loci
- Similarity and congruence

Set 3 - Foundation Tier – AQA

### Shape

- Construction and loci
- Similarity and congruence

## Lent 1

Set 1 - Higher Tier – AQA

### Shape

- Pythagoras theorem
- Trigonometry

Set 3 - Foundation Tier – AQA

### Shape

- Pythagoras theorem
- Trigonometry

## Lent 2

Set 1 - Higher Tier – AQA

### Graphs

- Graphs of other functions and equations
- Growth and decay
- Transformations of graphs

Set 3 - Foundation Tier – AQA

### Graphs

- Graphs of other functions and equations
- Growth and decay

## Summer 1

Revision

## Summer 2

Revision

# Computing

Michaelmas 1	Michaelmas 2	Lent 1
<p>Relational database and sql</p> <p>Primary key, foreign key, relationships between tables: one to one, one to many and many to many. Getting familiar with SQL statements . use of Sqlite3 as a module in python. Formative and summative assessment.</p>	<p>Ethics, legal and cultural impact and environmental impact.</p> <p>Ethics , legislations. Privacy issues.</p>	<p>Programming fundamentals</p> <p>Python practice, long exam style questions practice.</p>
Lent 2	Summer 1	Summer 2
<p>Paper 1 and paper 2 revision</p>	<p>Paper 1 and paper 2 revision</p>	<p>Paper 1 and paper 2 revision</p>

# Biology

## Michaelmas 1

- B10 The human nervous system
- Principles of homeostasis. structure and function of the nervous system. reflex actions.
- The brain
- The eye

## Michaelmas 2

### B11 Hormonal Coordination

Principles of hormonal control. Controlling blood glucose levels and diabetes. Negative feedback systems.

Human reproduction and the menstrual cycle

Use of hormones as contraceptives.

IVF and assisted conception.

Plant hormones and their uses.

## Lent 1

### B12 Homeostasis

control of body temperature.  
Removing waste products - kidney liver urine production  
Kidney failure and kidney transplant vs dialysis debate

### B13 Reproduction

mitosis and meiosis  
DNA chromosomes genes  
How are proteins made by the body  
Gene expression and mutation  
Inheritance and genetic crosses using punnet squares  
Reading family trees for inherited disorders  
Specific inherited disorders - polydactyly and Cystic Fibrosis.  
Screening for genetic disorders

# Biology

## Lent 2

- **B14 Variation and evolution**
  - Natural selection and survival of the fittest. Selective Breeding and other forms of genetic manipulation, transferring genes and cloning
  - Ethics of gene technologies
- **B15 Genetics and Evolution**
  - History - Mendel - Darwin - Lamarck
  - Forming new species
  - Evidence in the fossil record
  - Extinction
  - Classification
- **B16 Adaptations Interdependence and competition**

## Summer 1

### B17 Organising an Ecosystem

Trip to Wicken Fen

cycling materials like carbon, water and nitrogen

Rates of decomposition

### B18 Biodiversity and Ecosystems

Humans, pollution, deforestation, global warming, protection of ecosystems, how biomass and energy are transferred.

Food security.

## Summer 2

Revision /Study Leave

# Chemistry

## Michaelmas 1

### C11 polymers cont.

Natural polymers and DNA

### C12 Chemical Analysis

Analysing pure substances and mixtures.  
Using chromatography

Testing for gases

Testing for positive ions and negative ions.

Instrumental analysis eg. spectroscopy

## Michaelmas 2

### C13 The Earth's Atmosphere

History of the atmosphere of earth and how it has evolved.

Greenhouse gases

Global Climate change

Atmospheric pollutants

### C14 The Earth's Resources

Finite or renewable?

