Little Lever School Physical Education Department **Learning Journey R053: Evaluating** your leadership R053: Lead a #finishstrong session LO4 session within sport LO3 R053: Planning a Cricket sporting session Athletics Orienteering and risk assessment LO2 **Basketball** Softball Rounders **Trampolining R051: Know about** Dodgeball the role of national **Sit R051** governing bodies in Rounders **R052: Evaluating** exam sport L04 your performance L04 **R051: Understand Athletics** the importance of Football hosting major sporting events L03 R052: Officiating a **R052: Officiating a Badminton** sport L03 sport LO3 R056: Softball **Taking** Orienteering part in OAA L04 Football 🖊 Fitness Netball **Trampolining** R056: Table Tennis **Benefits** of OAA-**R051: Know about** the role of sport in **R051: Understand** R056: promoting values Handball Dodgeball the issues which Basketball **Planning Badminton** L02 affect participation a OAA Seneca 3.2.1 YEAR in sport L01 Activity Commercialisation Seneca 2.1 Spring Term L03 Components R056: **Fitness** <u>Assessment</u> Seneca of Fitness Types of Orienteering Softball 3.1.1 Sport **Gymnastics OAA-L01** R052 Trampolining **Summer Term** Individual Autumn Term Sports L02 <u>Assessment</u> **Assessment Seneca 3.3.2 Drugs in Sport** Seneca 1.4.7 Golf Aerobic and Seneca 5.2 Table Tennis Seneca Seneca 1.4.5 Handball Football **Anaerobic** Basketball **Athletics** 3.3.1 3.1.2 Diet **Respiratory System Popularity Ethics** Seneca Seneca 1.2.1 Rugby in Sport Seneca 3.1.1 Seneca **Spring Term** 1.4.3 Commercialisation Ethics in Sport Seneca 3.2.1 Muscles R053: Sports 4.1.2 **Assessment** Leadership Seneca 1.4.7 Seneca 2.3 Goal term Rounders Badminton Prevent Injury Seneca 1.1.1 L01 **Summer Term** Aerobic and Fitness effects Setting **Bones** <u>Assessment</u> **Anaerobic** Seneca 4.1.3 Mental **Preparation** Basketball Seneca 5.2 Diet and **Cross County Nutrition** Seneca 4.1.1 R052: Seneca **Athletics Gymnastics Classification of Sport** Cricket Team 3.3.2 Golf Softball Hockey Seneca 3.1.2 Factors **Sports** Netball Seneca 2.1 Drugs Seneca affecting popularity L01 in Sport omponents of 3.1.1 Seneca in Sport fitness Sport in Handball 1.1 the UK **Summer Term Cross Country** Major Golf **Assessment** Netball bones Seneca 3.3.1 **Autumn Term** Trampolining **Ethics and** Assessment Orienteering Behaviour Seneca 3.2.1 Commercialisation Seneca 1.4 Seneca Rugby Football Badminton of sport Cardiovascular Seneca Cricket Boxing 1.1 Seneca 1.2 1.1 **System Functions** Major of skeleton **Joints** Athletics muscles Gymnastics Seneca 1.3 **Spring Term** Seneca 2.3 Seneca 1.5.3 Movement at **Assessment Prevention Badminton** Netball Trampolining Long Term **Joint** of Injury **Cross Country** effects of Seneca Fitness exercise 4.1.3 Mental Preparation Seneca Basketball 4.2.3 Types Handball Seneca Rugby Orienteering **Boxing** Football of Feedback 1.5.2 Short

Term

effects of

Exercise

Seneca 5.1

Health,

Fitness and Well Being

Seneca 2.2

Optimising

Training

Seneca 2.1

Component

s of fitness

Seneca 5.2

Diet and

Nutrition

Autumn Term

Assessment