

Core PE		Autumn term		Spring term		Summer term	
		HT1	HT2	HT3	HT4	HT5	HT6
Year 7 Rules & regulations Safety Skills & isolation Independence Health & Fitness	Group 1	Basketball Rowing	Netball Badminton	Table tennis Handball	Football Rugby	Cricket Fitness	Tennis Athletics
	Group 2	Rowing Basketball	Badminton Netball	Handball Table tennis	Rugby Football	Fitness Cricket	Athletics Tennis
	Group 3	Rugby Dance	Table tennis Handball	Fitness Badminton	Netball Gymnastics	Tennis Football	Athletics
	Group 4	Dance Rugby	Handball Table tennis	Badminton Fitness	Gymnastics Netball	Football Tennis	Athletics
Year 8 Skills in competitive situations Team work Health & Fitness	Group 1	Basketball Rowing	Netball Badminton	Table tennis Handball	Football Rugby	Cricket Fitness	Tennis Athletics
	Group 2	Rowing Basketball	Badminton Netball	Handball Table tennis	Rugby Football	Fitness Cricket	Athletics Tennis
	Group 3	Rugby Dance	Table tennis Handball	Fitness Badminton	Netball Gymnastics	Tennis Football	Athletics
	Group 4	Dance Rugby	Handball Table tennis	Badminton Fitness	Gymnastics Netball	Football Tennis	Athletics
Year 9 Officiating Leadership Tactical awareness Health & Fitness	Group 1	Basketball Rowing	Netball Badminton	Table tennis Handball	Football Rugby	Cricket Fitness	Tennis Athletics
	Group 2	Rowing Basketball	Badminton Netball	Handball Table tennis	Rugby Football	Fitness Cricket	Athletics Tennis
	Group 3	Rugby Dance	Table tennis Handball	Fitness Badminton	Netball Gymnastics	Tennis Football	Athletics
	Group 4	Dance Rugby	Handball Table tennis	Badminton Fitness	Gymnastics Netball	Football Tennis	Athletics
Year 10 Attacking & defensive strategies Sport Education	Group 1	Basketball Rowing	Netball Badminton	Table tennis Handball	Football Rugby	Cricket Fitness	Tennis Athletics
	Group 2	Rowing Basketball	Badminton Netball	Handball Table tennis	Rugby Football	Fitness Cricket	Athletics Tennis
	Group 3	Rugby Dance	Table tennis Handball	Fitness Badminton	Netball Gymnastics	Tennis Football	Athletics
	Group 4	Dance	Handball	Badminton	Gymnastics	Football	Athletics

Health & Fitness		Rugby	Table tennis	Fitness	Netball	Tennis	
Year 11 Exam stress release Game play Fitness	GCSE Group	Table tennis	Badminton	Handball	Netball	GCSE mock moderation	
	Option 1	Football	Fitness	Ultimate Frisbee	Basketball	Football	
	Option 2	Netball	Dodgeball	Fitness	Fitness	Fitness	
	Option 3	Badminton	Table tennis	Basketball	Football	Rounders	

PE GCSE	Possible theme (not a requirement)	Autumn term		Spring term		Summer term	
		HT1	HT2	HT3	HT4	HT5	HT6
Year 9	The assessment is built using AQA Exampro, which replicates exam questions from the real exams. The assessment is cyclical incorporating all the topics learnt so far.	Participation in physical activity Sedentary lifestyle Obesity Somatotypes Energy use Nutrition Hydration	Skeletal system Muscular system	Components of fitness Fitness testing Measuring data	Principles of training Type of training Injury prevention	Seasonal aspects Warming up & cooling down Social groups participation in sport	Commercialisation Conduct of performers Performance enhancing drugs Spectator behaviour
Year 10	Students will sit an assessment at the end of every half term. Students will sit two papers as part of their assessment. Building up to two full papers (78 marks) by the end of term 3/4 .	Respiratory system Cardiovascular system	Mechanics of breathing Spirometry trace Aerobic and anaerobic exercise	Recovery Effects of exercise Lever systems Mechanical advantage Movement analysis Planes and axes	Guidance Arousal Aggression Personality types Motivation Full assessment (2 papers)	Coursework	Coursework Mock practical moderation.
Year 11	The students will sit two full papers (78 marks) at least twice through year 11. They will also take part in a mock and a real practical moderation.	Coursework	Skill & ability Classification of skill Full assessment (PPE) Mock practical moderation	Types of goals SMART targets Information processing model	Revision Full assessment (PPE) Practical moderation	Revision	

