WFA Progression Map - planning for knowledge/skills etc to build & accumulate sequentially over time

WESTON FAVELL ACADEMY

Key: ***Bold*** writing shows development or progression from previous year. *<u>Underline</u> shows cross-over of key concepts with other end-points

Faculty: Open Faculty		**Subject: PE**				
End points	**Year 6**	**Year 7**	**Year 8**	**Year 9**	**Year 10**	**Year 11**
Develop ability and aptitude demonstrating precision, control and fluency with consistency across a range of sports and physical activities.		Demonstrate skills in physical activity and sport, applying appropriate technique(s) Use of appropriate physical characteristics/attributes (for example strength, stamina, speed, agility, flexibility, coordination) to achieve successful performance in physical activity and sport Demonstrating their individualrole in achieving the collectiveoutcome. Communicating effectively with other player(s)/performer(s) Sports / Activities covered Netball, Rugby, Basketball, orienteering, Fitness, Lacrosse,Handball, Dance, Athletics, Rounders, Softball. Sporting areas for development: Rugby – Passing sideways /	Demonstrate and apply appropriate decision-making skills, strategies and/or compositional ideas within physical activity and sport, taking into account personal strengths and weaknesses **Sports / Activities covered Netball, Rugby, Basketball, orienteering, Fitness, Lacrosse, Handball, Dance, Athletics, Cricket, Rounders, Softball.** **Rugby – passing in a 2v1 situation, holding depth, attacking a line moving forwards with the ball, using strength to beat an opponent, setting a defensive line,**	Demonstrate and apply appropriate decision-making skills, strategies and/or compositional ideas within physical activity and sport, taking into account personal strengths and weaknesses demonstrate ideas and problem-solving solutions in spontaneous and/or pre-determined ways whilst under pressure in physical activity and sport **Sports / Activities covered Netball, Rugby, Badminton, Table Tennis, Fitness, Handball, Dance, Athletics, Cricket, Rounders, and Softball.**	Demonstrate and apply Tactical strategies to a range of different sporting contexts. Be able to analyse performance of skills and make suggestions for further Improvements for their own and others performance across a range of sporting activities.	**Demonstrate and apply Tactical strategies to a range of different sporting contexts.** **Be able to analyse performance of skills and make suggestions for further Improvements for their own and others performance across a range of sporting activities.**

		backwards with 2 hands, catching by making a target, attacking a line moving forwards with the ball, using footwork to beat an opponent, setting a defensive line. Netball – Positional awareness / offside rule, basic passing – Chest, shoulder and bounce, footwork rule and application in a game, defensive positioning, contact rule, shooting. Basketball – Dribbling technique,double dribble violation rule, passing – chest / overhead / bounce, triple threat position, shooting – lay-up / set shot. Orienteering – Basic map work, orienteering a map, using controls and control points Fitness – Understanding methods of training (weight training, interval and circuit), sets and reps, training for specific components of fitness Lacrosse – passing, moving with the ball, shooting, defensive strategies	**tackling front and side on, restart from a tackle.** **Netball – positional responsibilities, passing to unlock a defence, footwork when moving quickly** **Basketball – Dribbling with weaker hand, crossover, jump shot, defence strategies (full court press, zone defence / man marking).** **Orienteering – planning own orienteering course including control measures.** **Fitness – Creating specific training plans related to sport or personal goals, training for hypertrophy.** **Lacrosse – passing into space, linking play, playing with width, defensive strategies,**	**Netball – Centre play tactics, movement around the attacking third, defensive strategies.** **Rugby – Defensive line, attacking moves 2v1, loop, switch, 5 man scrummaging, counter rucking, mauling, tactical kicking.** **Badminton – singles play, highserve, drop shot, net shot, lift, tactically moving opponent around the court, officiating.** **Table Tennis – service, top spin, slice, and push shot, body position, attacking tactics.** **Fitness – independent training plans with application of principles of training. Students to design their own plans based**		