How to make water safe to drink

## Lent 1

### C14 The Earth's Resources

Analysis and purification of water samples

Treating wastewater

Extracting metals from their ores

Lifecycle assessments

Reduce, reuse, recycle

# Chemistry

Lent 2	Summer 1	Summer 2
<p>C15 Using our resources</p> <p>Rusting is a form of corrosion - a chemical reaction between metals and substances in the environment.</p> <p>Useful alloys eg Bronze and Brass</p> <p>The properties of polymers</p> <p>Glass ceramics and composites</p> <p>Making Ammonia in the Haber process</p> <p>Making fertilizers in the lab and in industry</p>	<p>Revision</p>	<p>Revision</p>

# Physics

Michaelmas	Lent	Summer
<p><b>P11 Force and pressure</b></p> <p>Pressure on solids</p> <p>Pressure in liquids and gases</p> <p>Upthrust and flotation</p> <p><b>P12 Wave properties</b></p> <p>The nature and properties of waves</p> <p>Reflection and refraction</p> <p>Sound waves and ultrasound</p> <p>Seismic waves</p> <p><b>P13 Electromagnetic waves</b></p> <p>The parts of the electromagnetic spectrum</p> <p>Uses and dangers of the electromagnetic spectrum</p>	<p><b>P14 Light</b></p> <p>Reflection and refraction of light</p> <p>Colour</p> <p>Lenses and lens diagrams</p> <p><b>P15 Electromagnetism</b></p> <p>Magnetic fields and electric currents</p> <p>Electromagnets, motors and generators</p> <p>Transformers</p> <p><b>P16 Space</b></p> <p>Formation of the Solar System</p> <p>The life of a star</p> <p>Planets, satellites and orbits</p> <p>The history and future of the Universe</p>	<p>Revision</p>

# Business Studies

## Michaelmas 1

### Human Resources

Organisational structures - the organigram

Recruitment and Selection of employees

Motivational techniques - understanding Maslows hierarchy

The purpose and benefits of training

## Michaelmas 2

### Marketing

Identifying and understanding the customer

Market segmentation

Purpose and Methods of Market research

Elements of the marketing mix and how to pick your gap in the market.

## Lent 1

### Course Marketing (cont)

The marketing mix product place price promotion

Distribution of the product

# Business Studies

Lent 2	Summer 1	Summer 2
<p><b>Finance</b></p> <p>Sources of Finance - loans, overdrafts, credit, mortgage, investors, family</p> <p>Cash flow forecasts and Statements. the balance sheet</p> <p>Financial terms and calculations</p> <p>Analysing the financial performance of a business through ratios and by comparing to other businesses using their financial statements</p>	Revision	Revision

# Sociology

## Michaelmas 1

### Crime and Deviance

The social construction of crime

Social control

Factors affecting crime

Gender

Age

Ethnicity

Social Class

Research and crime

## Michaelmas 2

### Crime and Deviance

Gangs

Prison system

Media and Crime

Perspectives and crime

## Lent 1

### Social Stratification

Marxist perspectives on class

Affluent worker

Social Economic

# Sociology

Lent 2	Summer 1	Summer 2
<div>Social Stratification</div> <div>Globalisation</div> <div>Life chances</div> <div>Poverty</div> <div>Power</div>	<div>Revision</div>	<div>Revision</div>

# History

## Michaelmas 1

Early Elizabethan England, 1558–88

(British Depth Study)

Relations with Spain

The outbreak of war with Spain/The  
Armada

Education and leisure

The problem of the poor

Exploration and voyages of discovery

Raleigh and Virginia

Review and assessment of Elizabeth  
Topic

## Michaelmas 2

Crime and Punishment in Britain c1000-  
present

(Thematic Study)

Introduction to Crime & Punishment

Medieval – Nature & changing definitions

Medieval – Nature of law enforcement &  
punishment

Early Modern – Nature & changing  
definitions

Early Mod - Medieval – Nature of law  
enforcement & punishment

Early Modern – Case studies

Crime and Punishment trip to London

## Lent 1

Crime and Punishment in Britain c1000-  
present

(Thematic Study)

