

## Netherwood's PE & Sport Curriculum 2023 Onwards

Why is the subject important? (General introduction)	<ul style="list-style-type: none"><li>Pupils should have the opportunity to learn a broad range of physical activities and skills in order to allow them to be physically active once they leave school in a range of sporting activities.</li><li>Also students should have an understanding of how to prepare their body for physical activity and how to improve their fitness to lead a healthy active lifestyle.</li></ul>																																																												
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What will I be studying?	In Year 8 we retrieve the basic skills learnt in Year 7, and embed them into competitive play. Students are encouraged to develop leadership, coaching and umpiring skills in the following sports: athletics, badminton, cricket, dance, football, handball, health related activities, handball, netball, OAA, rounders, rugby, table tennis, trampolining,																																																												
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YEAR 10 & 11

What will I be studying?	<p><b>Core PE - pupils will continue to participate in the sports covered in KS3, with more focus on competitive play within Key Stage 4.</b></p> <p>In Option subjects, pupils can choose to take OCR Cambridge National Sport Science. This will cover the following:</p> <p><b>Y10 Units</b></p> <ul style="list-style-type: none"><li>• R181 - APPLYING THE PRINCIPLES OF TRAINING - FITNESS AND HOW IT AFFECTS SKILL PERFORMANCE</li><li>• R182 - THE BODY'S RESPONSE TO PHYSICAL ACTIVITY AND HOW TECHNOLOGY INFORMS THIS</li></ul> <p><b>Y11 Units</b></p> <ul style="list-style-type: none"><li>• R182 - THE BODY'S RESPONSE TO PHYSICAL ACTIVITY AND HOW TECHNOLOGY INFORMS THIS</li><li>• R180 - REDUCING THE RISKS OF SPORTS INJURIES AND DEALING WITH COMMON MEDICAL CONDITIONS</li></ul>									
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