

YEAR 10 – Key Stage 4 Pathway Routes

Group / Half term	Academic Pathway through GCSE	OCR National in sport	Girls Active Pathway	Vocational pathway through coaching and leading	Individual Competitive pathway	Team Competitive Pathway
Sept - Oct	<p>Applied anatomy and physiology.</p> <p>Sports psychology.</p> <p>Football practical assessment.</p> <p>On the astro</p>	<p>Contemporary issues in sport.</p> <p>Through practical teaching.</p> <p>In PE1 and practical spaces.</p>	<p>To be developed by the GLAMS</p> <p>Gymnasium/Ball games</p>	<p>Developing the 6C's of leadership</p> <p>Through the Key Stage 4 Rugby Leaders qualification</p> <p>On the field</p>	<p>Evaluating fitness and planning an exercise programme for competitive individual sports.</p> <p>In the fitness suite</p>	<p>Participating in activities that present mental and physical challenges.</p> <p>Through climbing Tavistock College Level 1 climbing certificate.</p> <p>In the sports hall.</p>
Oct - Xmas	<p>Applied anatomy and physiology.</p> <p>Sports psychology.</p> <p>Netball practical assessment.</p>	<p>Contemporary issues in sport.</p> <p>Through practical teaching.</p> <p>In PE1 and practical spaces.</p>	<p>To be developed by the GLAMS</p> <p>Sports Hall/short tennis/badminton instructor programme</p> <p>In the sports hall</p>	<p>Evaluating fitness and planning an exercise programme as a fitness coach working with an amateur sportsperson.</p>	<p>Using Science and ICT to evaluate and improve others performance.</p> <p>Through gymnastics – vaulting and apparatus work.</p>	<p>Coaching to improve performance in team sports through football.</p> <p>On the astro</p>

	On the hardcourts			In the fitness suite	In the gym	
Xmas - Feb	<p>Applied anatomy and physiology.</p> <p>Sports psychology.</p> <p>Climbing practical assessment.</p> <p>In the sports hall.</p>	<p>Practical sport – officiating, rules and regulations.</p> <p>Practical assessment.</p> <p>On the astro</p>	<p>To be developed by the GLAMS</p> <p>Leadership/range of gymnastics/skipping</p> <p>In the gymnasium</p>	<p>Skill and tactical development of practical performance of self and others</p> <p>Through Handball</p> <p>On the astro</p>	<p>Skill and tactical development of practical performance of self and others</p> <p>Through Touch Tennis/Badminton</p> <p>In the sports hall</p>	<p>Evaluating fitness and planning an exercise programme for competitive team sports.</p> <p>In the fitness suite</p>
Feb - Easter	<p>Applied anatomy and physiology.</p> <p>Sports psychology.</p> <p>Handball practical assessment.</p> <p>On the astro</p>	<p>Practical sport – officiating, rules and regulations.</p> <p>Practical assessment.</p> <p>On the astro</p>	<p>To be developed by the GLAMS</p> <p>Evaluating fitness and planning an exercise programme</p> <p>In the fitness suite</p>	<p>Understanding health and safety and risk assessment and participating in activities that present mental and physical challenges.</p> <p>Through climbing</p>	<p>Developing fitness and understanding health for an active healthy lifestyle.</p> <p>Through spinning</p> <p>In the café/gymnasium</p>	<p>Skill and tactical development of practical performance in team sports.</p> <p>Through Badminton/short tennis.</p> <p>In the sports hall</p>

				Tavistock College Level 1 climbing certificate. In the sports hall.		
Easter - Whitsun	Applied anatomy and physiology. Sports psychology/ socio-cultural issues in sport Badminton practical assessment. In the sports hall	Practical sport - through performance analysis. Through Rounders On the field	To be developed by the GLAMs Walk/striking and fielding. On the field	Skill and tactical development of practical performance of self and others Through Athletics On the track	Compare performances to achieve their personal best. Through Athletics On the track	Skill and tactical development of practical performance in team sports Through cricket/softball/rounders On the field
Whitsun - Summer	Applied anatomy and physiology. Socio cultural issues in sport.	Practical sport - through performance analysis.	To be developed by the GLAMs	Developing skills towards the successful completion of the personal survival bronze	Developing skills towards the successful completion of the personal survival bronze award.	Compare performances to achieve their personal bests whilst competing in a team environment.

	Athletics practical assessment. On the track	Through Badminton/Tennis In the sports hall		award. In the swimming pool	In the swimming pool	Through Athletics On the track
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