18th/19th C – Changing definitions of  
Criminal Activity

18th/19th C – The nature of law  
enforcement & punishment

18th/19th – Case studies

1900 – Present – Nature & changing  
definitions

1900 – Present – The nature of law  
enforcement

# History

Lent 2	Summer 1	Summer 2
<p>Whitechapel 1870-1900</p> <p>(Thematic study)</p> <p>Introduction to Historic Environment – The local context of Whitechapel</p> <p>The prevalence of lodging houses &amp; pubs</p> <p>The organisation of policing in Whitechapel</p> <p>Investigate policing in Whitechapel</p> <p>The national and regional context</p> <p>Review and assessment of Crime and Punishment Topic</p>	<p>Revision and Examination preparation</p> <p>Crime &amp; Punishment Revision</p> <p>Early Elizabethan England Revision</p> <p>Superpower relations – Cold War Revision</p> <p>The USA, 1954-75 Revision</p> <p>Exam practice</p>	<p>Revision/Study Leave</p>

# Geography

## Michaelmas 1

### Climate & Ecosystems

Recap what a biome is and energy flows within ecosystems. The location and types of world biome, the DOPPLAR factors that affect climate and therefore biome type (Distance from the Sea, Ocean currents, Pressure cells, Prevailing Winds, Latitude, Altitude, Relief).

Analysing and creating climate graphs. The reasons for the climate in tropical desert biomes, tropical desert flora and fauna, and their adaptations.

Namib desert case study.

The reasons for the climate in tropical rainforest biomes, tropical rainforest flora and fauna, and their adaptations, the social, economic, political and environmental reasons for the deforestation of tropical rainforests, its local and global human and physical impacts including the link to climate change, solutions to deforestation, equatorial rainforest case study: Borneo

## Michaelmas 2

### Development

How do we define development, LEDCs, MEDCs, NICs, measuring development and quality of life, human development index, economic development patterns world wide and over time (link back to Clark Fisher Model), the development gap causes, consequences and solutions, the rise of transnational corporations (TNCs), TNCs in numbers, the growth of globalisation, globalisation as an economic, social and cultural concept, globalisation in our own lives, fair trade, Nike case study of a TNC.

MOCKS

## Lent 1

### Weather

The difference between weather and climate, recap climate DOPPLAR (influences on climate) how to measure weather including: rain gauges, max-min thermometers, hygrometers, anemometers, weather vanes, barometers, sunshine recorders, the siting and situation of Stevenson Screens. Rainfall types including conventional, relief and frontal, cloud types using both photos, drawings and diagrams, reading isolines on a map, how tropical storms form.

### Water

Water supply and water quality patterns world wide, water supply in numbers, how water is used in industry(fashion, energy, trade) and agriculture (water miles), human (social, economic and political) and physical (environmental) causes of water shortage, the human and environmental impact of water shortage, potential solutions to water shortage and reduction in water consumption, Case study: water supply in Cambridge or London.

Assessment

# Geography

Lent 2	Summer 1	Summer 2
<p><b>Environmental Risks of Economic Development</b></p> <p>Recap economic growth and industrial location, the function &amp; types of agriculture, look at land degradation and desertification worldwide, enhanced global warming and human contributions to climate change, recall the greenhouse effect, revise the pollution types and their causes and consequences.</p> <p><b>Farming</b></p> <p>Farming types: commercial and subsistence; arable, pastoral and mixed; intensive and extensive. The influence of natural and human inputs on agricultural land use Their combined influences on the scale of production, methods of organisation and the products of agricultural systems. Natural problems which cause food shortages and economic and political factors. The negative effects of food shortages; the effects of food shortages in encouraging food aid and measures to increase output.</p>	<p>6 lessons of revision</p> <p>Population and migration</p> <p>Exams start at beginning of May</p> <p>Paper 1</p> <p>Paper 2</p> <p>Paper 3:</p>	<p>Study Leave</p>

# Classical Civilisation

## Michaelmas 1

### Key Sites

The dating of the Mycenaean age  
The location, and importance of key sites, including Mycenae, Tiryns, and Troy  
The layout and structures of the site of Mycenae and Tiryns  
The evidence for and against Troy VI and Troy VIIa being the site of Homer's Troy

### Life in the Mycenaean Age

Palaces - the typical palace complex and megaron (central hall), their functions and use.

