



**Subject: Physical Education Key Stage 4 Year 10
& 11**

	HALF TERM 1	HALF TERM2	HALF TERM3	HALF TERM 4	HALF TERM 5	HALF TERM 6
Topic Titles	Unit 7- Health and Nutrition	Unit 8- Developing Volunteering Skills	Unit 9- Assist in a Sports Event	Unit 10- Sport and Active Leisure Sector	Unit 11- Exploring Employment	Unit 1- Taking Part in Sport
Objectives (The things we want the pupils to make progress in)	Learners will understand the major food groups and the importance of a balanced diet. They will be able to prepare a healthy diet plan.	Learners will understand the skills, qualities and values that a sports volunteer needs and will apply these in a sports volunteering role. They will review what went well and what can be improved.	Learners will identify different types of sports events and set personal objectives. They'll prepare for and assist at an event and review the achievement of their objectives.	Learners will learn about the sport and active leisure sector. They will identify job opportunities and the skills and qualifications needed to work in the sector. Learners will plan their own learning and development, identifying further learning required to enable them to progress in to a career in the sport sector.	Learners will study the structure and organisation of the UK outdoor industry. Learners will understand the roles and responsibilities of an outdoor industry role and identify the skills needed to work in the sector.	Learners will participate in sport. They'll develop an understanding of why people participate in sport and the skills and techniques required for a range of team and individual sports. Learners will actively participate in sports activities and they will review their participation over time by identifying areas for improvement.
Week 1	Understand the major food groups	To know the skills, qualities and values that a sports volunteer will need.	To know about different sports events	To know about the sport and active leisure sector	To know the structure and organisation of the UK outdoor industry	To know how to prepare to participate in sport
Week 2	Understand the major food groups	To be able to use communication skills in a sports volunteer role	Be able to prepare to assist in a sports event	To know about job opportunities in sport	To know the structure and organisation of the UK outdoor industry	To know how to prepare to participate in sport
Week 3	Importance of nutrition to health and wellbeing	To be able to assist in managing behaviour in a sports volunteer role	Be able to prepare to assist in a sports event	To investigate qualifications needed to work in the sport and active leisure sector.	To understand different job roles in the UK outdoor industry	To be able to participate in a range of sports
Week 4	Importance of nutrition to health and wellbeing	To be able to assist in managing behaviour in a sports volunteer role	To be able to assist in a sports event	To investigate qualifications needed to work in the sport and active leisure sector.	To understand different job roles in the UK outdoor industry	To be able to participate in a range of sports
Week 5	To know how to manage a balanced diet	To be able to participate in a volunteer role	To be able to review a sports event	Plan own learning to prepare for a career in sport	To know how to match own skills with job advertised	To be able to review own participation in sport
Week 6	To know how to manage a balanced diet	To be able to participate in a volunteer role	To be able to review a sports event	Plan own learning to prepare for a career in sport	To know how to match own skills with job advertised	To be able to review own participation in sport