CNAT Sport Curriculum Overview

	Autumn Term		Spring Term		Summer Term	
Year 7	Outwitting an opponent; Football Emerging tactical awareness; decision making; technical proficiency linked to specific sport (football) **Links to other topics –** Health and wellbeing	Exploring Emotions through movement; Dance Emerging body awareness; emotional awareness; expression and creativity. **Links to other topics –** Health & wellbeing	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.	Net and wall; Badminton Emerging hand eye coordination; footwork; timing. **Links to other topics –** Health & wellbeing	Performing at maximum levels; Athletics Emerging skill acquisition for the different track/field events. **Links to other topics –** Health & wellbeing	Striking & Fielding; Cricket/Rounders Emerging striking skills; batting footwork; hand eye coordination; timing; Emerging fielding skills: catching; throwing; positioning. **Links to other topics** – Health & wellbeing
Year 8	Outwitting an opponent; 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	Outwitting an opponent; Handball Developing tactical awareness; decision making; technical proficiency linked to specific sport (handball) **Links to other topics –** Yr7 Football Health and wellbeing	Health & Wellbeing; HRF Developing maintain a good level of physical fitness, including cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition	Net and wall; Badminton Developing hand eye coordination; footwork; timing; power and strength; accuracy; agility and speed **Links to other topics –** Health and wellbeing	Performing at maximum levels; Athletics Developing skill acquisition for the different track/field events; technical proficiency; tactical understanding. **Links to other topics –** Yr7 Athletics Health and wellbeing	Striking & fielding; 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
Year 9	Coursework Unit R185: Performance and leadership in sports activities 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 invasion sports (basketball and football) TASK 1	Coursework Unit R185: Performance and leadership in sports activities Topic Area 1: Key components of performance Topic Area 2: Applying practice methods to support improvement in a sporting activity 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 invasion sports (basketball and football) TASK 1 & TASK 2	Coursework Unit R185: Performance and leadership in sports activities 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 TASK 2	Coursework Unit R185: Performance and leadership in sports activities 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 Topic Area 3: Organising and planning a sports activity session This unit focuses on the organization, safety considerations, and setting objectives to meet the needs of a group when planning sports activity sessions. Students will learn the essential skills required to effectively organize, plan, and execute sports activities while prioritizing safety and catering to the diverse needs of participants. Links to other topics: Core PE Y7/8 safety within PE lessons, risk assessments and correct PE kit. R187: Topic area 2 / Task 3 TASK 2 & 3	Coursework Unit R185: Performance and leadership in sports activities Topic Area 3: Organising and planning a sports activity session This unit focuses on the organization, safety considerations, and setting objectives to meet the needs of a group when planning sports activity sessions. Students will learn the essential skills required to effectively organize, plan, and execute sports activities while prioritizing safety and catering to the diverse needs of participants. Topic Area 4: Leading a sports activity session This unit focuses on developing the skills necessary to effectively lead and facilitate sports activity sessions. Students will learn about the organization and leadership aspects involved in planning and conducting sports sessions, including setting objectives, managing groups, communication, and fostering a positive learning environment. Links to other topics: Core PE Y8 leading a warmup HRF. TASK 3 & 4	Coursework Unit R185: Performance and leadership in sports activities Topic Area 4: Leading a sports activity session This unit focuses on developing the skills necessary to effectively lead and facilitate sports activity sessions. Students will learn about the organization and leadership aspects involved in planning and conducting sports sessions, including setting objectives, managing groups, communication, and fostering a positive learning environment. Links to other topics: Core PE Y8 leading a warmup HRF. Topic Area 5: Reviewing your own performance in planning and leading a sports activity session This unit focuses on self-reflection and evaluation of personal leadership in planning and leading sports activity sessions. Students will learn to critically assess their own performance, identify strengths and areas for improvement, and develop strategies for enhancing their leadership skills in sports settings. Links to other topics: R184 Topic area 5 the use of technology in sport Core PE Y7/8 Athletics use of iPad and Modern technology to enhance practical experience / review performance TASK 4 & 5
Year 10	**Coursework Unit R185: Performance and leadership in sports activities** **Topic Area 3: Organising and planning a sports activity session** **3.2. Safety considerations when planning a sports activity session** **Coursework Unit R185: Performance and leadership in sports activities** **Topic Area 5: Reviewing your own performance in planning and leading a sports activity session** **5.1 Review your leadership of a sports activity session** **Exam Unit R184 – Contemporary Issues in Sport** **Topic area 1 – Issues that affect participation**	**Coursework Unit R185: Performance and leadership in sports activities** **Improvements** **Exam Unit R184 – Contemporary Issues in Sport** **Topic area 1 – Issues that affect participation**	**Coursework Unit R187: Increasing awareness of Outdoor and Adventurous Activities** **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** **Topic Area 2: Equipment, clothing and safety aspects of participating in outdoor and adventurous activities** **2.1 Types of equipment to be used for participation** **2.2. Types of clothing to be used for participation** **2.3 Types of technology that can enhance participation or safety** **2.4. Types of terrain and environment** **(TASK 1 & 2)** **Exam Unit R184 – Contemporary Issues in Sport** **Topic area 1 – Issues that affect participation**	**Coursework Unit R187: Increasing awareness of Outdoor and Adventurous Activities** **Topic Area 2: Equipment, clothing and safety aspects of participating in outdoor and adventurous activities** **2.1 Types of equipment to be used for participation** **2.2. Types of clothing to be used for participation** **2.3 Types of technology that can enhance participation or safety** **2.4. Types of terrain and environment** **(TASK 2 & 3)** **Exam Unit R184 – Contemporary Issues in Sport** **Topic area 2 – The role of sport in promoting values**	**Coursework Unit R187: Increasing awareness of Outdoor and Adventurous Activities** **Topic Area 3: Plan for and be able to participate in an outdoor and adventurous activity.** **3.1 Key considerations when planning an outdoor activity in a specified location.** **3.2 Outdoor activity risk assessment** **3.3 Emergency procedure plan** **3.4 Demonstrate appropriate skills in outdoor activities.** **(TASK 3)** **Exam Unit R184 – Contemporary Issues in Sport** **Topic Area 3: The implications of hosting a major sporting event for a city or country**	**Coursework Unit R187: Increasing awareness of Outdoor and Adventurous Activities** **Topic Area 4: Evaluate participation in an outdoor and adventurous activity.** **4.1 Evaluate participation in an outdoor activity.** **4.2 Evaluate the value of participating in outdoor activities.** **(TASK 4)** **Exam Unit R184 – Contemporary Issues in Sport** **Topic Area 3: The implications of hosting a major sporting event for a city or country**
Year 11	**Exam Unit R184: Contemporary issues in sport** **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** Eerging/new sports in the UK	**Exam Unit R184: Contemporary issues in sport** Revisit **R184 Topic area 1** 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 **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	**Exam Unit R184: Contemporary issues in sport** Revisit **R184 Topic area 2** with a focus on recall and exam question practice **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	**Exam Unit R184: Contemporary issues in sport** Revisit **R184 Topic area 2&3** 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)	**Exam Unit R184: Contemporary issues in sport** Revisit all **R184 Topic areas** with a focus on recall and exam question practice **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