

Sexey's School PE Curriculum Map

Year: 10 Cambridge National Sport Science

Topics and links	Autumn Term		Spring Term		Summer Term	
	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
	R181 – Components of Fitness	R181 – Components of Fitness and application to own sports	R181 – Fitness Testing	R181 – Creating own fitness test and analysing them.	R181 – Principles of Training and Goal Setting	R181 – Principles of Training and personalised training programme.
Co-curricular opportunities and Gatsby (careers) links	Hockey and Rugby Club Badminton Club Links to Jobs in sport and why they are appropriate	Hockey and Rugby Club, Netball shooting club Badminton Club Links to Jobs in sport and why they are appropriate	Netball and Football club Badminton Club Links to Jobs in sport and why they are appropriate	Netball and Football club Badminton Club Links to Jobs in sport and why they are appropriate	Rounders, Cricket and Athletics Club Links to Jobs in sport and why they are appropriate	Rounders, Cricket and Athletics Club Links to Jobs in sport and why they are appropriate
Links with Sexey's Values, our Christian ethos, and spiritual development opportunities	Honesty – reflecting on the course – is it what you expected?	Resilience – starting a long piece of work and sticking with the sometimes repetitive nature of it	Courage – In fitness testing, giving it your all and not being afraid of self and others strengths and areas of development.	Respect – respecting the course, self and others to design and complete your own tests appropriately.	Honesty – be clear in your goals and be honest when you are writing your plan – will you do it?	Kindness – be kind when completing your training programme. To yourself and others.

Sexey's School PE Curriculum Map

Year: 11 Cambridge National Sport Science

Topics and links	Autumn Term		Spring Term		Summer Term	
	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Topics and links	R183 – Nutrition and Sports Performance	R183 – Nutrition and Sports Performance	R180 – Injuries and Medical Conditions	R181 – Injuries and Medical Conditions	R181 – Revision and exam prep	
Co-curricular opportunities and Gatsby (careers) links	Hockey and Rugby Club Badminton Club Links to Jobs in sport and why they are appropriate	Hockey and Rugby Club, Netball shooting club Badminton Club Links to Jobs in sport and why they are appropriate	Netball and Football club Badminton Club Links to Jobs in sport and why they are appropriate	Netball and Football club Badminton Club Links to Jobs in sport and why they are appropriate	Rounders, Cricket and Athletics Club Links to Jobs in sport and why they are appropriate	
Links with Sexey's Values, our Christian ethos, and spiritual development opportunities	Honesty - Students learn to make informed and ethical decisions about nutrition and evaluate information critically.	Resilience - Students understand how nutrition supports recovery, adaptation and sustained performance over time.	Empathy - Students develop an understanding of how injuries affect athletes and the importance of providing appropriate care and support.	Respect - Students learn to follow safety procedures, respect medical advice and prioritise the wellbeing of themselves and others.	Courage - Students demonstrate courage by tackling challenging content, responding to feedback and approaching assessments with confidence and determination.	