Careers/Pathways PE Learning Journey Physiotherapist, **Sports coach Sports development** KS3 PE teacher **Sports Lawyer** Leisure/Gym manager **Sports Journalist Sports Photographer** Stage 1: Softball: Stage 3 - Athletics: Sports marketing/PR/Social media Stage 2 Rugby: BQ - Is commercialisation BQ - Are nutrition and **BQ** – What is more important – good for sport? performance linked? speed, stamina, strength or skill? A-Level PE KS4 PE College **COMMERCIALISATION NUTRITION COMPONENTS OF** University **FITNESS** Apprenticeships **Stage 1 – Table Tennis:** Stage 1 - Basketball: **BQ** - Does your Stage 2 – Athletics: BQ - What is more important, BQ - Performance enhancing drugs personality matter? extrinsic or intrinsic motivation? are they good or bad? **YEAR PERSONALITY** MOTIVATION THE HEART **TRAITS** DRUGS Stage 2 - Handball: Stage 1 - Cricket: **BQ** - Can you have a change of heart? **BQ** - What are the most important roles and Stage 1 - Handball: responsibilities of an official? BQ - Why are rules and Stage 2 - Badminton: **BQ** - What are the 3 most important regulations important in sport? components of fitness for racket players? ROLES/RESPONSIBILTIES RULES/REGULATIONS **COMPONENTS SHORT TERM EFFECTS OF** OF OFFICIALS **OF FITNESS EXERCISE** FORMATIONS — Stage 2 - Netball: Stage 1 - Volleyball: **BQ** -When we exercise, what does BQ - Should we be flexible in approach our body do? **YEAR** to formations? **Stage 1- Rounders:** BQ - How can we use feedback to improve Stage 1 - Problem solving: BQ - Do the LORIC principles help us work sports performance? effectively to solve problems? **BODY SYSYTEMS -**LORIC PRINCIPLES **FEEDBACK EFFECTIVE SPORTS MUSCULOSKELETAL PERFORMER** Stage 1 – Netball: S1 - Athletics: BQ - What makes an effective sports **BQ** - How does the structure of the body help us performer? perform the movements required in sport? Stage 1 - Gymnastics: Stage 1 – Rugby:

BQ - Are components of fitness important to an elite sports performer?

COMPONENTS OF FITNESS

BQ - How do we keep participants safe when they play sports?

YEAR

SAFETY IN SPORT

OUTWIT OPPONENTS

Stage 1 – Badminton:

BQ - How do we outwit opponents in racket sports?

