

Courses	A-Levels: PE, Biology, Psychology, Chemistry. BTEC: Level 3 Sport and Exercise SCIENCE, Health And Social care
Careers	Sports Journalist, Physio therapist, Data analyst, Sports psychologist, Sports exercise prescriber, Strength and conditioning coach,
Skills	Decision making, co-ordination, goal setting, accountability, resilience, team building, stress management
Real World	Health literacy, Strength and endurance, Understanding of nutrition, stress management, self- confidence

Cycle 2
Building confidence with complex skills and techniques, building on prior knowledge. Linking passions to careers.

Cycle 3
Revision and GCSE Exams. BTEC Sport and Catering Assessments.

Cycle 1
Students will build on their rich knowledge to inform their choice of pathway. Catering for certain needs and allergies.

Year 11

Cycle 3
Officiating with confidence across our summer sports. Working to a budget and planning for a weekly food shop.

Cycle 2
Developing leadership and coaching opportunities through tactical analysis and experiences. Understanding the heritage and source of our food supply.

CYCLE 2
Develop creative solutions to tactical scenarios. Sustainability in food, maximising the use of our ingredients.

CYCLE 3
Developing knowledge of rules and regulations in summer sports, such as rounders and cricket. The psychology of food, and how the consumer is impacted by advertisement.

Year 10

Cycle 1
Deeper understanding of technical skills, executing complexed skills. Evaluating the impact of food on mood.

CYCLE 1
Improve problem solving, in game, through the execution of good technical skills. The impact of food waste on the economy. Developing the ability to problem.

Year 9

CYCLE 3
Developing knowledge of specific methods of training. Analysing the influence of culture and religion on diets.

CYCLE 2
Developing tactical knowledge, in and out of possession, in defence and attack. Factors which affect food choices.

CYCLE 2
Developing leadership and tactical skills, through invasion gameplay and sport education. Understanding the importance of a balanced diet.

CYCLE 3
Focussing on different components of fitness, through teaching athletics. Healthy eating habits and the role of society.

Year 8

Cycle 1
Key focus on technical skills, building on prior knowledge. Nutrition through the stages of life, functions of ingredients and their versatility.

CYCLE 1
Skills and Techniques developed in a variety of sports. Introduction to food safety and hygiene in the kitchen.

Year 7