

CNAT Sport Curriculum Overview

| | Autumn Term | | Spring Term | | Summer Term | |
|----------------|---|--|--|---|---|--|
| Year 7 | <p><u>Outwitting an opponent</u>; Football Emerging tactical awareness; decision making; technical proficiency linked to specific sport (football) Links to other topics – Health and wellbeing</p> | <p><u>Exploring Emotions through movement</u>; Dance Emerging body awareness; emotional awareness; expression and creativity. Links to other topics – Health & wellbeing</p> | <p>Health & wellbeing; HRF Emerging an understanding of the importance of leading a healthy and active lifestyle. Developing habits that promote physical and mental wellbeing can enhance performance and overall quality of life.</p> | <p><u>Net and wall</u>; Badminton Emerging hand eye coordination; footwork; timing. Links to other topics – Health & wellbeing</p> | <p><u>Performing at maximum levels</u>; Athletics Emerging skill acquisition for the different track/field events. Links to other topics – Health & wellbeing</p> | <p><u>Striking & Fielding</u>; Cricket/Rounders Emerging striking skills; batting footwork; hand eye coordination; timing; Emerging fielding skills: catching; throwing; positioning. Links to other topics – Health & wellbeing</p> |
| Year 8 | <p><u>Outwitting an opponent</u>; Football Developing tactical awareness; decision making; technical proficiency linked to specific sport (football); psychological resilience; observational skills. Links to other topics – Yr7 Football Health and wellbeing</p> | <p><u>Outwitting an opponent</u>; Handball Developing tactical awareness; decision making; technical proficiency linked to specific sport (handball) Links to other topics – Yr7 Football Health and wellbeing</p> | <p><u>Health & Wellbeing</u>; HRF Developing maintain a good level of physical fitness, including cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition</p> | <p><u>Net and wall</u>; Badminton Developing hand eye coordination; footwork; timing; power and strength; accuracy; agility and speed Links to other topics – Health and wellbeing</p> | <p><u>Performing at maximum levels</u>; Athletics Developing skill acquisition for the different track/field events; technical proficiency; tactical understanding. Links to other topics – Yr7 Athletics Health and wellbeing</p> | <p><u>Striking & fielding</u>; Cricket/Rounders Developing striking skills; batting footwork; hand eye coordination; timing; decision making; shot selection. Emerging fielding skills: catching; throwing; positioning; communication; agility Links to other topics – Yr7 Striking and fielding Health and wellbeing</p> |
| Year 9 PAL | <p><u>Exam Unit R184 – Contemporary Issues in Sport</u> Topic Area 1: Provision for different types of outdoor and adventurous activities in the UK 1.1 The provision available for outdoor and adventurous activities both locally and nationally</p> | <p><u>Coursework Unit R187: Increasing awareness of Outdoor and Adventurous Activities</u> Topic Area 2: Equipment, clothing and safety aspects of participating in outdoor and adventurous activities</p> | <p><u>Coursework Unit R187: Increasing awareness of Outdoor and Adventurous Activities</u></p> | <p><u>Coursework Unit R187: Increasing awareness of Outdoor and Adventurous Activities</u> Topic area 4</p> | <p><u>Coursework Unit R187: Increasing awareness of Outdoor and Adventurous Activities</u> Topic area 5</p> | <p><u>Coursework Unit R187: Increasing awareness of Outdoor and Adventurous Activities</u> Retrieval of all topics.</p> |
| Year 10 YOU | <p><u>Coursework Unit R185: Performance and leadership in sports activities</u> Topic Area 1: Key components of performance Performance in two selected activities: Students will examine and assess their performance in two specific activities chosen from a range of options. This could involve analysing techniques, strategies, and skill development in those activities. Participating in your activities: Students will actively engage in the selected activities to develop their skills, techniques, and overall performance. This hands-on approach allows them to apply theoretical knowledge in a practical setting and enhance their proficiency in the chosen activities. inks to other topics: Year 7 & 8 Net and Wall (badminton)</p> | <p><u>Coursework Unit R185: Performance and leadership in sports activities</u> Topic Area 1: Key components of performance Performance in two selected activities: Students will examine and assess their performance in two specific activities chosen from a range of options. This could involve analysing techniques, strategies, and skill development in those activities. Participating in your activities: Students will actively engage in the selected activities to develop their skills, techniques, and overall performance. This hands-on approach allows them to apply theoretical knowledge in a practical setting and enhance their proficiency in the chosen activities. inks to other topics: Year 7 & 8 Net and Wall (badminton)</p> | <p><u>Coursework Unit R185: Performance and leadership in sports activities</u> Topic Area 1: Key components of performance Performance in two selected activities: Students will examine and assess their performance in two specific activities chosen from a range of options. This could involve analysing techniques, strategies, and skill development in those activities. Participating in your activities: Students will actively engage in the selected activities to develop their skills, techniques, and overall performance. This hands-on approach allows them to apply theoretical knowledge in a practical setting and enhance their proficiency in the chosen activities. Links