**Everyday life** - evidence for, and nature of hunting, armour and weapons, chariots, clothing, trade

**Linear B tablets** - how the tablets were preserved and what they record, the significance of the tablets.

### Decorative Arts

**Frescoes** - techniques, colours and typical designs.

**Jewellery** - techniques and use of materials including metalwork, amber and glass.

**Decorative objects and their creation** - types of storage vessels, drinking vessels, animal figures, human figures, (including phi, psi and tau figurines), votive offerings, ivory carving.

## Michaelmas 2

### Tombs, graves and burials

#### Burial customs

Structure and use of shaft graves, cist graves, tholos and chamber tombs.

The use of funerary objects, including the contents of Grave Circle A and Grave Circle B at Mycenae.

### Odyssey, Books 9 and 10

Homer as a story-teller and the idea of epic, including:  
how the Odyssey might have been composed and performed,  
what makes the Odyssey an epic poem.

Narrative and descriptive techniques including the use and importance of similes, epithets and formulae.

## Lent 1

### Odyssey, Books 19 and 21

#### The role of the gods

The portrayal of: the suitors; the crew of Odysseus; Polyphemus as a monster and keeper of livestock; Circe as a witch and host; Penelope as a host, wife and queen; Telemachus as a son and hero; and the loyalty or disloyalty of Odysseus' slaves.

# Classical Civilisation

## Lent 2

### Odyssey, Books 19 and 21

The role of the gods

The portrayal of: the suitors; the crew of Odysseus; Polyphemus as a monster and keeper of livestock; Circe as a witch and host; Penelope as a host, wife and queen; Telemachus as a son and hero; and the loyalty or disloyalty of Odysseus' slaves.

## Summer 1

### Odyssey Book 22

The qualities of Odysseus as a leader, husband and father

The presentation of him as a warrior and hero

His intelligence and oratorical skills

His relationship with his protector goddess Athena

## Summer 2

### Odyssey Revision

The concept and importance of xenia (guest-friendship)

Deceit and trickery

The civilisation and barbarism of places and characters

The role of revenge and justice

The concept and importance of nostos (the desire to return home)

The role of fate

## Michaelmas 1

Unit 1: Independent topic choice

### A03: RECORD

Develop and refine ideas and proposals, personal outcomes or solutions with increasing independence. Develop critical understanding through investigative, analytical, experimental, practical, technical and expressive skills.

## Michaelmas 2

Unit 1: Independent topic choice.

### A04: PRESENT

Create a personal response with sophisticated realisation of intentions during a 10 hour mock exam.  
Demonstrate understanding of visual language, applying formal elements.

## Lent 1

Unit 2: Externally Set Task

### A01: DEVELOP

Select and research relevant artists to investigate your chosen theme with purpose and intent. Attend gallery visits to foster playful and imaginative curiosity around art and artworks. A02: REFINE  
Select and experiment with ideas, processes, media, materials, and techniques. Develop technical skills through working with a broad range of media, materials, techniques, processes, and technologies.

Lent 2	Summer 1	Summer 2
<p>Unit 2: Externally Set Task</p> <p><b>A01: DEVELOP</b></p> <p>Select and research relevant artists to investigate your chosen theme with purpose and intent. Attend gallery visits to foster playful and imaginative curiosity around art and artworks. <b>A02: REFINE</b> Select and experiment with ideas, processes, media, materials, and techniques. Develop technical skills through working with a broad range of media, materials, techniques, processes, and technologies.</p>	<p>Unit 2: Externally Set Task</p> <p><b>A03: RECORD</b></p> <p>Develop and refine ideas and proposals, personal outcomes, or solutions with increasing independence. Develop critical understanding through investigative, analytical, experimental, practical, technical, and expressive skills. <b>A04: PRESENT</b> Create a personal response with sophisticated realisation of intentions during a 10 hour practical exam. Demonstrate understanding of visual language, applying formal elements.</p>	<p>Exam Period</p>

# Music

<b>Michaelmas 1</b>	<b>Michaelmas 2</b>	<b>Lent 1</b>
AoS 1 - Western Classical music 1650-1910 including Haydn study piece. Composition to a brief released by AQA in Sept.	AoS 1 - Western Classical music 1650-1910 including Haydn study piece. Composition to a brief released by AQA in Sept.	Revision and practice questions for all AoS. Composition to a brief.
<b>Lent 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
Final performances recorded. Composition coursework completed.	Revision and exam practice.	Exam Period

# Drama

## Michaelmas 1

Devised Piece introduction and preparation.

