

## Core PE Curriculum Overview 2018 - 2019

	Aut 1	Aut 2	Spr1	Spr2	Sum1	Sum2
Year 7	Baseline/Fitness assessments wk 1-4 NETBALL	Technique and performance: BADMINTON	Technique and performance: SWIMMING	Technique and performance: SWIMMING	Technique and performance: CRICKET/SOFTBALL/ ROUNDERS	Technique and performance: ATHLETICS
Year 8	Strategies and tactics: NETBALL	Strategies and tactics: BADMINTON	Technique and performance: SWIMMING	Technique and performance: SWIMMING	Strategies and tactics: CRICKET/ROUNDERS/ SOFTBALL	Analysis and comparison: ATHLETICS
Year 9	Analysis and comparison: NETBALL	Strategies and Tactics: BADMINTON	Technique and performance: SWIMMING	Technique and performance: SWIMMING	Outdoor & Adventurous Activities: BUILDING TRUST AND SOLVING PROBLEMS	Strategies and Tactics: CRICKET/ROUNDERS/ ATHLETICS
Year 10	Strategies and tactics: BADMINTON	Strategies and tactics: NETBALL	Evaluation and Analysis: FITNESS	Evaluation and Analysis: FITNESS	Observation, Evaluation and Analysis: CRICKET/ROUNDERS/ SOFTBALL	Strategies and Tactics: HANDBALL/FOOTBALL
Year 11	Observation, Evaluation and Analysis: BADMINTON	Observation, Evaluation and Analysis: NETBALL/ FOOTBALL	Observation, Evaluation and Analysis: CRICKET/HANDBALL	Options/Multi-sports	Options/Multi-sports	Exams

Extra- Curricular Activities & Inter Sports Competitions: Table Tennis, Netball, Football, Cricket, Badminton, Leadership. Intra House Sports Competitions in last lesson of each half term.

OUTWARD BOUND Residential offered to all KS3 students in January. DofE Bronze Award offered to all Year 10 students starting October.

## GCSE PE Curriculum Overview 2018 - 2019

<p>Year 10</p> <p><b>GCSE PE</b></p> <p><b>9-1</b></p>	<p><b>PRACTICAL;</b> BADMINTON</p> <p><b>Theory - 01</b> <b>Applied Anatomy and Physiology;</b> 1.1a Skeletal System 1.1b Muscular System</p>	<p><b>PRACTICAL;</b> NETBALL</p> <p><b>Theory - 01</b> <b>Applied Anatomy and Physiology;</b> 1.1c Movement Analysis 1.1d The cardiovascular and respiratory systems</p>	<p><b>PRACTICAL;</b> FITNESS &amp; CLIMBING</p> <p><b>Theory - 01</b> <b>Applied Anatomy and Physiology;</b> 1.1e The effects of exercise on the body systems</p>	<p><b>PRACTICAL;</b> FITNESS &amp; CLIMBING</p> <p><b>Theory - 01</b> <b>Physical Training;</b> 1.2a Components of Fitness 1.2b Applying the Principles of Training</p>	<p><b>PRACTICAL;</b> FITNESS</p> <p><b>Theory - 01</b> <b>Physical Training;</b> 1.2c Preventing injury in physical activity and training</p> <p><b>MOCK EXAMINATION</b></p>	<p><b>PRACTICAL;</b> FOOTBALL/HANDBALL</p> <p><b>Theory - 02</b> <b>Socio-cultural Influences;</b> 2.2a Engagement patterns of different social groups in physical activities and sports 2.2b Commercialisation of physical activity and sport</p>
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<p>Year 11</p> <p><b>GCSE PE</b></p> <p><b>9-1</b></p>	<p><b>PRACTICAL;</b> BADMINTON</p> <p>Theory - 02 <b>Socio-cultural Influences;</b> 2.2b Commercialisation of physical activity and sport 2.2c Ethical and socio-cultural issues in physical activity and sport</p> <p><b>AEP - COURSEWORK</b></p>	<p><b>PRACTICAL;</b> NETBALL/ HANDBALL/ FOOTBALL</p> <p>Theory - 02 <b>Sports Psychology;</b> 2.3a Characteristics of skill full movement and classification of skills 2.3b Goal setting 2.3c Mental preparation 2.3d Types of guidance and feedback</p> <p><b>AEP - COURSEWORK</b></p>	<p><b>PRACTICAL;</b> CRICKET/CLIMBING</p> <p>Theory - 02 <b>Health, fitness and well-being;</b> 2.4 Physical, social and emotional 2.4 Diet and nutrition</p> <p><b>BOOSTER CLASSES</b></p>	<p><b>PRACTICAL;</b> CRICKET/CLIMBING</p> <p>Theory - 02 MOCK EXAMINATION</p> <p>REVISION</p> <p><b>BOOSTER CLASSES</b></p>	<p><b>MODERATION &amp; EXAMINATION</b></p>	
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