		Handball – Dribbling, passing,shooting, setting a defensive system Athletics – Variety of track and field, 100m starting, 4x100m changeovers, javelin stance and basic standing technique, Shot put stance and basic technique, discus stance and basic	**goalkeeping, formation and positions** **Handball – beating a defender with dribbling, creating space in a defensive set.** **Athletics – Variety of track and field, 100m starting, 4x100m changeovers, javelin stance and standing technique, Shot put stance and technique, discus stance and technique, long jump & high jump run up, take-off and landing technique.** **Rounders – Bowling tactically,batting backhand, backstop, tactical running when batting** **Softball – stealing bases, deliberate no-ball, home plate as a priority, batting to space, foul ball.**	**around components of fitness and to include pre and post**		
Know and understand the keybody		Muscular System	Cardiovascular System: Functionsof the cardiovascular	Structure: cranium, clavicle, scapula, five regions of the	Functions of the skeleton: Protection e.g.	Vascular Shunt Mechanism: Vasoconstriction of vessels to major organs and

systems and how they impact on health, fitness and performance.		Location and role of the voluntarymuscular system to work with the skeleton to bring about specific movement during physical activity and sport, and the specific function of each muscle - deltoid, biceps, triceps, abdominals, external obliques, hip flexors, gluteus maximus, quadriceps, hamstrings Skeletal System Functions: Protection, Support, Muscle attachment Structure: cranium, clavicle, scapula, vertebrae, sternum, humerus, patella, tibia, fibula.	system applied to performance in physical activities: transport of oxygen, carbon dioxide and nutrients. Structure of the cardiovascular system: atria, ventricles, septum. Muscular System: Antagonistic pairs of muscles (agonist and antagonist) to create opposing movement at joints to allow physical activities. Naming the 4 antagonistic pairs in the body – Bicep / Tricep, hip flexor / gluteus maximus, quadriceps / hamstring, gastrocnemious / tibialis anterior Short-term effects of exercise: Increase in HR, muscle fatigue, increase in body temperature Long-term effects of exercise for performance of the muscular- skeletal	vertebral column (cervical, thoracic, lumbar, sacrum, coccyx), ribs, sternum, humerus, radius, ulna, carpals, metacarpals, phalanges (in the hand), pelvis, femur, patella, tibia, fibula, tarsals, metatarsals, phalanges (in the foot), and their classification and use applied to performance in physical activities and sports Classification of joints: pivot (neck – atlas and axis), hinge (elbow, knee and ankle), ball andsocket (hip and shoulder), condyloid (wrist), and their impact on the range of possible movements Movement possibilities at joints dependant on joint classification:	Cranium protects the brain, Blood cell production e.g. RBC and WBC are producedin the marrow of long bones, joints for movement, muscle attachment, storage of calcium and phosphate. Classification of bones, long, short, flat, irregular, sesamoid. Ligaments and Tendons and their connections from bone to bone and muscle to bone. Classification of muscle types. Slow Twitch (type 1), Fast Twitch (type 2a and 2b/x). Antagonistic pairs – how muscles work in pairs. The agonist contracts to cause a movement and the antagonist relaxes to allow movement. Antagonistic pairs surrounding the following joints –	vasodilation of vessels surrounding muscles during exercise. Interpretation of graphs to do with Heart Rate, Stroke Volumeand Cardiac Output LTE musculo-skeletal Systems: Increase strength of ligaments and tendons, delay onset of osteoporosis, Hypertrophy, resistance to fatigue increased, LTE Cardio-respiratory systems: Cardiac Hypertrophy – leading to increase in SV and Q, reduction in resting HR. Capillarisation surrounding muscles and alveoli, increase in number of alveoli andelasticity of alveoli, Increase in tidal volume and therefore an increase in Minute ventilation and reduction in resting frequency of breathing, increase efficiency of gaseous exchange.