Workshops exploring the given stimulus and devising process begins. Preparation and practise for the written paper.

## Michaelmas 2

Rehearsal and performance of examined Devised Performance - 20%.

Collating notes and perfecting written responses on the devised unit in preparation for the exam. Introduction of Script Extract 1 from the Pre-Release material.

## Lent 1

Course info

# Drama

## Lent 2

Continued exploration and analysis of pre-release texts. Structuring notes and revision / written prep and technique.

## Summer 1

Revision and exam preparation

## Summer 2

Exam Period

# Latin

## Michaelmas 1

Language  
Principal Parts and Perfect Passive  
Pluperfect Passive  
'If' clauses, self and same  
Future active participles  
Ablative Absolutives  
Irregular verbs and imperatives  
Negative commands  
Literature (Aeneid 6)  
Context of the Aeneid + intro to Book 6  
lines 295 - 301  
lines 302 - 308  
lines 309 - 316  
lines 384 - 391  
lines 392 - 402  
Vocabulary  
1st/ 2nd/ 3rd/ 4th/ 5th/ irregular  
declension nouns  
2-1-2 and 3rd declension adjectives  
Pronouns  
Irregular verbs

## Michaelmas 2

Language  
Passive infinitive  
Deponent Verbs  
Perfect active participle  
Semi-deponent verbs  
Indirect statements  
Literature (Aeneid 6)  
lines 403 - 416  
lines 679 - 686  
lines 687 - 694  
Vocabulary  
Adverbs  
1st/2nd conjugation verbs  
Mocks  
Full Culture Paper  
Verse Literature Section 1  
Language passage

## Lent 1

Language  
Prepositions  
Less common pronouns  
Imperfect subjunctive  
Purpose clauses  
4th and 5th declension nouns  
Indirect commands  
Result clauses  
Verbs of Fearing  
Literature (Aeneid 6)  
lines 695 - 702  
lines 703 - 712  
lines 752 - 759  
lines 788 - 800  
Character profiles  
Themes throughout  
Vocabulary  
3rd/4th conjugation verbs  
Deponents  
Miscellaneous words

# Latin

## Lent 2

Language  
Pluperfect subjunctive  
'cum' clauses  
Indirect questions  
Connecting relative  
'ad' + gerundive  
Uses of 'dum'  
Mocks  
Adapted Language paper  
Full verse paper  
Culture paper required

## Summer 1

English to Latin prep  
Translation practice  
FULL Sources paper  
Randomised vocab lists

## Summer 2

Exam Period

# Spanish

## Michaelmas 1

### Your region:

Shopping for clothes and presents;  
Talking; about problems in a town;  
Using synonyms;  
Describing a visit in the past;  
Using different tenses together

### Food and festivals:

Talking about typical foods;  
Comparing different festivals;  
Using demonstrative adjectives;  
Using the conditional;  
Using different tenses together;  
Using the passive;  
Using impersonal expressions to avoid the passive;

Translation skills;

Resources: GCSE Speaking booklet;  
Literary text booklet; Translation booklet

## Michaelmas 2

Describing a special day;

Ordering in a restaurant;

Talking about a music festival;

Exam preparation for mocks;

Using reflexive verbs in the preterite;  
Using absolute superlatives;  
Irregular verbs in the preterite;  
Using expressions followed by the infinitive

### Work and careers:

Part-time jobs;  
Talking about how you earn money;  
Using verb *soler* in the imperfect tense;

Translation skills

## Lent 1

Work experience and future plans:

