

**Curriculum Intent:**

In Year 13, our curriculum is designed to build upon the foundational knowledge students acquired in Year 12, with a specific focus on enhancing their understanding and skills in sports coaching, leadership and the nuances of organising and developing sports events and programs. Our intent is not only to prepare students for further academic qualifications and successful careers within the sports industry but also to cultivate versatile, innovative and ethical leaders poised to make a significant impact in this field. This includes fostering resilience through the trials and triumphs of competitive sports, using physical education as a conduit for promoting positive mental health and social well-being and offering a rich enrichment program that deepens their engagement with sports. This comprehensive approach ensures our curriculum not only meets the academic and professional needs of our students but also supports their personal growth and well-being.

**Key Knowledge and End Points for Academic Year:**

- Ability to plan and deliver effective coaching sessions that cater to the needs and abilities of different participants.
- Competence in applying leadership theories and principles to foster teamwork, motivation, and positive sporting behaviors.
- Skills in reflective practice and evaluation to continually improve coaching and leadership effectiveness.
- Understanding of the sports industry's ecosystem and the interplay between different organizations and stakeholders.
- Ability to contribute to sports development initiatives that enhance participation and performance across various community segments.
- Skills in organizing, managing, and evaluating sports events and facilities, with consideration of ethical, economic, and environmental impacts.

<b>Term</b>	<b>Termly Focus</b>	<b>Core Knowledge objectives</b> <i>The minimum all students should know in order to access later concepts</i>	<b>No excuse vocabulary</b> <i>6-8 words</i>	<b>Knowledge retrieval tasks</b> <i>When past topics can be revisited-</i> <b>reference year or term</b>	<b>Depth and Breadth:</b> <i>Links to wider curriculum</i>
<b>Autumn 1</b>	<ul style="list-style-type: none"> <li>• Unit 2: Sports coaching and leadership</li> <li>• Unit 3 Sports organisation and development</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to sports coaching and the role of a coach.</li> <li>• Understanding the qualities and responsibilities of an effective sports leader.</li> <li>• Basic principles of coaching, including communication and motivational techniques.</li> <li>• Explore the structure and function of local, national, and international sports organisations.</li> <li>• Understand the governance of sports, including policies, regulations, and ethical considerations.</li> </ul>	<ol style="list-style-type: none"> <li>1. Leadership styles</li> <li>2. Feedback</li> <li>3. Motivation</li> <li>4. Empathy</li> <li>5. Stakeholders</li> <li>6. Funding</li> <li>7. Sponsorship</li> <li>8. Legacy</li> </ol>	<ul style="list-style-type: none"> <li>• Link to GCSE PE by revising the psychological aspects of sports, such as the motivation behind physical activity and how understanding the body (muscles and bones) can improve coaching strategies.</li> <li>• Link to the impact of physical activity on health from GCSE PE, exploring how sports</li> </ul>	<ul style="list-style-type: none"> <li>• Health and wellbeing</li> <li>• Fitness</li> <li>• Team building</li> <li>• Sports coaching</li> </ul>

		<ul style="list-style-type: none"> <li>Examine the funding and financial management within sports organisations.</li> <li>Identify the role of major sporting events and their impact on sports development.</li> </ul>		organisations promote health and well-being through their programs and initiatives.	
<b>Autumn 2</b>	<ul style="list-style-type: none"> <li>Unit 2: Sports coaching and leadership</li> <li>Unit 3 Sports organisation and development</li> </ul>	<ul style="list-style-type: none"> <li>Designing and planning effective coaching sessions.</li> <li>Strategies for leading inclusive sports activities.</li> <li>Assessing risks and ensuring safety in sports sessions.</li> <li>Analyse the pathways for individuals to participate and excel in sports, from grassroots to elite levels.</li> <li>Understand the role of coaching and volunteerism in sports development.</li> <li>Examine the impact of major sports events on the development of sports.</li> <li>Evaluate strategies for increasing participation and diversity in sports.</li> </ul>	<ol style="list-style-type: none"> <li>SMART</li> <li>Risk assessment</li> <li>Safety protocols</li> <li>Adaptation</li> <li>Pathways</li> <li>Grassroots</li> <li>Elite</li> <li>Sports development</li> </ol>	<ul style="list-style-type: none"> <li>Revisit GCSE-level anatomy and physiology, particularly the musculoskeletal system, to understand the importance of warm-ups, cool-downs, and safe practice.</li> <li>Revisit the principles of training and exercise physiology from GCSE PE, understanding how these principles support the development of athletes from grassroots to elite levels.</li> </ul>	<ul style="list-style-type: none"> <li>Health and wellbeing</li> <li>Fitness</li> <li>Team building</li> <li>Performance analysis</li> <li>Coaching</li> </ul>
<b>Spring 1</b>	<ul style="list-style-type: none"> <li>Unit 2: Sports coaching and leadership</li> </ul>	<ul style="list-style-type: none"> <li>Techniques for teaching and developing key sports skills.</li> <li>Methods for analyzing and improving sports performance.</li> <li>Understanding the use of technology in coaching.</li> </ul>	<ol style="list-style-type: none"> <li>Skill acquisition</li> <li>Performance analysis</li> <li>Technology in sport</li> <li>Feedback</li> </ol>	<ul style="list-style-type: none"> <li>Connect to GCSE-level biomechanics, focusing on how understanding the body's movements can inform coaching strategies for skill development.</li> <li>KS3 practical skills</li> </ul>	<ul style="list-style-type: none"> <li>Health and wellbeing</li> <li>Fitness</li> <li>Team building</li> <li>Performance analysis</li> <li>Coaching</li> </ul>
<b>Spring 2</b>	<ul style="list-style-type: none"> <li>Unit 2: Sports coaching and leadership</li> </ul>	<ul style="list-style-type: none"> <li>Techniques for reflecting on and evaluating coaching effectiveness.</li> <li>Strategies for personal development in coaching and leadership.</li> <li>Ethical considerations and professional development in sports coaching.</li> </ul>	<ol style="list-style-type: none"> <li>Self reflection</li> <li>Mentorship</li> <li>Ethical practice</li> <li>Evaluation</li> </ol>	<ul style="list-style-type: none"> <li>Link to KS3 analysing performance</li> </ul>	<ul style="list-style-type: none"> <li>Health and wellbeing</li> <li>Fitness</li> <li>Team building</li> <li>Performance analysis</li> <li>Coaching</li> </ul>

<b>Summer 1</b>	<ul style="list-style-type: none"><li>• Readmission of any internally moderated work / external assessment retakes.</li></ul>	<ul style="list-style-type: none"><li>•</li></ul>			<ul style="list-style-type: none"><li>•</li></ul>
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