





Co-op Academy  
Belle Vue

● Resilience & Power	● Resilience & Power	● Resilience & Power	● Resilience & Power	● Resilience & Power	● Resilience & Power
<p>Assessment: Know (Cognitive): Understanding rules, tactics, terminology, and the why behind healthy choices.</p> <p>Show (Physical): Demonstrating technical competence, coordination, and execution in various contexts.</p> <p>Grow (Affective/Social): Showing resilience, leadership, sportsmanship, and personal improvement.</p> <p>End of unit assessment in sport being participated in.</p>	<p>Assessment: Know (Cognitive): Understanding rules, tactics, terminology, and the why behind healthy choices.</p> <p>Show (Physical): Demonstrating technical competence, coordination, and execution in various contexts.</p> <p>Grow (Affective/Social): Showing resilience, leadership, sportsmanship, and personal improvement.</p> <p>End of unit assessment in sport being participated in.</p>	<p>Assessment: Know (Cognitive): Understanding rules, tactics, terminology, and the why behind healthy choices.</p> <p>Show (Physical): Demonstrating technical competence, coordination, and execution in various contexts.</p> <p>Grow (Affective/Social): Showing resilience, leadership, sportsmanship, and personal improvement.</p> <p>End of unit assessment in sport being participated in.</p>	<p>Assessment: Know (Cognitive): Understanding rules, tactics, terminology, and the why behind healthy choices.</p> <p>Show (Physical): Demonstrating technical competence, coordination, and execution in various contexts.</p> <p>Grow (Affective/Social): Showing resilience, leadership, sportsmanship, and personal improvement.</p> <p>End of unit assessment in sport being participated in.</p>	<p>Assessment: Know (Cognitive): Understanding rules, tactics, terminology, and the why behind healthy choices.</p> <p>Show (Physical): Demonstrating technical competence, coordination, and execution in various contexts.</p> <p>Grow (Affective/Social): Showing resilience, leadership, sportsmanship, and personal improvement.</p> <p>End of unit assessment in sport being participated in.</p>	<p>Assessment: Know (Cognitive): Understanding rules, tactics, terminology, and the why behind healthy choices.</p> <p>Show (Physical): Demonstrating technical competence, coordination, and execution in various contexts.</p> <p>Grow (Affective/Social): Showing resilience, leadership, sportsmanship, and personal improvement.</p> <p>End of unit assessment in sport being participated in.</p>





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<p><b>Assessment:</b> Know (Cognitive): Analysing performance, identifying strengths/weaknesses, and understanding advanced physiology.</p> <p><b>Show (Physical):</b> Increasing the speed and accuracy of skills under pressure.</p> <p><b>Grow (Affective/Social):</b> Demonstrating empathy, leadership, and emotional regulation during competition.</p> <p>End of unit assessment in sport being participated in.</p>	<p><b>Assessment:</b> Know (Cognitive): Analysing performance, identifying strengths/weaknesses, and understanding advanced physiology.</p> <p><b>Show (Physical):</b> Increasing the speed and accuracy of skills under pressure.</p> <p><b>Grow (Affective/Social):</b> Demonstrating empathy, leadership, and emotional regulation during competition.</p> <p>End of unit assessment in sport being participated in.</p>	<p><b>Assessment:</b> Know (Cognitive): Analysing performance, identifying strengths/weaknesses, and understanding advanced physiology.</p> <p><b>Show (Physical):</b> Increasing the speed and accuracy of skills under pressure.</p> <p><b>Grow (Affective/Social):</b> Demonstrating empathy, leadership, and emotional regulation during competition.</p> <p>End of unit assessment in sport being participated in.</p>	<p><b>Assessment:</b> Know (Cognitive): Analysing performance, identifying strengths/weaknesses, and understanding advanced physiology.</p> <p><b>Show (Physical):</b> Increasing the speed and accuracy of skills under pressure.</p> <p><b>Grow (Affective/Social):</b> Demonstrating empathy, leadership, and emotional regulation during competition.