			system: increased bone density (bones get stronger), muscle hypertrophy (muscles get bigger and stronger) Respiratory System: Location of main components of respiratory system (lungs, bronchi, bronchioles, alveoli, diaphragm) and their basic role in movement of oxygen and carbon dioxide into and out of the body.	flexion, extension, adduction, abduction, rotation, circumduction, plantar-flexion, dorsi-flexion and examples of physical activity and sporting skills and techniques that utilise these movements in different sporting contexts Location and role of the voluntary muscular system to work with the skeleton to bring about specific movement during physical activity and sport, and the specific function of each muscle (deltoid, biceps, triceps, pectoralis major, latissimus dorsi, external obliques, hip flexors, gluteus maximus, quadriceps, hamstrings, gastrocnemius and tibialis anterior)	Ankle (Gastrocnemius / Tibialis anterior) Knee (quadriceps / hamstring group) Hip (hip flexor / gluteus maximus) Elbow (bicep / triceps). Functions of the cardiovascular system: regulation of body temperature, transport of oxygen, carbon dioxide and nutrients, protection of the body by white blood cells and platelets. Structure of the CV system: atria, ventricles, septum, tricuspid, bicuspid and semi-lunar valves, aorta, vena cava, pulmonary artery, pulmonary vein, and their role in maintaining blood circulation during performance in physical activity and sport Structure of arteries, capillaries and veins and how this relates to function and	

					importance during physical activity and sport in terms of blood pressure, oxygenated, deoxygenated blood	
	NC/Spec coverage	**NC/Spec coverage**	**NC/Spec coverage**	**NC/Spec coverage**	**NC/Spec coverage**	**NC/Spec coverage**
Be able to analyse and evaluate their own and work and that of others, in order to modify		Components of Fitness and their definitions: Agility (changing direction at speed), balance (maintain body centre of mass), power (speed x strength), coordination (ability to use 2 or more body parts together), reaction time (the time it takes torespond to a stimulus), speed (the rate at which you can move your limbs), body composition (the percentage of muscle bone and fat), muscular endurance (the ability for muscles to work for long periods of time), muscular strength (exerting a force against a resistance), flexibility (the range of movement at a joint), cardiovascular fitness (the ability to work the whole body for long periods of time). Experience using different types of feedback: Peer feedback – students will provide feedback about that they noticed during a	Components of Fitness and their importance within sport: Agility – basketball defending an opponent, balance – gymnastics on a beam, coordination – hitting a tennis ball, power – throwing a javelin, reaction time – sprinting reacting to the starters gun, speed – 100m sprint finishing first, body composition – tall basketballers, short gymnasts, flexibility – gymnast doing the splits, cardiovascular fitness – being able to run a marathon, muscular endurance – footballer running for 90mins,	Components of fitness and the analysis of the relative importance within sport. Ability to compare and contrast fitness components based on the sport, activity or role. Fitness tests: the value of fitnesstesting, the purpose of specific fitness tests, the test protocols, the selection of the appropriate fitness test for components of fitness and the rationale for selection Collection and interpretation of data from fitness test results and	Movement patterns using body planes and axes: sagittal, frontal and transverse plane and frontal, sagittal, vertical axes applied to physical activities and sporting actions Movement in the sagittal plane about the frontal axis when performing front and back tuckedor piked somersaults Movement in the frontal plane about the sagittal axis when performing cartwheels Movement in the transverse plane about the vertical axis when performing a full twist jump in trampolining	First, second and third class levers and their use in physical activity and sport Mechanical advantage and disadvantage (in relation to loads, efforts and range of movement) of the body's lever systems and the impact on sporting performance

