

### Core/Elite Sport Curriculum Intent

#### Our ambitious aims

***By the end of their time with us at Gloucester Academy, our students will be able to:***

- Demonstrate motor competence and a deep understanding of the range of movements required to be successful in sport.
- Have a concrete understanding of the rules, strategies and tactics required to participate in competitive sport.
- Have knowledge of the physiological, psychological and socio-cultural aspects of physical activity in order to enjoy life-long participation in sport.
- Make a positive contribution to society

#### Big ideas

***To achieve our aims, students will be exposed to and develop a deep understanding of several powerful Core/Elite Sport concepts***

Concept	Definition	Rationale
<b>Fundamental movement</b>	The underlying foundation skills that transfer to all sports e.g., running, jumping, catching, stopping, balance, throwing, weight transfer, acceleration, coordination.	This has been chosen in response to raising the physical ability of students as they transfer into secondary school. The wider subject community has a clear focus on ensuring fundamental movement skills and physical literacy are improved to further improve a student's ability.
<b>Rules, regulations and tactical awareness</b>	Rules & regulations - Set of instructions that must be adhered to when participating in sport to ensure participants play correctly, safely and fairly. Tactical awareness - Actions and strategies that lead to the overall objective of winning the game.	Learning the rules and regulations can allow a student to participate more, officiate more and be able to gain the confidence to join an external club to improve even further. They ensure the game is played correctly for all involved. Having knowledge to be an effective competitive team or solo player to help improve the effectiveness for their team. Decision making is a key focus in order to apply tactics successfully.
<b>Character development</b>	Umbrella term that encompasses aspects such as leadership, teamwork, resilience, self-discipline, problem-solving, confidence, decision-making etc.	To develop the student in a wholesome manner creating a well-rounded individual who is resilient, a team player, can deal with challenge and stress.
<b>Components of fitness</b>	Areas of fitness, both physical and skill related, that are the foundation for being able to access and play different sports e.g., cardiovascular endurance and agility.	To develop a deeper understanding of fitness components and how they can be improved to help create a balanced, active and healthy lifestyle. To promote a lifelong participation whilst readying them for further studies within our subject.
<b>Physical health</b>	General health and wellbeing including weight management, cardiovascular health.	Having the knowledge to recognise and work to improve poor health. The ability to participate in sport with less struggle to be more competitive and

		aware of one's health. Whilst having the knowledge to make a positive change for both themselves and family.
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Curriculum @ Gloucester Academy

*Helping each student to 'climb their own personal mountain to the very best university or profession'*

**Curriculum journey**

***In Core and Elite sport, our students will study an ambitious curriculum that is both challenging for all and broad and balanced in scope.***

**Students will experience a range of sports focusing on skill development and skill application.**

Year	Summary of study	Narrative & Rationale
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<p>7</p>	<p>Netball Football Rugby Rounders Cricket Athletics Softball Badminton Basketball Dance Gymnastics American football Fitness OAA</p>	<p>The skills and knowledge learnt in Year 7 build on from the Key Stage 1 and 2 National Curriculum. Many students enter secondary school with differing levels of knowledge and ability within sport.</p> <p>Throughout Year 7, students will experience a range of sporting activities.</p> <p>In Year 7, students will be introduced to the basic skills required to participate in each of the sports on our curriculum. These skills will be developed in isolation before application into game situations. We work hard to ensure students see the links between the movements from sport to sport to ensure they are able to carry skills into each discipline. Each of the basic skills learnt in Year 7 are a pillar to successful participation and enjoyment in sport as well as remaining physically healthy. These skills are transferable to most sports or disciplines and identifying these allows students to transfer the knowledge from sport to sport.</p> <p>Students will also have an elite sport curriculum in their 'games afternoon'. Within these lessons they will focus on Football, Netball, Rugby, Rounders and Cricket and have the opportunity to compete against other schools. These lessons have a focus on skill competency, movement, attacking and defending principles, tactical awareness and positional play.</p>
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<p><b>8</b></p>	<p>Netball Football Rugby Rounders Cricket Athletics Softball Badminton Basketball Dance Gymnastics American football Fitness OAA</p>	<p>To begin with in Year 8, students start with a unit to develop competence of their abilities to perform the basic skills required to participate in sporting activities. This is built upon their knowledge from Year 7 to ensure students progress in their abilities, introducing elements of tactical play in conditioned situations, allowing students to be able to be successful in their sport participation and to build the fundamental knowledge for competitive participation.</p> <p>Students will also have an elite sport curriculum in their 'games afternoon'. Within these lessons they will focus on Football, Netball, Rugby, Rounders and Cricket and have the opportunity to compete against other schools. These lessons have a focus on skill competency, movement, attacking and defending principles, tactical awareness and positional play.</p>
<p><b>9</b></p>	<p>Netball Football Rugby Rounders Cricket Athletics Softball Badminton Basketball Dance Gymnastics American football Fitness OAA</p>	<p>In year 9 we focus on fitness and physical health are the underlying foundation for all sporting performance so ensuring that our students have the ability to run, jump and throw is hugely important. Students will learn about all aspects of physical fitness and components of fitness. Teaching our students how to apply components of fitness and how to train to improve them will enable them to be more effective whilst performing.</p> <p>While developing fitness and physical health is important, they are not maintained without resilience and engagement. Students will be given a wide range of opportunities to increase engagement and find interests that they will like to continue after education. Students will also be taught the importance of resilience in both sport and life and how to develop resilience within a number of situations. Students will then take these skills into their GCSEs and life when presented with difficult situations or challenges.</p> <p>In Year 9 we turn the focus to technical and tactical skills into competitive game situations. Having these skills allows the students to participate in sports fully and allows them to be able to continue with these sports into their adolescence and beyond, either in a recreational or a competitive manner.</p> <p>Students will also have an elite sport curriculum in their 'games afternoon'. Within these lessons they will focus on Football, Netball, Rugby, Rounders and Cricket and have the opportunity to compete against other schools. These lessons have a focus on skill competency, movement, attacking and defending principles, tactical awareness and positional play.</p>



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**10/11**

Netball  
Football  
Rugby  
Rounders  
Cricket  
Fitness  
Volleyball  
Badminton  
American football

In Year 10 & 11, students will have an elite sport curriculum in their 'games afternoon'. Within these lessons they will focus on Football, Netball, Rugby, Rounders and Cricket and have the opportunity to compete against other schools. These lessons have a focus on skill competency, movement, attacking and defending principles, tactical awareness and positional play.

Year 10 Physical Education focuses on maintaining their participation and enjoyment in physical activity to ensure life-long participation. Life-long participation in sport and physical activity is crucial to support a healthy and active society. Life-long participation in sport and physical activity is the overall aim of school sport. For students to continue to have the drive and motivation to play sport for pleasure. Students will leave Gloucester Academy with the confidence, competence and motivation to participate in a form of physical activity.