



Aylesford School PE and Sport Learning Journey



YEAR 13

Unit 1 exam January
Anatomy and Physiology

Character Strengths
1. Self – Discipline
2. Curiosity

Unit 2 resit exam – May

Unit 3 – Careers in sports industry

Unit 4 – Sports leadership

Unit 2 – resit exam - May

Unit 2 exam – January
Fitness Testing and well-being

BTEC National Certificate 2016 Level 3

YEAR 12

Year 12 - university Testing Trip - May

Character Strengths
1. Resilience
2. Self - Discipline

Unit 1 – Examination Results day (January)

Unit 2 – Synoptic Project Submission 1st Attempt – 31 March

Unit 1 – Examination Results day - RESITS (May)

Unit 2 Synoptic Project – Outline and 5 learning outcomes (December)

Unit 1 – Examination November

NCFE TECH IN HEALTH AND FITNESS LEVEL 2 Year 2

Unit 2 – Synoptic Project Submission 2nd Attempt – 31 May

Knowledge gained in Unit 2 – Fitness Testing
2.3 Health and fitness analysis tools, Goal Setting, Structuring a health and fitness programme, Health and Safety requirements

Knowledge gained in Unit 2 – Fitness Testing
2.1 Health and Skill Related Fitness tests, Using Data, training Methods, Optimizing a health and fitness programme

Unit 1 – Examination Resit - March
Unit 1 – Examination Results day - RESITS (May)

Knowledge gained in Unit 2 – Lifestyle factors
1.1 Activity levels, Diet, Rest and Recovery, Drugs Smoking, Alcohol, Stress

Unit 1 – Examination Resit - March

YEAR 11

NCFE TECH IN HEALTH AND FITNESS LEVEL 2 – Year 1

Unit 1 – Examination Results day (January)

Character Strengths
1. Courage
2. Respect

Carousel project
- Components of fitness
- PAR Q & lifestyle
- Training methods
- Taking part in a training plan

Fitness Testing Unit for baseline fitness in term 6 . 12 minute Copper Run, MST, Hand Grip, 30 Metre Sprint, 1 min sit up test, BMI Test. Health check that links directly into the NCFE 10 and 11

Unit 1 – Examination November

Knowledge gained in LO1 – Introduction of body systems

Revision for Unit 1 Examination

Knowledge gained in LO4 Principles of training

- Extra Curricular Activities; Term 1-6**
1. Football
 2. Rugby
 3. Netball
 4. Fitness
 5. Cross Country
 6. Climbing
 7. Volleyball
 8. Tennis
 9. Trampolineing
 10. Rounders
 11. Softball
 12. Handball
 13. Cricket
 14. Athletics

Character Strengths
1. Integrity
2. Compassion
3. Motivation

Year 9 carousel project

YEAR 10

Activities areas on rotation between September and April (6 lessons on each)
Football, Netball, Rugby, Basketball, Handball, Lacrosse, Hockey, Tennis, Gymnastics, Dance, Fitness Cross Country, Orienteering and Team Building, Volleyball,

Activities areas on rotation between April and July (6 lessons on each)
Tennis, Cricket, Rounders, Stool ball, Ultimate Frisbee
Athletics – Track and Field All Summer term.

Trips
Ski Trip – October

Knowledge gained in LO2 Short and Long Term effects of exercise

Knowledge gained in LO3 Components of fitness

- Extra Curricular Activities; Term 1-6**
1. Football
 2. Rugby
 3. Netball
 4. Fitness
 5. Cross Country
 6. Climbing
 7. Volleyball
 8. Tennis
 9. Trampolineing
 10. Rounders
 11. Softball
 12. Handball
 13. Cricket
 14. Athletics

Trips
Ski Trip – October

YEAR 9

Athletics | Striking and Fielding | Invasion, Net, Aesthetics, OAA, Health and Fitness

Activities areas on rotation between September and April (6 lessons on each)
Tennis, Cricket, Rounders, Stool ball, Softball
Athletics – Track and Field All Summer term.

Activities areas on rotation between April and July (6 lessons on each)
Tennis, Cricket, Rounders, Stool ball, Softball,
Athletics – Track and Field All Summer term.

Year 8 – Football Trip March (premiership experience)

Activities areas on rotation between September and April (6 lessons on each)
Football, Netball, Rugby, Basketball, Handball, Gymnastics, Fitness, Cross Country, Volleyball, Trampolineing, Table tennis, Badminton

Character Strengths
1. Courage
2. Confidence
3. Self - Discipline

- Extra Curricular Activities; Term 1-6**
1. Football
 2. Rugby
 3. Netball
 4. Fitness
 5. Cross Country
 6. Climbing
 7. Volleyball
 8. Tennis
 9. Trampolineing
 10. Rounders
 11. Softball
 12. Handball
 13. Cricket
 14. Athletics

Striking and Fielding | Athletics

YEAR 8

Activities areas on rotation between September and April (6 lessons on each)
Football, Netball, Rugby, Basketball, Handball, Gymnastics, Fitness, Cross Country, Volleyball, Trampolineing, Table tennis, Badminton

Assessed across for different areas in PE.

1. Practical Performance
2. Analysis and Evaluation
3. Leadership and Officiating
4. Character and Values

September - Introduction to Sport and PE at Aylesford School
Fitness Testing in first few weeks to establish pupil ability and to arrange sets through physical competency

Year 7 – Football Trip March

Invasion, Net, Aesthetics, OAA, Health and Fitness | Fitness Testing (Set ability)

YEAR 7

Character Strengths
1. Resilience
2. Open-mindedness
3. Courage

LINKS TO NCFE in PRACTICAL PE AND SPORT

- Tactics and strategies to overcome opponents in direct competition through team and individual
- Develop their technique and improve their performance in other competitive
- Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best

Opportunities for pupils in PE and sport across all year groups.
Sports awards – April of each year

Gifted and talented programme: run for each year group, identify, country, district and national athletes (44 across school)

Leadership programme – run for pupils to demonstrate leadership skills.