

Subject: PE

		Hours taught per fortnight	Topics Covered:		
			Term 1:	Term 2:	Term 3:
Key Stage 3	Year 7	4	Invasion Games Cross Country Hockey Gymnastics Rugby	OAA Cross Country Hockey Gymnastics Rugby	Athletics Rounders Cricket Tennis
	Year 8	4	Rugby Badminton Gymnastics Hockey Cross Country/fitness	Football Table Tennis Fitness/Cross Country Gymnastics	Athletics Rounders Cricket Tennis
	Year 9	4	Rugby Basketball Exercise to music Hockey Basic Skills	Badminton Netball Football Fitness/Cross Country Gym/Dance	Athletics Rounders Cricket Tennis
Key Stage 4	GCSE Exam Board / Specification (link):AQA				
	Year 10	(Core 2) (AQA GCSE 5)	Rugby, Table Tennis, Badminton, Alternative sports, Netball Range of activities, the active participant, individual differences, health and fitness.	Hockey, OAA, Gymnastics, Basketball, alternative Sports Aerobic/anaerobic exercise, training, muscular and skeletal systems, Diet.	Athletics, Tennis, Rounders, Cricket, Softball School influences

		(CAMNAT 5)	Contemporary Issues in Sport Participation in Sport	Major Events in sport	Developing Sports Skills
	Year 11	Core 4	Students follow a programme of options based on personal choice	Students follow a programme of options based on personal choice	Students follow a programme of options based on personal choice
		(AQA GCSE 5) (CAMNAT 5)	Cultural and social factors Opportunities and pathways Sport in the media	International and other factors Sponsorship, competitions Sport in the media	Revision Sports Leadership
Key Stage 5	A-Level Exam Board / Specification (link):AQA				
	Year 12	9	Components of fitness, Nutrition, Respiratory systems, Circulatory system, Concepts of activity, barriers to participation, History of PE.	Cardiac cycle, Nervous system, Opportunities for participation, Skill acquisition	Revision
	Year 13	9	World Games, Deviance, commercialisation of sport, Elite Sport in UK. Muscular system, Diet, Body Composition	Training, prevention of injury, Levers and forces. Applied Psychology to Optimise Performance	Revision