

YEAR 11 – Key Stage 4 Pathway Routes

Group / Half term	Academic pathway through GCSE	Academic pathway through GCSE	Girls Active Pathway	Team competitive pathway	Health and recreational activities	Individual Competitive Pathway
Sept - Oct	<p>Unit 7 – Physical and mental demands on performance.</p> <p>Unit 10/14 – School and organisational influences.</p> <p>Supported by practical lessons.</p> <p>In the classroom and the gym.</p>	<p>Unit 3 – Cultural and social factors.</p> <p>Unit 11 – Opportunities for further involvement.</p> <p>Supported by practical lessons.</p> <p>In the classroom and the gym.</p>	<p>To be developed by GLAMS</p> <p>Walking – café/park walk.</p>	<p>Developing tactics and strategies to overcome opponents in team games.</p> <p>Through football/netball</p> <p>On the astro/athletics track.</p>	<p>Participating in activities that present mental and physical challenges.</p> <p>Through climbing</p> <p>In the sports hall.</p>	<p>Evaluating fitness and planning an exercise programme for competitive individual sports.</p> <p>In the fitness suite.</p>
Oct - Xmas	<p>Unit 3 – Cultural and social factors.</p> <p>Unit 11 – Opportunities for further involvement.</p>	<p>Unit 7 – Physical and mental demands on performance.</p> <p>Unit 10/14 – School and organisational influences.</p>	<p>To be developed by GLAMS</p>	<p>Evaluating fitness and planning an exercise programme for competitive team sports.</p>	<p>Developing and understanding of the impact of regular exercise on an active healthy lifestyle.</p>	<p>Skill and tactical development of practical performance in team sports.</p>

	Supported by practical lessons. In the classroom and the gymnasium.	Supported by practical lessons. In the classroom and the gymnasium.	In DR1/planning own sessions.	In the fitness suite.	Through spinning In the cafe	Through Badminton/Short tennis In the sports hall
Xmas - Feb	Unit 12 – Physical and mental demands on performance (2) Unit 6 – Diet and nutrition In the classroom/fitness suite	Unit 12 – Physical and mental demands on performance (2) Unit 6 – Diet and nutrition In the classroom/fitness suite.	To be developed by the GLAMS. Ball/ team games. In the sports hall	Developing tactics and strategies to overcome opponents in team games. Through football/touch rugby On the astro	Developing and understanding of the impact of regular exercise on an active healthy lifestyle. Through exercise to music/circuit training. In the gymnasium	Developing fitness and understanding health for an active healthy lifestyle. Through spinning In the cafe
Feb - Easter	Revision THE CASE STUDY	Revision THE CASE STUDY	To be developed by GLAMS	Developing tactics and strategies to overcome	Evaluating fitness and planning an exercise programme for	Compare performances to achieve their personal best.

	In the classroom/sports hall.	In the classroom/sports hall.	Gymnastics In the gymnasium	opponents in team games. Through handball/netball On the astro	health and recreation In the fitness suite	Through athletics On the athletics track
Easter – Whitsun	Revision/residential	Revision/residential	To be developed by the GLAMS In the gymnasium/on the field.	Developing tactics and strategies to overcome opponents in team activities. Through softball/ultimate frisbee. On the astro	Developing tactics and strategies to overcome opponents in team games. Through rounders/cricket On the field	Developing tactics and strategies to overcome opponents in individual activities. Through tennis/short tennis. On the hard courts
Whitsun – Summer	Exams	Exams	Exams	Exams	Exams	Exams