Talking about work experience;  
Talking about the importance of learning languages;  
Applying for a summer job;  
Discussing gap years;  
Discussing plans for the future;  
Using different ways to express future plans;  
Using the preterite and imperfect together;  
Using the present and present continuous;  
Using verbs *saber* and *conocer*;  
Using indirect object pronouns;  
Revising the conditional;  
Using subjunctive with *cuando* Global and environmental issues:  
Considering global issues.;  
Using the present subjunctive

# Spanish

Lent 2	Summer 1	Summer 2
<p>Talking about local actions; Healthy lifestyle: drugs, alcohol, smoking;</p> <p>Talking about natural disasters;</p> <p>Understanding different tenses;</p> <p>Using the pluperfect tense;</p> <p>Using the imperfect continuous Revision and preparation for assessment;;</p> <p>Exemplar student answers;</p> <p>Additional translation practice;</p> <p>Vocabulary for assessment rubrics and instructions;</p> <p>Translation skills</p>	<p>Revision and preparation for assessment:</p> <p>Speaking practice: Role plays, Photo cards, General conversation;</p> <p>Exemplar student answers;</p> <p>Additional translation practice;</p> <p>Vocabulary for assessment rubrics and instructions</p>	<p>Exam Period</p>

# French

## Michaelmas 1

### School:

Talking about your school and subjects;  
Comparing school in the UK and French-speaking countries;

Discussing school rules;

Discussing healthy living;

Discussing vices;

Talking about a school exchange;

Translation skills;

Using the pronouns il, ils and elle, elles;

Using il faut and il est interdit de;

Using the imperative;

Using the present and future tenses;

Using past, present and future timeframes

## Michaelmas 2

### Jobs and Careers:

Discussing career choices;

Talking about plans, hopes and wishes

Applying for jobs;

Understanding case studies;

Translation skills; Saying 'better/worse' and 'the best/worst thing';

Understanding the subjunctive;

Using direct object pronouns in the perfect tense;

Using verbs followed by à or de

## Lent 1

### Global issues:

Discussing problems facing the world;

Talking about protecting the environment;

Discussing ethical shopping;

Talking about volunteering;

Discussing big events;

Making connections between word types;

Translation skills;

Using modal verbs pouvoir and devoir in the conditional tense; Using the passive;

Using indirect object pronouns; Giving arguments for and against

# French

Lent 2	Summer 1	Summer 2
<p>Revision and preparation for assessment:</p> <p>Exemplar student answers;</p> <p>Additional translation practice;</p> <p>Vocabulary for assessment rubrics and instructions;</p> <p>Revision classes, workshops and other activities to boost listening, speaking, reading and writing skills leading to the exam.</p>	<p>Revision and preparation for assessment:</p> <p>Exemplar student answers;</p> <p>Additional translation practice;</p> <p>Vocabulary for assessment rubrics and instructions</p>	<p>Exam Period</p>

# Mandarin

## Michaelmas 1

Weather and countries;

Create a weather forecast report for today and the next couple of days in Chinese using the map of China.

A future holiday to China;

Reserving a hotel room (role play);

Body parts and a visit to the Doctor (problems);

Activities for a healthy lifestyle

## Michaelmas 2

Problems caused by obesity;

Problems caused by smoking and alcohol;

environmental problems and solutions;

How to talk about social issues;

How to organise local activities to help tackle environmental problems

## Lent 1

Mobile phone and internet use;

Online communications;

Online shopping advantages and disadvantages;

TV programmes and reality shows;

Interview a celebrity;

Write a report about a famous person you like;

Write a blog post

# Mandarin

## Lent 2

Activities to keep you healthy;

revise vocabulary for hobbies and interest;

Healthy food to keep you healthy – eating vegetables and fruits, and drinking a lot of water;

Describe your area and what kind of house is your favourite;

What you could do to improve your local area

## Summer 1

Revision and exam practice;

Exams start

## Summer 2

Exam Period

## Michaelmas 1

Introduction to the Analysing and Evaluating Performance (AEP) coursework.

Testing the components of fitness.

Identifying strengths and weaknesses.

Analysing the importance of different aspects of components of fitness in a specific sport.

Identifying and explaining the key skills in a specific sport.

