

Core PE Curriculum Overview - Girls PE

	Term 1	Term 2	Term 3
Year 7	Football Badminton Fitness Rugby Trampolining Netball / Dance	Swimming Badminton Netball Dance	Cricket Rounders Athletics
Year 8	Football Badminton Fitness Rugby Trampolining Netball / Dance	Swimming Badminton Netball Dance	Cricket Rounders Athletics
Year 9	Football Badminton Fitness Rugby Trampolining Netball / Dance	Swimming Badminton Netball Dance	Cricket Rounders Athletics
Year 10	Football Netball Trampolining Badminton	Basketball Fitness Netball Rugby	Cricket Rounders Athletics

Year 11	Y11 PE Football Netball Fitness Athletics Rounders
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Core PE Curriculum Overview - Boys PE

	Term 1	Term 2	Term 3
Year 7	Rugby Badminton Fitness Swimming Basketball	Football Trampolining Fitness Badminton Gymnastics	Cricket Softball Athletics
Year 8	Rugby Badminton Fitness Swimming Basketball	Football Fitness Badminton	Cricket Softball Athletics
Year 9	Rugby Badminton Fitness Swimming Basketball	Football Fitness Badminton	Cricket Softball Athletics

Year 10	Rugby Badminton Basketball Water Polo	Football Fitness Badminton Invasion Games Volleyball	Cricket Softball Athletics
Year 11	Y11 PE Rugby Badminton Water Polo Football Fitness Athletics Soft ball Cricket		

GCSE PE			
	Term 1	Term 2	Term 3
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			
	Term 1	Term 2	Term 3
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, stress management</p>	EAPI	

Sport Studies Cambridge Technical						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 12	<ul style="list-style-type: none"> • Unit 3 • Unit 7 • Unit 12 • Unit 17 • Unit 19 	<ul style="list-style-type: none"> • Unit 3 • Unit 7 • Unit 12 • Unit 17 • Unit 19 	<ul style="list-style-type: none"> • Unit 1 • Unit 7 • Unit 8 • Unit 12 • Unit 13 • Unit 17 • Unit 19 • Unit 20 	<ul style="list-style-type: none"> • Unit 1 • Unit 8 • Unit 11 • Unit 12 • Unit 13 • Unit 17 • Unit 20 	<ul style="list-style-type: none"> • Unit 1 • Unit 8 • Unit 20 • Unit 12 • Unit 13 • Unit 17 • Unit 11 	<ul style="list-style-type: none"> • Unit 1 • Unit 8 • Unit 20 • Unit 12 • Unit 13 • Unit 17 • Unit 11
Year 13	<ul style="list-style-type: none"> • Unit 2 • Unit 4 • Unit 14 • Unit 10 	<ul style="list-style-type: none"> • Unit 2 • Unit 4 • Unit 14 • Unit 10 	<ul style="list-style-type: none"> • Unit 2 • Unit 11 • Unit 14 • Unit 10 • Unit 21 	<ul style="list-style-type: none"> • Unit 2 • Unit 10 • Unit 11 • Unit 14 • Unit 18 • Unit 21 	<ul style="list-style-type: none"> • Unit 2 • Unit 10 • Unit 11 • Unit 14 • Unit 18 • Unit 21 	<ul style="list-style-type: none"> • Unit 2 • Unit 10 • Unit 11 • Unit 14 • Unit 18 • Unit 21

Unit Code	Unit Name	Unit Code	Unit Name
1	Body systems and the effects of physical activity (Externally assessed)	11	Exercise for specific groups
2	Sports Coaching and Activity Leadership	13	Health and fitness testing for sport and exercise

3	Sports Organisation and Development	14	Working in active leisure facilities
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	(Externally assessed)		
4	Working safely in sport, exercise, health and leisure (Externally Assessed)	17	Sports injuries and rehabilitation
5	Performance analysis in sport and exercise	18	Practical skills in sport and physical activity
7	Improving fitness for sport and physical activity	19	Sport and exercise Psychology
8	Organisation of Sports events	20	Sport and exercise Sociology
10	Biomechanics and movement analysis	21	Business of Sport (Externally assessed)

Above are the unit names in relation to the module codes. There are four modules which are externally assessed (Unit 1, 3, 4 and 21) and the rest are internally assessed through coursework.