</p> <p>End of unit assessment in sport being participated in.</p>	<p><b>Assessment:</b> Know (Cognitive): Analysing performance, identifying strengths/weaknesses, and understanding advanced physiology.</p> <p><b>Show (Physical):</b> Increasing the speed and accuracy of skills under pressure.</p> <p><b>Grow (Affective/Social):</b> Demonstrating empathy, leadership, and emotional regulation during competition.</p> <p>End of unit assessment in sport being participated in.</p>	<p><b>Assessment:</b> Know (Cognitive): Analysing performance, identifying strengths/weaknesses, and understanding advanced physiology.</p> <p><b>Show (Physical):</b> Increasing the speed and accuracy of skills under pressure.</p> <p><b>Grow (Affective/Social):</b> Demonstrating empathy, leadership, and emotional regulation during competition.</p> <p>End of unit assessment in sport being participated in.</p>





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<p>Know (Cognitive): Analysing advanced tactics (e.g., zonal vs. man-marking), understanding the long-term effects of exercise, and knowing the Laws of the Game for officiating.</p> <p>Show (Physical): Consistent execution of complex skills under high-intensity competition.</p> <p>Grow (Affective/Social): Showing resilience under failure, officiating peers with authority, and demonstrating Gamesmanship vs. Sportsmanship.</p> <p>End of unit assessment in sport being participated in.</p>	<p>Know (Cognitive): Analysing advanced tactics (e.g., zonal vs. man-marking), understanding the long-term effects of exercise, and knowing the Laws of the Game for officiating.</p> <p>Show (Physical): Consistent execution of complex skills under high-intensity competition.</p> <p>Grow (Affective/Social): Showing resilience under failure, officiating peers with authority, and demonstrating Gamesmanship vs. Sportsmanship.</p> <p>End of unit assessment in sport being participated in.</p>	<p>Know (Cognitive): Analysing advanced tactics (e.g., zonal vs. man-marking), understanding the long-term effects of exercise, and knowing the Laws of the Game for officiating.</p> <p>Show (Physical): Consistent execution of complex skills under high-intensity competition.</p> <p>Grow (Affective/Social): Showing resilience under failure, officiating peers with authority, and demonstrating Gamesmanship vs. Sportsmanship.</p> <p>End of unit assessment in sport being participated in.</p>	<p>Know (Cognitive): Analysing advanced tactics (e.g., zonal vs. man-marking), understanding the long-term effects of exercise, and knowing the Laws of the Game for officiating.</p> <p>Show (Physical): Consistent execution of complex skills under high-intensity competition.</p> <p>Grow (Affective/Social): Showing resilience under failure, officiating peers with authority, and demonstrating Gamesmanship vs. Sportsmanship.</p> <p>End of unit assessment in sport being participated in.</p>	<p>Know (Cognitive): Analysing advanced tactics (e.g., zonal vs. man-marking), understanding the long-term effects of exercise, and knowing the Laws of the Game for officiating.</p> <p>Show (Physical): Consistent execution of complex skills under high-intensity competition.</p> <p>Grow (Affective/Social): Showing resilience under failure, officiating peers with authority, and demonstrating Gamesmanship vs. Sportsmanship.</p> <p>End of unit assessment in sport being participated in.</p>	<p>Know (Cognitive): Analysing advanced tactics (e.g., zonal vs. man-marking), understanding the long-term effects of exercise, and knowing the Laws of the Game for officiating.</p> <p>Show (Physical): Consistent execution of complex skills under high-intensity competition.</p> <p>Grow (Affective/Social): Showing resilience under failure, officiating peers with authority, and demonstrating Gamesmanship vs. Sportsmanship.</p> <p>End of unit assessment in sport being participated in.</p>
