

# Aylesford School PE and Sport Learning Journey



**YEAR 13**

**Unit 1 exam January**  
Anatomy and Physiology

**Character Strengths**  
1. Self – Discipline  
2. Curiosity

**Unit 3 – Careers in sports industry**

**Unit 2 resit exam – May**

**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 1<sup>st</sup> 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 2<sup>nd</sup> 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)**

- 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. 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**

## Year 9 carousel project

**YEAR 10**

**Trips**  
Ski Trip – October

**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.

**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

**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.**