Careers/Pathways Physiotherapist, **PE Learning Journey Sports coach Sports development** S1 - CORE SKILLS/CONCEPTS S2 - COACHING/LEADDERSHIP PE teacher S3 – TEACHING FOR UNDERSTANDING **Sports Lawyer** S4 – APPLICATION AND DEPTH OF UNDERSTANDING Leisure/Gym manager **Sports Journalist Sports Photographer** Continue to take part regularly in Sports marketing/PR/Social media competitive sports and activities outside Evaluate performances **school** through community links or sports compared to previous ones and clubs. demonstrate improvement A-Level PE S2: Tennis, S3 Cricket, S4 Netball, S2 Volleyball, S1 Dodgeball, S1 American College Football, S2 Ultimate Frisbee, Softball/Rounders University Apprenticeships Outdoor and adventurous activities Develop technique and improve Use and develop a variety of tactics YEAR performance in competitive sports and strategies to overcome opponents in team and individual games Sports Leaders Qualification, S1 Lacrosse, S1 Gaelic Football, S2 Trampolining, S2 Table Tennis, S2 Softball, S1 Ultimate Frisbee, S4 Athletics, S1 Tennis YEAR S3 - Rugby: S2 - Handball: S1: Trampolining* **Fartlek** S3 - Athletics: Hypertrophy Continuous Lower HR HITT S3 - Badminton: **Endurance** THE HEART **METHODS OF TRAINING SHORT TERM EFFECTS** S1 - Softball: S2 – Football: S3 - Netball S1 – Table Tennis: Increased HR Temperature **YEAR** S1 - Handball: S1 - Volleyball: q Scoring S2 - Cricket: S2 - Rounders: **Flexible** Equipment **Finance** Communication Adaptable Etiquette Sponsorship Confidence Rigid **Analysis** Approachable **DRUGS FORMATIONS NUTRITION MEDIA COVERAGE** RULES/REGULATIONS **LEADERSHIP PRIORTISING** SPEED/STAMINA **ATTRIBUTES MOTIVATION GOAL SETTING** COF STRENGTH/SKILL S1 - Basketball: S2 - Athletics: S2 - Badminton: S2 - Rugby: S1 - Football: Intrinsic Advantages Agility Sporting links **Targets Extrinsic Importance** Outcomes Coordination PEDS **Steriods** Variety Reaction time **Evaluating YEAR** S1 - Rugby: S1 - Badminton S1 - Athletics: S1 - Problem solving: Risk assessments Disguise Muscles Leadership, Warm up/Cool downs **Tactics** Bones Organisation, Resilience, Rules Variety Initiative, Communication Joints **BODY SYSYTEMS YEAR OUTWIT OPPONENTS SAFETY IN SPORT LORIC PRINCIPLES** ROLES/RESPONSIBILTIES **COMPONENTS OF EFFECTIVE SPORTS OF OFFICIALS FEEDBACK PERFORMERS FITNESS (COF)** S1 - Cricket: Consistency S1 -Netball: **S1- Rounders:** Health & Safety **Introduction lessons:** Sportsmanship Intrinsic S1 - Gymnastics: Laws of the game **Build of fundamental** Knowledge Extrinsic Flexibility movement and communication Team player Positive/Negative Strength skills learnt from primary school Balance