

ORMISTON RIVERS ACADEMY - CURRICULUM MAP

SUBJECT	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
KEY TOPIC KS3	<p>Year 7 will focus on an introduction to a range of skills in a range of subjects, building on knowledge from Key Stage 2. This should provide confidence within their techniques and performances.</p> <p>Year 8 will aim to embed techniques to become more competent in a range of skills.</p> <p>Year 9 should be developing their confidence to show expertise in a range of sports and across a range of skills. Students will extend the knowledge of “understanding the long term benefits of exercise” through a personal exercise plan within lessons.</p> <p>Overcoming opponents, developing techniques, using advanced dance techniques, outdoor adventurous activities, analysing performance to achieve PB’s and competitive opportunities are available from the sports and exercise activities below.</p>					
KEY TOPIC KS4	<p>Year 10 and 11 will aim to tackle demanding physical activities which will develop knowledge of tactics and strategies across a range of sporting activities. This will build upon previous learning but also introduce new activities to help with developing personal fitness and promote active, healthy lifestyles. Outdoor adventurous activities will also be developed from KS3</p>					
YEAR 7	Baselining Boys - Rugby Girls – Netball	Boys – Football & Badminton Girls – Gymnastics & Hockey	Boys – Hockey and Gymnastics Girls – Badminton and Football	Athletics, Dance and Basketball	Athletics, Dance and Basketball	Cricket & Rounders
YEAR 8	Boys – Rugby Girls – Netball	Boys - Football & Badminton Girls – Gymnastics & Rugby	Boys – Handball & Gymnastics Girls – Football & Badminton	Athletics OAA & Basketball	Athletics OAA & Basketball	Cricket & Rounders
YEAR 9	Boys – Badminton or Individual Fitness Girls – Netball Components of Fitness (group 1 R pop)	Boys – Rugby Girls – Badminton or Individual Fitness Methods of training (group 1 R pop) Components of Fitness (group 2 O pop)	Boys – Football Girls – Badminton or Individual Fitness Principle of training (group 1 R pop) Methods of Training (group 2 O pop)	Boys – Individual Fitness or Badminton Girls – Football Personal Exercise Plan (Group 1 R pop) Principle of Training (Group 2 O pop)	Athletics Personal Exercise Plan (Group 1 R pop) Personal Exercise Plan (Group 2 O pop)	Rounders Introduction to Body Systems (Group 1 R pop) Personal Exercise Plan (Group 2 O pop)
YEAR 10	Boys – Badminton or Individual Fitness Girls – Netball Body Systems – Skeletal and Muscular Systems Ultimate Frisbee (practical)	Boys – Rugby Girls – Badminton or Individual Fitness Body systems – Respiratory, Cardiovascular and Energy Systems. Short and long term effects of exercise (may run over) Principle of training Volleyball (practical)	Boys – OAA Girls – Individual Fitness or Badminton Components of fitness Principles of training Develop previous knowledge into exam-based answers, focussing on long exam questions Table Tennis (practical)	Boys – Individual Fitness or Badminton Girls – OAA Embed knowledge through assessment and revision prior to March exam (real) Fitness Testing	Athletics Unit 2 preparation. Lifestyle factors Analysing fitness test results Session cards for methods of training PEP completion	Rounders Finalise a 4 week fitness programme applying previous knowledge Danish Longball (practical)
YEAR 11	Boys – Badminton or Disability Sports Girls – Netball or Exercise Classes Body Systems – Skeletal and Muscular Systems Ultimate Frisbee (practical)	Boys – Exercise Classes or Football Girls – Badminton or Disability Sports Body systems – Respiratory, Cardiovascular and Energy Systems.	Boys – Football or Badminton Girls – Disability Sport or Exercise Classes Components of fitness Principles of training Develop previous knowledge into exam-based answers, focussing on long exam questions	Boys – Disability Sport or Exercise Classes Girls – Netball or Badminton Embed knowledge through assessment and revision prior to March exam (real)	Rounders Embed knowledge through assessment and revision prior to summer exam (real)	

ORMISTON RIVERS ACADEMY - CURRICULUM MAP

		Short and long term effects of exercise (may run over) Volleyball (practical)	Table Tennis (practical)			
YEAR 12	Introduction to both exam units: Anatomy and Physiology and Fitness Testing and Programming	Unit 2: Fitness Testing and Programming (real exam Jan)	Unit 1: Anatomy and Physiology	Unit 1: Anatomy and Physiology	Unit 1 exam May Unit 2 resit - May	Introduction to coursework – Professional Development in the sports industry
YEAR 13	Unit 3: Professional Development Coursework	Unit 3: Professional Development Exam resits preparation	Jan resits Unit 4: Sports Leadership	Unit 4: Sports Leadership	Unit 4: Sports Leadership Exam Resits	