

Physical Education CURRICULUM

		Term 1	Term 2	Term 3
Year 7	Core PE	Fitness Testing, Indoor Athletics, Cross Country, Invasion Games (Hockey, Football, Rugby, Netball)	Fitness/Dance, Invasion Games (Handball and Basketball)	Tennis, Cricket, Rounders and Athletics
Year 8	Core PE	Fitness Testing, Indoor Athletics, Cross Country, Invasion Games (Hockey, Football, Rugby, Netball)	Fitness/Dance, Invasion Games (Handball and Basketball)	Tennis, Cricket, Rounders and Athletics
Year 9	GCSE PE	Key Skills and Knowledge Project (Components of fitness, Principles of Training, Sports Injuries, Psychological Factors, Sports Technology and Analysis of Performance)		Skeletal and Muscular Systems. Movement Analysis
	OCR Nationals Sports Science			The body's response to physical activity and how technology informs this
	Core PE	Fitness, Invasion Games (Hockey, Football, Rugby, Netball)	Fitness/Dance, Invasion Games (Handball and Basketball)	Tennis, Cricket, Rounders and Athletics
Year 10	GCSE PE	Cardiovascular and Respiratory Systems. Effects of Exercise	Components of Fitness and Principles of Training	Prevention of Injury. Coursework-Analysing and Evaluating Performance
	OCR Nationals Sports Science	The body's response to physical activity and how technology informs this	Principles of Training	Principles of Training
	Core PE	Orienteering, Invasion Games (Hockey, Football, Rugby, Netball)	Fitness/Dance, Invasion Games (Handball and Basketball)	Tennis, Cricket, Rounders and Athletics
Year 11	GCSE PE	Socio-Cultural Influences	Sports Psychology. Health, Fitness and Well-being	Revision and Exam Practice
	OCR Nationals Sports Science	Reducing the risk of sports injuries	Reducing the risk of sports injuries	Revision and Exam Practice
	Core PE	Aerobics/Fitness, Invasion Games (Hockey, Football, Rugby, Netball)	Fitness/Dance, Invasion Games (Handball and Basketball)	Personalised Physical Activity

We aim to give children the tools and understanding required to make a positive impact in their own physical health and well-being. We want all children to experience a wide variety of sports and physical skills which will enhance life-long fitness and life choices. PE can challenge and promote self-esteem through the development of physical confidence and problem solving. It can teach children to cope with both success and failure in competitive, individual and team based physical activities. Within dance it will allow children to explore their personal and spiritual identity.