		game. Self-Evaluation – pupils toreport strengths in their own game.	muscular strength – weightlifter lifting heavy. Collecting and interpreting data against normative for all specific fitness tests: Agility – Illinois agility, Balance – Stork Balance, Coordination – Wall toss, Power –Vertical Jump, Reaction time – Ruler drop, Speed – 30m sprint, Body Composition – BMI, Flexibility – sit and reach, Muscular Strength – Hand grip, Muscular endurance – 1min pressup test, Cardiovascular – Cooper run.	analysis and evaluation of these against normative data tables Fitness tests for specific components of fitness: cardiovascular fitness – Cooper 12 minute tests (run, swim), Harvard Step Test, strength – grip dynamometer, muscular endurance – one-minute sit-up, one-minute press-up, speed – 30m sprint, power – vertical jump, flexibility – sit and reach		
An understanding of key concepts surrounding health, fitness and wellbeing and the benefits of a healthy active lifestyle.		Effective use of a warm-up andcool-down. 3 stages to the warm up: pulse raiser (jogging or equivalent), Stretching (dynamic and static), skill specific work (footballers 3v1) Cool down: same as warm-up with lower intensity.	Long-term effects of exercise on the mind. Self-esteem and confidence. Stress relief. Methods of training: Circuit training (training around different stations), Weight training (training against a resistance), interval training (training at high intensity followed by periods of rest).	Definitions of Fitness (the ability to meet the demands of the environment, Health (a state of complete mental, physical and social well-being), Exercise (activity requiring physical effort, carried out to sustain or improvehealth and	The use of a PARQ to assess personal readiness for training and recommendations for amendment to training based on PARQ Injury prevention through: correct application of the principles of training to avoid overuse	A sedentary lifestyle and its consequences: overweight, overfat, obese, increased risk to long-term health, e.g. depression, coronary heart disease, high blood pressure, diabetes, increased risk of osteoporosis, loss of muscle tone, posture, impact on components of fitness Interpretation and analysis of graphical representation of data associated with trends in physicalhealth issues

				fitness) and Performance Factors to consider for methods and intensities of training – Specificity of skills required, muscles being used or components of fitness being applied. PARQ – it's importance and adjustments made on completion. Performance enhancing drugs – Anabolic steroids for Hypertrophy, Blood doping / EPO for increased RBCs and muscular endurance. Warm-ups and Cool Downs – Increase temperature of muscles and improve blood flow to specific muscles groups.	injuries; correct application and adherence to the rules of an activity during play/participation; use of appropriate protective clothing and equipment; checking of equipment and facilities before use, all as applied to a range of physical activities and sports Injuries that can occur in physical activity and sport: concussion, fractures, dislocation, sprain, torn cartilage and soft tissue injury. (strain, tennis elbow, golfers elbow, abrasions) RICE (rest, ice, compression, elevation) Performance-enhancing drugs (PEDs) and their positive and negative effects on sporting performance and performer lifestyle, including anabolic steroids, beta blockers, diuretics, narcotic analgesics, peptide hormones	

				Benefits of exercise in relation toPhysical Health – Increased fitness across all areas including speed, strength, flexibility etc… Improved body shape, improvedposture. Emotional Health – increased self-esteem, self-confidence, stress relief, reduce risk of depression Social Health – confidence and communication, friendship groups, positive relationships. Positive and Negative impact oflifestyle choice on health. Including sedentary lifestyles and the increased risk of obesity, CHD, diabetes and weight related illnesses. Lifestyle changes can include diet, smoking, alcohol.	(erythropoietin (EPO), growth hormones (GH)), stimulants, blood doping	

An appreciation of the psychological and socio-cultural factors that can affect performers and performance.		Opportunities to participate beyond curriculum time in extra- curricular clubs linked with sportscovered in lessons. Experience benefits of sport including increase in self-esteem, confidence, making friends and communication	Opportunities to participate beyond curriculum time in extra- curricular clubs linked with sports covered in lessons. Experience benefits of sport including increase in self-esteem, confidence, making friends and communication	Opportunities to participate beyond curriculum time in extra- curricular clubs linked with sports covered in lessons. Experience benefits of sport including increase in self-esteem, confidence, making friends and communication	Opportunities to participate beyond curriculum time in extra- curricular clubs linked with sports covered in lessons. Experience benefits of sport including increase in self-esteem, confidence, making friends and communication	Opportunities to participate beyond curriculum time in extra- curricular clubs linked with sportscovered in lessons. Experience benefits of sport including increase in self-esteem, confidence, making friends and communication