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<p>and the components of fitness (AO1/AO2).</p> <p><b>Show (Applied):</b> Applying knowledge to sporting scenarios, performing fitness tests, and calculating data (e.g., MHR, BMI).</p> <p><b>Grow (Professional):</b> Developing study stamina, vocational writing skills, and the ability to critique fitness industry trends.</p>	<p>and the components of fitness (AO1/AO2).</p> <p><b>Show (Applied):</b> Applying knowledge to sporting scenarios, performing fitness tests, and calculating data (e.g., MHR, BMI).</p> <p><b>Grow (Professional):</b> Developing study stamina, vocational writing skills, and the ability to critique fitness industry trends.</p>	<p>and the components of fitness (AO1/AO2).</p> <p><b>Show (Applied):</b> Applying knowledge to sporting scenarios, performing fitness tests, and calculating data (e.g., MHR, BMI).</p> <p><b>Grow (Professional):</b> Developing study stamina, vocational writing skills, and the ability to critique fitness industry trends.</p>	<p>and the components of fitness (AO1/AO2).</p> <p><b>Show (Applied):</b> Applying knowledge to sporting scenarios, performing fitness tests, and calculating data (e.g., MHR, BMI).</p> <p><b>Grow (Professional):</b> Developing study stamina, vocational writing skills, and the ability to critique fitness industry trends.</p>	<p>and the components of fitness (AO1/AO2).</p> <p><b>Show (Applied):</b> Applying knowledge to sporting scenarios, performing fitness tests, and calculating data (e.g., MHR, BMI).</p> <p><b>Grow (Professional):</b> Developing study stamina, vocational writing skills, and the ability to critique fitness industry trends.</p>	<p>and the components of fitness (AO1/AO2).</p> <p><b>Show (Applied):</b> Applying knowledge to sporting scenarios, performing fitness tests, and calculating data (e.g., MHR, BMI).</p> <p><b>Grow (Professional):</b> Developing study stamina, vocational writing skills, and the ability to critique fitness industry trends.</p>
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<p>appropriate training methods, and justifying choices using physiological evidence.</p> <p><b>Show (Applied):</b> Producing a comprehensive, professional-standard training folder and demonstrating safe, effective exercise instruction.</p> <p><b>Grow (Vocational):</b> Meeting tight deadlines, responding to feedback, and evaluating personal performance with high levels of self-awareness.</p>	<p>appropriate training methods, and justifying choices using physiological evidence.</p> <p><b>Show (Applied):</b> Producing a comprehensive, professional-standard training folder and demonstrating safe, effective exercise instruction.</p> <p><b>Grow (Vocational):</b> Meeting tight deadlines, responding to feedback, and evaluating personal performance with high levels of self-awareness.</p>	<p>appropriate training methods, and justifying choices using physiological evidence.</p> <p><b>Show (Applied):</b> Producing a comprehensive, professional-standard training folder and demonstrating safe, effective exercise instruction.</p> <p><b>Grow (Vocational):</b> Meeting tight deadlines, responding to feedback, and evaluating personal performance with high levels of self-awareness.</p>	<p>appropriate training methods, and justifying choices using physiological evidence.</p> <p><b>Show (Applied):</b> Producing a comprehensive, professional-standard training folder and demonstrating safe, effective exercise instruction.</p> <p><b>Grow (Vocational):</b> Meeting tight deadlines, responding to feedback, and evaluating personal performance with high levels of self-awareness.</p>	<p>appropriate training methods, and justifying choices using physiological evidence.</p> <p><b>Show (Applied):</b> Producing a comprehensive, professional-standard training folder and demonstrating safe, effective exercise instruction.</p> <p><b>Grow (Vocational):</b> Meeting tight deadlines, responding to feedback, and evaluating personal performance with high levels of self-awareness.</p>	<p>appropriate training methods, and justifying choices using physiological evidence.</p> <p><b>Show (Applied):</b> Producing a comprehensive, professional-standard training folder and demonstrating safe, effective exercise instruction.</p> <p><b>Grow (Vocational):</b> Meeting tight deadlines, responding to feedback, and evaluating personal performance with high levels of self-awareness.</p>
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