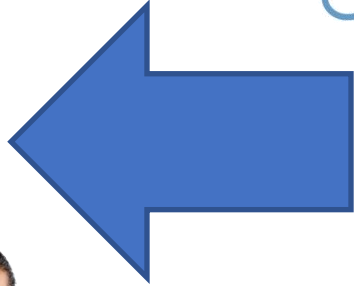
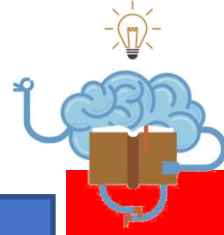


Core PE Learning Journey

YEAR
10

YEAR
11



Summer Term

Options for Summer term

Football
Basketball
Athletics
Rounders
Softball
Tennis



Options for Spring term

Football
Basketball
Rugby
Netball
Badminton
Fitness

Spring Term

Options for Autumn term

Football
Basketball
Rugby
Netball
Badminton
Fitness



Autumn Term

Throughout year 11, you will be given an opportunity to choose an activity that you will further develop your skills, tactics and leadership and officiating skills.

SPORTS DAY (JULY)



Summer term activities

Softball
Cricket
Athletics
Tennis
Fitness

Summer Term



Spring term term activities

Football
Hockey
Rugby (tag rugby)
Netball
Badminton
Fitness

Spring Term

Autumn term activities

Football
Hockey
Rugby
Netball
Badminton
Fitness



In year 10 you will be focusing on developing the skills learnt in KS3 and will be looking to develop your tactics and strategies, along with developing your leadership and officiating skills.

Throughout each term you will follow a carousel of learning. Each group will do 6-8 lessons on an activity and move onto the next.

Autumn Term

YEAR
10

Community sports links

Wyre and Fylde Netball Club
Fleetwood Town FC
Fleetwood Rugby Club

Excursions

Fancy a trip? Trips include visits to live sporting events, outdoor adventurous activities, trips abroad.

Sports leaders

Available to Y9 students who exhibit outstanding leadership qualities. They help lead primary and secondary competitions.

Representing Millfield

Attending regular training with good attendance to school means you have access to fixtures throughout the year.

Extra curricular

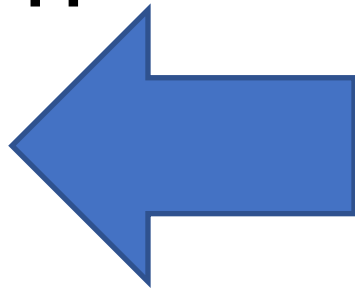
Afterschool clubs, lunch time clubs
Netball
Football
Rugby
Badminton
Rounders
Athletics

OCR Sport Learning Journey

Year 10 and 11

Next step –
 A-Level PE
 BTEC in PE
 Sport Coaching
 Degree in Sport science
 Degree in Sport studies

REVISE



R184: Revision and Mock exams in preparation for the final exam in May

Summer Term

R184 Topic Area 5: The use of technology in sport



R184 Topic Area 4: The role of National Governing Bodies (NGBs) play in the development of their sport

R184 Topic Area 3: The implications of hosting a major sporting event for a city or country

R184 Topic Area 2: The role of sport in promoting values

Spring Term



R185 Topic Area 2: Applying practice methods to support improvement in a sporting activity – **deadline October half term.**

R185 Topic Area 1: Key components of performance - Practical performance in two selected activities. **This is ongoing until the moderation day at Easter.**

Unit R184: Contemporary issues in sport – Theory lessons leading to the Exam in May.

R184 Topic Area 1: Issues which affect participation in sport – User groups/barriers/solutions

Autumn Term

YEAR 11

R185 Topic Area 5: Reviewing your own performance in planning and leading a sports activity session

R185 Topic Area 4: Plan and Lead a sports activity session

Summer Term

R185 Topic Area 3: Organising and planning a sports activity session

Unit R185: Performance and leadership in sports activities

Spring Term

R187 Topic Area 3: Plan for and be able to participate in an outdoor and adventurous activity

Trip - Performing Outdoor Adventure activities

R187 Topic Area 4: Evaluate participation in an outdoor and adventurous activity

R187 – Final deadline in preparation for May moderation.



R187 Topic Area 2: Understand the Equipment, clothing and safety aspects of participating in outdoor and adventurous activities

R187 Topic Area 1: Understand the different provision available for outdoor and adventurous activities both locally and nationally

Autumn Term

YEAR 10

Unit R187: Increasing awareness of Outdoor and Adventurous Activities

