

Physical Education CURRICULUM

		Term 1	Term 2	Term 3
Year 7	Core PE	Skill and Fitness Testing, Fundamental Movement Skills, Invasion Games (Hockey, Football, Rugby, Netball)	Fitness/Cross Country, Invasion Games (Handball and Basketball), Badminton, Table Tennis and OAA.	Tennis, Cricket, Rounders and Athletics
Year 8	Core PE	Fundamental Movement Skills, Invasion Games (Hockey, Football, Rugby, Netball)	Fitness/Cross Country, Invasion Games (Handball and Basketball), Badminton, Table Tennis and OAA.	Tennis, Cricket, Rounders and Athletics
Year 9	GCSE PE	Skeletal and Muscular Systems. Movement Analysis	Cardiovascular and Respiratory Systems and the Effects of Exercise	Physical Training- Components of Fitness, Principles of Training and Preventing Injury
	Core PE	Invasion Games (Hockey, Football, Rugby, Netball, Basketball)	Fitness/Cross Country, Handball, Badminton, Table Tennis and OAA.	Tennis, Cricket, Rounders and Athletics
Year 10	GCSE PE	Engagement patterns of different social groups in physical activity and sport, Commercialisation of sport	Ethical and Socio-cultural issues in physical activity and sport	Sports Psychology, Health, fitness and well-being
	Core PE	Invasion Games (Hockey, Football, Rugby, Netball, Basketball)	Fitness/Cross Country, Handball, Badminton, Table Tennis and OAA.	Tennis, Cricket, Rounders and Athletics
Year 11	GCSE PE	Analysing and Evaluating Sports Performance Coursework, Exam Paper 1 Revision	Exam Paper 2 Revision	Exam Paper 1 and 2 Revision and Exam Practice
	Core PE	Invasion Games (Hockey, Football, Rugby, Netball, Basketball)	Fitness, Handball, Badminton, Table Tennis.	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.