

# Landau Learner Curriculum Overview

Subject: PE Director of Learning: NC Year: 10 Level 2 Vocational Course (Eduqas)

Curriculum organisation				
Students are taught in mixed ability groups for the equivalent of six hours across a two week timetable. Students follow the Eduqas vocational specification.				
<b>Curriculum Intent:</b> Our curriculum is designed to build on and embed physical development. It sets out to develop a range of skills, techniques, strategies and tactics to enable students to become more competent, confident and expert in Physical Education.				
What topics will students be studying this year? Includes links to National Curriculum, Curriculum Intent and Prior Related Learning*				
Term 1:	Term 2:	Term 3:	Term 4:	Term 5:
Unit 2 LO1: Exercise Physiology: Aerobic and anaerobic exercise and short and long term effects of exercise. *Links: <b>Prior learning Yr9:</b> All students will have developed their knowledge of the body systems and will be able to link this knowledge to the changes that occur during exercise. <b>National Curriculum/Exam Specification:</b> Energy sources and systems, characteristics of aerobic and anaerobic exercise. Short and long term effects linked to exercise intensity, effects of exercise on mental and social well-being.	Unit 2 LO2/3: Components of fitness, methods of training and principles of training, Goal setting. *Links: <b>Prior learning Term KS3:</b> All students will have developed their knowledge of exercise and the impact this has on the body. <b>National Curriculum/Exam Specification:</b> Components of fitness for specific sports, testing components of fitness, different methods of training and their suitability and warm ups and cool downs, how goal setting impacts health and performance, SMART	Unit 3: LO1/2 *Links: <b>Prior learning KS3:</b> All students will have developed their knowledge of exercise and the impact this has on the body. <b>National Curriculum:</b> Coaching skills and responsibilities of a coach, meeting the needs of a performer, stages of a session.	Unit 3: LO 2/3 *Links: <b>Prior learning term 3:</b> Knowledge of coaching and good sessions to enable planning, and execution of coaching <b>National Curriculum:</b> Planning and carrying coaching sessions.	Unit 3: LO4 *Links: <b>Prior learning term 3/4:</b> Planned and carried out coaching sessions to enable reflections. <b>National Curriculum:</b> Reviewing a number of coaching sessions to improve future practice.
Equipment needed for sessions:		What can you do to support your child?		
Exercise book, all expected equipment (see equipment list in planner).  PE Kit: Trainers, football boots, shine pads, white polo shirt or red/black rugby shirt, black tracksuit bottoms, black shorts, black plain jumper, black waterproof jacket.		<ul style="list-style-type: none"> <li>• Check Show My Homework and support your child to organise their time effectively to complete homework to a high standard.</li> <li>• Encourage your child to take part in extension activities offered at college.</li> <li>• Encourage your child to join sports clubs in your community.</li> </ul>		
How will learning be assessed and progress measured?		Extension and enrichment activities:		
<ul style="list-style-type: none"> <li>• Marking of books to check understanding of each topic (formative assessment).</li> <li>• Assessment based on progress in each activity</li> <li>• Trial Exams, end of unit tests and regular exam question practice.</li> <li>• Regular peer and self-assessment.</li> </ul>		<ul style="list-style-type: none"> <li>• Netball every Wednesday all year.</li> <li>• Football terms 1 and 4.</li> <li>• All other sports offered on the extension timetable may vary depending on day and time of year.</li> <li>• Intervention at year 11 to support students in reaching their potential.</li> </ul>		