Assessing my own performance against the key components of fitness

Learning the components of fitness

## Michaelmas2

Focusing on a specific skill and assessing specific movements that are created in depth.

Learning how to classify a skill.

Assessing my specific sport against the classification of skills.

Creating an action plan to improve performance.

Identifying the aspects of a SMART target.

Looking into how the principles of training can associate to the action plan.

Identifying possible risks and hazards when physical activity takes place.

## Lent 1

### Sports Psychology

Characteristics of a skilful movement

Classifications of skills

Goal setting

SMART principle

Mental preparation

Guidance

Feedback

### Health, fitness and well-being

What is health and well-being?

Benefits of a healthy active lifestyle

Consequences of a sedentary lifestyle

Emotional and Social health

Health and well-being according to the data

Diet and nutrition

Macro and micro nutrients

Lent 2	Summer 1	Summer 2
<p><b>Physical activity and sport</b></p> <p>Trends in participation Factors affecting participation Improving participation Golden triangle Media, commercialisation and physical activity and sport Sponsorship Ethics in sport Violence in sport Drugs in sport</p> <p>Student specific revision and exam practice</p>	<p>Student specific revision and exam practice</p>	<p>Exam Period</p>

# PE for All

## Michaelmas 1

### Multigym

Pupils can gain knowledge and experience in use of the multi fitness gym suite. Where they work on their own specific fitness programmes.

### Badminton

To learn: types of shot, serving, footwork, scoring, match play, singles and doubles

Pupils play in competitive single and double matches enjoying the sport and physical element to the game.

### Indoor Football

Pupils participate in recreational football.

The aim is for them to keep active and enjoy the physical fitness element to the game.

## Michaelmas2

### Multigym

Pupils can gain knowledge and experience in use of the multi fitness gym suite. Where they work on their own specific fitness programmes.

### Basketball

To gain skills in passing, dribbling, shooting,

footwork, defending, game play, positions and tactical play in attack and defence

## Lent 1

### Multigym

Pupils can gain knowledge and experience in use of the multi fitness gym suite. Where they work on their own specific fitness programmes.

### Netball/Handball

To further develop skills in: passing, shooting, footwork, defending, game play, positions and tactical play in attack and defence

# PE for All

Lent 2	Summer 1	Summer 2
<p data-bbox="111 325 246 358"><b>Multigym</b></p> <p data-bbox="111 404 679 546">Pupils can gain knowledge and experience in use of the multi fitness gym suite. Where they work on their own specific fitness programmes.</p> <p data-bbox="111 592 348 625"><b>Netball/Handball</b></p> <p data-bbox="111 671 675 813">To further develop skills in: passing, shooting, footwork, defending, game play, positions and tactical play in attack and defence</p>	<p data-bbox="747 325 882 358"><b>Multigym</b></p> <p data-bbox="747 404 1315 546">Pupils can gain knowledge and experience in use of the multi fitness gym suite. Where they work on their own specific fitness programmes.</p> <p data-bbox="747 592 948 625"><b>FREE CHOICE</b></p> <p data-bbox="747 671 1301 775">Pupils can choose a range of activities inside or outside from a range of spring and summer sports.</p> <p data-bbox="747 821 872 853">Athletics</p> <p data-bbox="747 899 882 932">Rounders</p> <p data-bbox="747 978 845 1011">Cricket</p> <p data-bbox="747 1056 845 1089">Tennis</p>	<p data-bbox="1384 325 1556 358">Study Leave</p>

## Michaelmas

### Being Me in My World

Becoming an adult

Relationships and the law

The law and me

The internet, the law and me

Dealing with an emergency situation

## Lent

### Dreams and Goals

Managing anxiety and overwhelm

Money and debt

Dream jobs and my skillset

My future relationships

Contingency planning

### Healthy Me

Relaxation and managing stress

Hygiene and health

Influence and pressure

Pregnancy and choice

Staying safe in sexual relationships

## Summer

### Relationships

Intimate romantic relationships

Gender diversity and sexuality

Coming out as LGBTQIA+

Imbalance of power

Hate crimes and honour-based violence