to other topics: Year 7 & 8 Net and Wall (badminton)</p> | <p><u>Coursework Unit R185: Performance and leadership in sports activities</u> Topic Area 1: Key components of performance Performance in two selected activities: Students will examine and assess their performance in two specific activities chosen from a range of options. This could involve analysing techniques, strategies, and skill development in those activities. Participating in your activities: Students will actively engage in the selected activities to develop their skills, techniques, and overall performance. This hands-on approach allows them to apply theoretical knowledge in a practical setting and enhance their proficiency in the chosen activities. Links to other topics: Year 7 & 8 Net and Wall (badminton)</p> | <p><u>Coursework Unit R185: Performance and leadership in sports activities</u> Topic Area 2: Applying practice methods to support improvement in a sporting activity This unit focuses on applying practice methods to support improvement in sports performance. Students will explore the strengths and weaknesses of sports performance, various methods to enhance performance, and strategies for measuring improvement effectively Links to other topics: Core PE Year 7 & 8 concepts</p> | <p><u>Coursework Unit R185: Performance and leadership in sports activities</u> Topic Area 2: Applying practice methods to support improvement in a sporting activity This unit focuses on applying practice methods to support improvement in sports performance. Students will explore the strengths and weaknesses of sports performance, various methods to enhance performance, and strategies for measuring improvement effectively Links to other topics: Core PE Year 7 & 8 concepts</p> |
| Year 11 RAC | <p><u>Coursework Unit R187: Increasing awareness of Outdoor and Adventurous Activities</u> Topic Area 1: Provision for different types of outdoor and adventurous activities in the UK This unit examines the diverse provision of outdoor and adventurous activities available both locally and nationally in the UK. Students will explore the range of activities on offer, the facilities and resources available, and the organisations involved in providing opportunities for outdoor and adventurous pursuits Topic Area 3: Plan for and be able to participate in an outdoor and adventurous activity This unit focuses on the practical aspects of planning for and participating in outdoor and adventurous activities. Students will learn about key considerations for planning activities in specified locations, conducting risk assessments, developing emergency procedures, and demonstrating appropriate skills for safe and enjoyable outdoor experiences. (including the OAA practical) Links to other topics: R185: Topic area 3 / Task 3</p> | <p><u>Coursework Unit R187: Increasing awareness of Outdoor and Adventurous Activities</u> Topic Area 2: Equipment, clothing and safety aspects of participating in outdoor and adventurous activities This unit focuses on understanding the essential equipment, clothing, and safety considerations for participating in outdoor and adventurous activities. Students will explore the types of gear needed, appropriate clothing choices, technological advancements for enhancing participation and safety, and considerations for various terrains and environments. Links to other topics: Core PE Y7/8 safety within PE lessons, risk assessments and correct PE kit.</p> | <p><u>Coursework Unit R187: Increasing awareness of Outdoor and Adventurous Activities</u> Topic Area 4: Evaluation of outdoor and adventure activity The unit focuses on the physical, social and mental well-being of participation in outdoor adventure activities. Students will refer to their experience and how it made them feel. Completion of R187 – Submission Jan 2026 OCR <u>Exam Unit R184: Contemporary issues in sport</u> Revisit all R184 Topic areas with a focus on recall and exam question practice Topic Area 1: Issues which affect participation in sport 1.1 User groups 1.2 Possible barriers 1.3 Possible barrier solutions 1.4 Factors which can positively and negatively impact upon the popularity of sport in the UK 1.5 Emerging/new sports in the UK</p> | <p><u>Exam Unit R184: Contemporary issues in sport</u> Revisit all R184 Topic areas with a focus on recall and exam question practice Retrieval of topic area 1 Topic Area 2: The role of sport in promoting values 2.1 Sport values 2.2 The Olympic and Paralympic movement 2.3 Sporting values initiative and campaigns 2.4 The importance of etiquette AND sporting behaviour 2.5 The use of Performance Enhancing Drugs (PEDs) in sport Topic Area 3: The implications of hosting a major sporting event for a city or country 3.1 The features of a major sporting event 3.2 Positive and negative pre-event aspects of hosting a major sporting event 3.3 Potential positive and negative aspects of hosting a major sporting event</p> | <p><u>Exam Unit R184: Contemporary issues in sport</u> Revisit all R184 Topic areas with a focus on recall and exam question practice Topic Area 3: The implications of hosting a major sporting event for a city or country 3.1 The features of a major sporting event 3.2 Positive and negative pre-event aspects of hosting a major sporting event 3.3 Potential positive and negative aspects of hosting a major sporting event Topic area 4 – National Governing Bodies 4.1 National Governing Bodies (NGBs) Topic Area 5: The use of technology in sport 5.1 The role of technology in sport 5.2 To increase the safety of participants 5.3 To increase fair play and increase the accuracy of officiating 5.4 To enhance spectatorship Exam Dates: Monday 11th May 2026</p> | |