Sport BTEC (lvl 2)	Possible theme (not a requirement)	Autumn term		Spring term		Summer term	
		HT1	HT2	HT3	HT4	HT5	HT6
Year 9		<u>Unit 1 - Fitness for Sport and Exercise (exam)</u> <ul style="list-style-type: none"> Know about the components of fitness and the principles of training Explore different fitness training methods Investigate fitness testing to determine fitness levels 			<u>Unit 3 - Applying the Principles of Personal Training</u> <ul style="list-style-type: none"> Design a personal fitness training programme Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training Implement a self-designed personal fitness training programme to achieve own goals and objectives Review a personal fitness training programme 		
Year 10		<u>Unit 3 - Applying the Principles of Personal Training</u> <ul style="list-style-type: none"> Implement a self-designed personal fitness training programme to achieve own goals and objectives Review a personal fitness training programme 	<u>Unit 2 – Practical Performance in Sport</u> <ul style="list-style-type: none"> Understand the rules, regulations and scoring systems for selected sports Practically demonstrate skills, techniques and tactics in selected sports <ul style="list-style-type: none"> Be able to review sports performance 			<u>Unit 6 - Leading Sports Activities</u> <ul style="list-style-type: none"> Know the attributes associated with successful sports leadership Undertake the planning and leading of sports activities Review the planning and leading of sports activities 	
Year 11		<u>Unit 6 - Leading Sports Activities</u>	<u>Unit 1 - Fitness for Sport and Exercise revision and re-sit</u>				

Sport BTEC (single)	Possible theme (not a requirement)	Autumn term		Spring term		Summer term	
		HT1	HT2	HT3	HT4	HT5	HT6
Year 12		<p><u>Unit 1 – Anatomy & physiology (exam in January year 12)</u></p> <ul style="list-style-type: none"> • The effects of exercise and sports performance on the skeletal system • The effects of exercise and sports performance on the muscular system • The effects of exercise and sports performance on the respiratory system • The effects of sport and exercise performance on the cardiovascular system • The effects of exercise and sports performance on the energy systems 		<p><u>Unit 2 - Fitness Training and Programming for Health, Sport and Well-being (exam in May year 12)</u></p> <ul style="list-style-type: none"> • Examine lifestyle factors and their effect on health and well-being • Understand the screening processes for training programming • Understand programme-related nutritional needs • Examine training methods for different components of fitness • Understand training programme design <p style="text-align: center;"><u>Unit 3</u></p> <ul style="list-style-type: none"> • Understand the career and job opportunities in the sports industry 		<p><u>Unit 3 - Professional Development in the Sports Industry</u></p> <ul style="list-style-type: none"> • Explore own skills using a skills audit to inform a career development action plan 	
Year 13		<p><u>Unit 3 - Professional Development in the Sports Industry</u></p> <ul style="list-style-type: none"> • Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway • Reflect on the recruitment and selection process and your individual performance 		<p style="text-align: center;"><u>Unit 5 - Application of fitness testing</u></p> <ul style="list-style-type: none"> • Understand the principles of fitness testing • Explore fitness tests for different components of fitness • Undertake evaluation and feedback of fitness test results <p style="text-align: center;"><u>& Unit 1 & 2 revision (resit in January/May year 13)</u></p>			

