



Curriculum Overview - Girls PE

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	<p>Set 1 Trampolining Football Netball</p> <p>Set 2 Netball Trampolining Football Dance</p>	<p>Set 1 Dance Badminton Netball</p> <p>Set 2 Netball Health Related Fitness Dance Football</p>	<p>Set 1 Swimming Tag Rugby</p> <p>Set 2 Basketball Volleyball Health Related Fitness Badminton</p>	<p>Set 1 Basketball Volleyball Health Related Fitness</p> <p>Set 2 Swimming Tag Rugby</p>	<p>Set 1 Athletics Rounders</p> <p>Set 2 Athletics Rounders</p>	<p>Set 1 Cricket Rounders Athletics</p> <p>Set 2 Rounders Cricket Softball Athletics</p>
Year 8	<p>Set 1 Trampolining Football Netball</p> <p>Set 2 Netball Trampolining Football Dance</p>	<p>Set 1 Dance Badminton Netball</p> <p>Set 2 Netball Health Related Fitness Dance</p>	<p>Set 1 Swimming Tag Rugby</p> <p>Set 2 Basketball Volleyball Health Related Fitness Badminton</p>	<p>Set 1 Basketball Volleyball Health Related Fitness</p> <p>Set 2 Swimming Tag Rugby</p>	<p>Set 1 Athletics Rounders</p> <p>Set 2 Athletics Rounders</p>	<p>Set 1 Cricket Rounders Athletics</p> <p>Set 2 Rounders Cricket Softball Athletics</p>
Year 9	<p>Set 1 Trampolining Football Netball</p>	<p>Set 1 Dance Badminton Netball</p>	<p>Set 1 Swimming Tag Rugby</p>	<p>Set 1 Basketball Volleyball</p>	<p>Set 1 Athletics Rounders</p>	<p>Set 1 Cricket Rounders Athletics</p>

	Set 2 Netball Trampolining Football Dance	Set 2 Netball Health Related Fitness Dance	Set 2 Basketball Volleyball Health Related Fitness Badminton	Health Related Fitness Set 2 Swimming Tag Rugby	Set 2 Athletics Rounders	Set 2 Rounders Cricket Softball Athletics
Year 10	Set 1 Netball Football Set 2 Health Related Fitness Dance	Set 1 Netball Dance Set 2 Dance Netball Volleyball	Set 1 Trampolining Badminton Tag Rugby Set 2 Badminton Trampolining Health Related Fitness	Set 1 Basketball Volleyball Health Related Fitness Set 2 Netball Basketball Tag Rugby	Set 1 Rounders Athletics Set 2 Athletics Rounders	Set 1 Athletics Cricket Rounders Set 2 Cricket Athletics Softball
Year 11	Set 1 Football Netball Set 2 Netball Football Badminton	Set 1 Health Related Fitness Basketball Volleyball Set 2 Football Badminton Health Related Fitness	Set 1 Volleyball Trampolining Badminton Set 2 Tag Rugby Health Related Fitness Trampolining	Set 1 Netball Basketball Tag Rugby Set 2 Health Related Fitness Volleyball Tag Rugby	Set 1 Athletics Rounders Set 2 Rounders Athletics	

Curriculum Overview - Boys PE

	Terms 1 & 2	Terms 3 & 4	Terms 5 & 6
Year 7	Rugby Badminton Health Related Fitness Swimming	Football Basketball Gymnastics	Cricket Softball Athletics
Year 8	Rugby Badminton Health Related Fitness Swimming	Football Basketball Gymnastics	Cricket Softball Athletics
Year 9	Rugby Badminton Health Related Fitness Swimming	Football Basketball Gymnastics	Cricket Softball Athletics
Year 10	Rugby Badminton Swimming (water polo)	Football Basketball Health Related Fitness	Cricket Softball Athletics
Year 11	Rugby Badminton Swimming (water polo)	Football Basketball Health Related Fitness	Cricket Softball Athletics

GCSE PE

	Terms 1 & 2	Terms 3 & 4	Tems 5 & 6
Year 10	Structure and function of the skeletal system Structure and function of the muscular system Components of fitness Principles of training	Movement Analysis Cardiovascular system Socio cultural influences Engagement patterns	Respiratory system Effects of exercise on body systems Commercialisation Ethics and socio cultural issues
Year 11	Sports Psychology - guidance, feedback, skill classification, goal setting, mental preparation	Health fitness and well being Practical activities in Sport	

A- level PE			
	Terms 1 & 2	Terms 3 & 4	Terms 5 & 6
Year 12	<p>Sport and Society - emergence and evolution of modern sport, global sporting events</p> <p>Skill Acquisition - skill classification, methods of practice, skill transfer, stages of learning, guidance, feedback, memory models</p> <p>Applied anatomy and physiology - skeletal and muscular systems, cardiovascular and respiratory systems, energy for exercise</p> <p>Exercise physiology - diet and nutrition, preparation and training methods, injury prevention</p>	<p>Sport and Society - emergence and evolution of modern sport, global sporting events</p> <p>Skill Acquisition - skill classification, methods of practice, skill transfer, stages of learning, guidance, feedback, memory models</p> <p>Applied anatomy and physiology - skeletal and muscular systems, cardiovascular and respiratory systems, energy for exercise</p> <p>Exercise physiology - diet and nutrition, preparation and training methods, injury prevention</p>	<p>Sport and Society - <i>emergence and evolution of modern sport, global sporting events</i></p> <p>Skill Acquisition - <i>skill classification, methods of practice, skill transfer, stages of learning, guidance, feedback, memory models</i></p> <p>Applied anatomy and physiology - <i>skeletal and muscular systems, cardiovascular and respiratory systems, energy for exercise</i></p> <p>Exercise physiology - <i>diet and nutrition, preparation and training methods, injury prevention</i></p>
Year 13	<p>Contemporary issues in physical activity and sport - ethics and deviance in sport, commercialisation, routes to sporting excellence, modern technology in sport</p> <p>Biomechanics - principles and levers, use of technology, linear motion/angular motion, fluid mechanics, projectile motions.</p> <p>Sports Psychology - individual differences, group dynamics, goal setting, leadership,</p>	EAPI	

	stress management		
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