

The Bishop of Winchester Academy Curriculum Plan – Healthy Living



The **Healthy Living** curriculum at The Bishop of Winchester Academy has been designed with the key aim of enabling students to live life to the full. Through the acquisition of knowledge and the practised application of skill, students can have the courage to be wise and make intelligent, informed decisions.

Our knowledge-based curriculum is ambitious in its breadth and depth, offering challenge to learners irrespective of their background. Through setting high expectations and accepting no excuses for all, we counter social disadvantage and bolster aspirations. Students are nurtured and supported throughout their journey at The Bishop, and explore ways to develop their awareness, collaboration, creativity, empathy, independence and resilience, collectively referred to as our LApps (Learning Applications).

Year 7	Michaelmas (M1)	Michaelmas (M2)	Lent (L1)	Lent (L2)	Pentecost (P1)	Pentecost (P2)
Disciplinary Knowledge	Baseline Assessment Fitness Aerobic endurance training methods	Football Theory: Health and well-being Components of a healthy, active lifestyle	Fundamentals Skills	Dance Theory: Training programmes Components of fitness	Cricket/Rounders	Athletics/Tennis Theory: Anatomy and Physiology Skeleton and muscles in the body
Disciplinary Skills	Analysing and evaluating performance	Invasion games Attack Defence	Throwing Catching Running Jumping Tactical awareness	Aesthetics Timing Use of levels Use of stimulus	Striking and fielding Hand eye coordination	Run, jump, throw Net wall
Personal Development	LApp: Awareness	LApp: Collaboration	LApp: Resilience LApp: Empathy	LApp: Creativity	LApp: Collaboration	LApp: Independence
Future Pathways	Exercise physiologist	Nutritionist	Coach	Performance analyst	Referee	Sports Scientist



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Year 8	Michaelmas (M1)	Michaelmas (M2)	Lent (L1)	Lent (L2)	Pentecost (P1)	Pentecost (P2)
Disciplinary Knowledge	Gymnastics Tension, extension, control	Fitness Muscular endurance training methods Theory: Injuries in Sport Observation and analysis	Handball/Rugby	Badminton Theory: Training programmes Principles of training	Athletics/Tennis	Cricket/Rounders Theory: Anatomy and Physiology Cardiovascular and respiratory systems
Disciplinary Skills	Aesthetics	Analysis and evaluating performance	Invasion games Attack Defence	Net wall Hand eye coordination Scoring systems	Run, jump, throw Net wall	Striking and fielding Hand eye coordination
Personal Development	LApp: Creativity	LApp: Independence	LApp: Collaboration	LApp: Creativity	LApp: Independence	LApp: Collaboration
Future Pathways	Coach	Physiotherapist	Scout	Exercise physiologist	Performance analyst	Doctor



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Year 9	Michaelmas (M1)	Michaelmas (M2)	Lent (L1)	Lent (L2)	Pentecost (P1)	Pentecost (P2)
Disciplinary Knowledge	Football/Basketball	Table Tennis	Orienteering	Fitness	Athletics/Tennis	Cricket/Rounders
Disciplinary Skills	Invasion games Attack Defence	Net wall Hand-eye coordination Scoring systems	Map-reading Planning a route Communication	Analysing and evaluating performance Applying practical knowledge	Run, jump, throw Net wall	Striking and fielding Hand-eye coordination
Personal Development	LApp: Resilience	LApp: Independence	LApp: Creativity	LApp: Independence	LApp: Independence	LApp: Collaboration
Future Pathways	Umpire	Sports statistician	Duke of Edinburgh manager	Sports physician	Exercise scientist	PE teacher



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Year 10	Michaelmas (M1)	Michaelmas (M2)	Lent (L1)	Lent (L2)	Pentecost (P1)	Pentecost (P2)
Disciplinary Knowledge	Trampolining	Fitness	Basketball/Handball	Volleyball	Athletics/Tennis	Cricket/Rounders
Disciplinary Skills	Twists Front and back rotations Landings Combining movements	Analysing and evaluating performance Applying practical knowledge	Invasion games Attack Defence	Net wall Varying shots	Run, jump, throw Analysing performance Net wall	Striking and fielding Hand-eye coordination
Personal Development	LApp: Independence LApp: Creativity LApp: Resilience	LApp: Independence	LApp: Collaboration	LApp: Resilience	LApp: Independence	LApp: Collaboration
Future Pathways	Gymnastics coach	Gym manager	Sports broadcaster	Sports journalist	Olympics committee	Sports announcer



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Year 11	Michaelmas (M1)	Michaelmas (M2)	Lent (L1)	Lent (L2)	Pentecost (P1)	Pentecost (P2)
Disciplinary Knowledge	Basketball/Fitness /Football/Handball	Boxing/Fitness /Football/Handball	Badminton/Fitness /Football/Handball	Zumba/Fitness /Football/Handball		
Disciplinary Skills	How to lead a healthy active lifestyle	Benefits of exercise	Different methods of exercise	How to monitor exercise		
Personal Development	LApp: Independence LApp: Creativity LApp: Resilience LApp: Collaboration LApp: Empathy	LApp: Independence LApp: Creativity LApp: Resilience LApp: Collaboration LApp: Empathy	LApp: Independence LApp: Creativity LApp: Resilience LApp: Collaboration LApp: Empathy	LApp: Independence LApp: Creativity LApp: Resilience LApp: Collaboration LApp: Empathy		
Future Pathways	Coach	Personal trainer	Strength and conditioning coach	Fitness instructor		

**Our curriculum operates on a rotation basis. All students will participate in the activities highlighted above, however they will be taught these at different times throughout the year.*

***Topics in red are taught theoretically, students have classroom based lessons to extend their knowledge of a healthy, active lifestyle.*

