

# Core P.E. Curriculum Overview

	Autumn Term First half-term	Autumn Term Second half-term	Spring Term First half-term	Spring Term Second half-term	Summer Term First half-term	Summer Term Second half-term
<b>Year 7</b>	<b>Baseline Assessment</b> Netball / Hockey / Gymnastics / Dance Rugby / Football / Handball / Athletics	Netball / Hockey / Gymnastics / Dance Rugby / Football / Handball / Athletics	Handball / Football / Fitness & Training Hockey / Badminton Fitness & Training	Handball / Football / Fitness & Training Hockey / Badminton Fitness & Training	Striking & Fielding Athletics	Striking & Fielding Athletics
<b>Year 8</b>	Netball / Hockey / Gymnastics / Dance Rugby / Football / Handball / Athletics	Netball / Hockey / Gymnastics / Dance Rugby / Football / Handball / Athletics	Handball / Football/Rugby Fitness & Training Hockey / Badminton Fitness & Training	Handball / Football/Rugby Fitness & Training Hockey / Badminton Fitness & Training	Striking & Fielding Athletics	Striking & Fielding Athletics
<b>Year 9</b>	Rugby Basketball Netball Hockey	Rugby Basketball Netball Hockey	Football Badminton Gym Dance	Football Badminton Gym Dance	Striking & Fielding Athletics	Striking & Fielding Athletics
<b>Year 10</b>	Rugby Basketball Netball Hockey	Rugby Basketball Netball Hockey	Football Badminton Alternative Fitness Dance	Football Badminton Alternative Fitness Dance	Striking & Fielding Athletics	Striking & Fielding Athletics
<b>Year 11</b>	Rugby Basketball Netball Badminton	Rugby Basketball Netball Badminton	Badminton Football Dance/ Aerobics Fitness	Badminton Football Dance/ Aerobics Fitness	Striking & Fielding Athletics	



# GCSE PE (Theory) Curriculum Overview

	Autumn Term First half-term	Autumn Term Second half-term	Spring Term First half-term	Spring Term Second half-term	Summer Term First half-term	Summer Term Second half-term
<b>Year 9</b>	<b>Component 1 – Musculo-Skeletal System</b> Inc. Structures, Functions, Classification of bones, Joints, location of bones and muscles Muscle Movements, antagonistic movements. K.A.T – Musculo-skeletal system test		<b>Component 1 – Cardio-Respiratory System</b> Inc. Structures, Functions, Locations and principles of the systems, Components of blood, Blood vessels, Blood pressure, Lung volumes, composition of air. K.A.T – Key focus Cardio- Respiratory system test, with recap of Musculo-skeletal.		<b>Component 1 – Health, Fitness &amp; Wellbeing</b> Inc. Phys. Emotional and Social health Lifestyle choices, Sedentary lifestyles, Diet manipulation, Optimum Weight K.A.T Full anatomy tests (Exam week) K.A.T – Health and Diet test	
<b>Year 10</b>	<b>Component 1 – Physical Fitness and Training</b> Inc. Components of fitness, training methods, Fitness Testing, Short & Long term adaptations to the body systems as a result of training. Warm ups & Cool downs, Injuries/injury prevention.  K.A.T – Completion of P.E.P – Component 4, controlled assessment.		<b>Component 2 – Movement Analysis</b> Lever system – first, second and third class levers, Mechanical advantages/disadvantages, Planes and axes of movement  K.A.T – Movement Analysis test		<b>Component 2 – Sports Psychology</b> Classification of skills, Forms of practice, Types of guidance and feedback, Mental preparation.  K.A.T – Sports Psychology test	
<b>Year 11</b>	<b>Component 2 – Socio-Cultural Factors</b> Inc. Commercialisation in sport, Influences for participation, engagement patterns, Media and sport.		Practical preparation for exam Revision and deepening of learning Completion of Mock exams Exam practice and structure  Component 3 – Practical exam		Component 1 – Final Exam  Component 2 – Final Exam	

**N.B** Theory lessons will run alongside practical lessons, where sports will be delivered in – line with GCSE criteria for each sport and delivery of theory content where applicable.