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Sport BTEC (Triple)	Possible theme (not a requirement)	Autumn term		Spring term		Summer term	
		HT1	HT2	HT3	HT4	HT5	HT6
Year 12		<p><u>Unit 1 – Anatomy & physiology</u> <u>(exam in January year 12)</u></p> <ul style="list-style-type: none"> • The effects of exercise and sports performance on the skeletal system • The effects of exercise and sports performance on the muscular system • The effects of exercise and sports performance on the respiratory system • The effects of sport and exercise performance on the cardiovascular system • The effects of exercise and sports performance on the energy systems 		<p><u>Unit 2 - Fitness Training and Programming for Health, Sport and Well-being</u> <u>(exam in May year 12)</u></p> <ul style="list-style-type: none"> • Examine lifestyle factors and their effect on health and well-being • Understand the screening processes for training programming • Understand programme-related nutritional needs • Examine training methods for different components of fitness • Understand training programme design 			
		<p><u>Unit 23 – Skill acquisition</u></p> <ul style="list-style-type: none"> • A Investigate the nature of skilled performance • Examine ways that sport performers process information for skilled performance <ul style="list-style-type: none"> • Explore theories of teaching and learning in sport • Carry out teaching and learning strategies for sports skills <p><u>Unit 9 – Research methods</u></p> <ul style="list-style-type: none"> • Understand the importance of research in sporting environments • Examine key issues that impact on the effectiveness and quality of research in sport <ul style="list-style-type: none"> • Apply appropriate research methods to a selected research problem in sport <p><u>Unit 17 – Injury management in Sport</u></p> <ul style="list-style-type: none"> • Understand common sports injuries and their associated physiological and psychological responses <ul style="list-style-type: none"> • Explore common treatment and rehabilitation methods 					

		<ul style="list-style-type: none"> Investigate risk factors which may contribute to sports injuries and their associated prevention strategies <p style="text-align: center;"><u>Unit 25 - Rules, Regulations and Officiating in Sport</u></p> <ul style="list-style-type: none"> Understand the development of the roles and responsibilities of the officials involved in sport <ul style="list-style-type: none"> Explore the performance of officials in a selected sport Undertake the role of a match official in a competitive sport <p style="text-align: center;"><u>Unit 18 – Work experience in active leisure</u></p> <ul style="list-style-type: none"> Undertake in-depth preparation for an active leisure work experience placement Undertake a job application process for an active leisure work experience placement Carry out work experience tasks to meet set objectives from work experience action plan Investigate the impact of an active leisure work experience placement on career development 		
Year 13		<p style="text-align: center;"><u>Unit 22 – Investigating Business in Sport and the Active Leisure Industry</u> <u>(exam in January year 13)</u></p> <ul style="list-style-type: none"> Features of sports and active leisure businesses (business operations) Business models in sport and active leisure Human resources Marketing Finance in sport and active leisure industry <p style="text-align: center;"><u>Unit 19 - Development and Provision of Sport and Physical Activity</u> <u>(exam in January year 13)</u></p> <ul style="list-style-type: none"> Principles of sports development Wider sports development Media and commercialisation in sport Proposal writing <p style="text-align: center;"><u>& Unit 1 & 2 revision (resit in January/May year 13)</u></p>	<p><u>Unit 1, 2, 19 & 22 revision (resit in May year 13)</u></p>	

Unit 7 - Practical Sports Performance

- Examine National Governing Body rules/laws and regulations for selected sports competitions
 - Examine the skills, techniques and tactics required to perform in selected sports
- Develop skills, techniques and tactics for sporting activity in order to meet sport aims
 - Reflect on own practical performance using selected assessment methods

Unit 4 - Sports Leadership

- Understand the roles, qualities and characteristics of an effective sports leader
- Examine the importance of psychological factors and their link with effective leadership
- Explore an effective leadership style when leading a team during sport and exercise activities

Unit 8 - Coaching for Performance

- Investigate the skills, knowledge, qualities and best practice of performance coaches
 - Explore practices used to develop skills, techniques and tactics for performance
 - Demonstrate effective planning of coaching for performance
- Explore the impact of coaching for performance D1 Delivering for coaching performance

Unit 3 - Professional Development in the Sports Industry

- Understand the career and job opportunities in the sports industry
- Explore own skills using a skills audit to inform a career development action plan
- Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway
 - Reflect on the recruitment and selection process and your individual performance

Unit 5 - Application of fitness testing

- Understand the principles of fitness testing
 - Explore fitness tests for different components of fitness
- Undertake evaluation and feedback of fitness test results

PE A level	Possible theme (not a requirement)	Autumn term		Spring term		Summer term	
		HT1	HT2	HT3	HT4	HT5	HT6
Year 12							
Year 13							