



Curriculum Overview - Girls PE

| | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
|---------------|---|---|---|--|---|--|
| Year 7 | <p>Set 1 Football Fitness</p> <p>Set 2 Fitness Football Netball</p> | <p>Set 1 Trampolining Rugby Football</p> <p>Set 2 Rugby Trampolining Football</p> | <p>Set 1 Swimming Badminton Netball</p> <p>Set 2 Netball Swimming Volleyball Invasion Games</p> | <p>Set 1 Netball Volleyball Dance</p> <p>Set 2 Dance Badminton Netball</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 Football Fitness</p> <p>Set 2 Fitness Football Netball</p> | <p>Set 1 Trampolining Rugby Football</p> <p>Set 2 Rugby Trampolining Football</p> | <p>Set 1 Swimming Badminton Netball</p> <p>Set 2 Netball Swimming Volleyball Invasion Games</p> | <p>Set 1 Netball Volleyball Dance</p> <p>Set 2 Dance Badminton Netball</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 Football Fitness</p> | <p>Set 1 Trampolining Rugby Football</p> | <p>Set 1 Swimming Badminton Netball</p> | <p>Set 1 Netball Volleyball Dance</p> | <p>Set 1 Athletics Rounders</p> | <p>Set 1 Cricket Rounders Athletics</p> |

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| | Set 2 Fitness Football Netball | Set 2 Rugby Trampolining Football | Set 2 Netball Swimming Volleyball Invasion Games | Set 2 Dance Badminton Netball | Set2 Athletics Rounders | Set2 Rounders Cricket Softball Athletics |
| Year 10 | Set 1 Football Badminton Set 2 Football Badminton | Set 1 Trampolining Fitness Football Set 2 Trampolining Fitness Football | Set 1 Dance Basketball Netball Set 2 Basketball Dance Rugby | Set 1 Netball Badminton Set2 Netball Volleyball | Set1 Rounders Athletics Set2 Athletics Rounders | Set1 Athletics Cricket Rounders Set2 Cricket Athletics Softball |
| Year 11 | <u>Senior Games</u> Rugby Netball Football Badminton Basketball | Circuits Pilates Lifeguarding Spin bike session Spike Ball | | | | |

Curriculum Overview - Boys PE

| | Term 1 | Term 2 | Term 3 |
|----------------|---|--|----------------------------------|
| Year 7 | Rugby Invasion Games Basketball Swimming | Football Trampolining Fitness Badminton Gymnastics | Cricket Softball Athletics |
| Year 8 | Rugby Invasion Games Basketball Swimming | Football Trampolining Fitness Badminton Gymnastics | Cricket Softball Athletics |
| Year 9 | Rugby Invasion Games Basketball Swimming | Football Trampolining Fitness Badminton Gymnastics | Cricket Softball Athletics |
| Year 10 | Rugby Badminton Invasion Games | Football Invasion Games Badminton Fitness Volleyball | Cricket Softball Athletics |

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| Year 11 | <p style="text-align: center;">Senior Games</p> <p style="text-align: center;"> Rugby Netball Football Badminton Basketball Circuits Pilates Lifeguarding Spin bike session Spike Ball Gym session </p> |
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| 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 |

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| Year 11 | Sports Psychology - guidance, feedback, skill classification, goal setting, mental preparation | Health fitness and well being Practical activities in Sport | |
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| A- level PE | | | |
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| | 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 - 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> |

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| <p>Year 13</p> | <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> | <p>EAPI</p> | |
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| 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 |
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| 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 |

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| 3 | Sports Organisation and Development | 14 | Working in active leisure facilities |
| | (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.