

## PE – Core PE Curriculum Overview – 2023-2024

Year	Autumn 1		Autumn 2		Spring1		Spring 2		Summer 1		Summer 2	
Y7	Theme: Understanding the importance of PE and working with others / Core Value Focus: Teamwork											
	Theory Focus: Effects of exercise. Injuries and Effective use of Warm up and Cool down. KEY: Alternate activity, 1 week cross country, 2 weeks NSSW											
	Boys GPA	Gymnastics	X-Country	Rugby	Football	Fitness	Table Tennis	Climbing	Netball	Athletics/Rounders	NSSW	Cricket
	Boys GPB	Climbing	X-Country	Football	Rugby	Netball	Badminton	Gymnastics	Fitness	Rounders/Athletics	NSSW	Cricket
	Girls GPA	Netball	X-Country	Gymnastics	Rugby	Climbing	Fitness	Football	Table Tennis	Cricket	NSSW	Athletics/Rounders
Girls GPB	Rugby	X-Country	Climbing	Netball	Gymnastics	Football	Fitness	Badminton	Cricket	NSSW	Rounders/Athletics	
Year	Autumn 1		Autumn 2		Spring1		Spring 2		Summer 1		Summer 2	
Y8	Theme: Self Development and Personal Growth / Core Value Focus: Discipline											
	Theory Focus: Components of Fitness, Fitness Testing, Principles of Training and Types of Training. KEY: Alternate activity, 1 week cross country, 2 weeks NSSW											
	Boys GP1	Trampolining	X-Country	Rugby League	Football	Fitness	Basketball	Gymnastics	Cricket	Athletics	NSSW	Tennis
	Boys GP2	Gymnastics	X-Country	Basketball	Fitness	Rugby League	Football	Trampolining	Short Tennis	Cricket/Rounders	NSSW	Athletics
	Girls GP1	Basketball	X-Country	Gymnastics	Rugby League	Trampolining	Fitness	Football	Tennis	Athletics	NSSW	Cricket/Rounders
Girls GP2	Rugby League	X-Country	Trampolining	Basketball	Gymnastics	Football	Fitness	Cricket	Tennis	NSSW	Athletics	
Year	Autumn 1		Autumn 2		Spring1		Spring 2		Summer 1		Summer 2	
Y9	Theme: Leadership / Core Value Focus: Respect											
	Theory Focus: Muscles and Skelton, Joints and Connective Tissue. KEY: Choice, 1 week cross country, 2 weeks NSSW											
	Boys GP1	Trampoliining	X-Country	Rugby Union	Football	Fitness	Badminton	Basketball	Athletics	Cricket/Rounders	NSSW	Tennis
	Boys GP2	Climbing	X-Country	Fitness	Rugby Union	Basketball	Football	Badminton	Athletics	Cricket/Rounders	NSSW	Softball
	Girls GP1	Rugby Union	X-Country	Climbing	Basketball	Badminton	Football	Fitness	Cricket/Rounders	Athletics	NSSW	Cricket
Girls GP2	Basektball	X-Country	Trampolining	Rugby Union	Football	Fitness	Cricket/Rounders	Badminton	Athletics	NSSW	Volleyball	
Year	Autumn 1		Autumn 2		Spring1		Spring 2		Summer 1		Summer 2	
Y10	Theme: Healthy, Active Lifestyles / Core Value Focus: Sportsmanship											
	Boys Performance	Football		Basketball		Badminton/Table Tennis		Fitness		Rugby		Softball
	Boys Participation	Fitness		Badminton/Table Tennis		Football/Hockey		Basketball		Tennis		Rounders
	Girls Performance	Basketball/Netball		Football/Hockey		Fitness		Badminton/Table Tennis		Cricket		Rounders
	Girls Participation	Badminton/Table Tennis		Fitness		Basketball/Netball		Football/Hockey		Rounders		Tennis

Year	Autumn 1	Autumn 2	Spring1	Spring 2	Summer 1	Summer 2
<b>Y11</b>	<b>Theme:</b> Lifelong Sport / <b>Core Value Focus:</b> Enjoyment <b>KEY:</b> Choice					
Boys Performance	Football	Tennis	Table Tennis	Boxercise	Rugby	Examination Period
Boys Participation	Hockey	Basketball	Football	Tennis	Fitness	Examination Period
Girls Performance	Benchball	Football	Fitness	Trampolining	Rounders	Examination Period
Girls Participation	Trampolining	Fitness	Benchball	Football	Football	Examination Period

### KS4 PE – Examination PE Curriculum Overview - AQA GCSE

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Y10</b>	<b>Theory</b> – Health, fitness and well-being  <b>Practical</b> – Football / Netball	<b>Theory</b> – Physical Training  <b>Practical</b> – Climbing / Trampolining	<b>Theory</b> - Physical Training  <b>Practical</b> – Badminton / Table Tennis	<b>Theory</b> - Socio-cultural influences  <b>Practical</b> – Rugby	<b>Theory</b> - Sports psychology  <b>Practical</b> – Athletics / Tennis	<b>Practical</b> – Athletics / Tennis / Cricket
Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Y11</b>	<b>Theory</b> - Applied anatomy and physiology  <b>Practical</b> – Football / Netball	<b>Theory</b> – Applied anatomy and physiology  <b>Practical</b> – Rugby / Trampolining / Table Tennis	<b>Theory</b> – Coursework (KA)  <b>Practical</b> – Badminton / Football / Climbing	<b>Theory</b> – Movement Analysis  <b>Practical</b> – Moderation (KA) Preparation	<b>Theory</b> – Revision	EXAMINATION PERIOD

## KS4 PE – Examination PE Curriculum Overview - OCR Cambridge Nationals Sports Studies

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Y10</b>	<b>R185:</b> Performance and leadership in sports activities	<b>R185:</b> Performance and leadership in sports activities	<b>R185:</b> Performance and leadership in sports activities	<b>R185:</b> Performance and leadership in sports activities	<b>R185:</b> Performance and leadership in sports activities	<b>R185:</b> Performance and leadership in sports activities
				<b>R184:</b> Contemporary Issues in Sport	<b>R184:</b> Contemporary Issues in Sport	<b>R184:</b> Contemporary Issues in Sport
Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Y11</b>	<b>R187:</b> Increasing awareness of Outdoor and Adventurous Activities	<b>R187:</b> Increasing awareness of Outdoor and Adventurous Activities	<b>R187:</b> Increasing awareness of Outdoor and Adventurous Activities	<b>R187:</b> Increasing awareness of Outdoor and Adventurous Activities	<b>R184:</b> Contemporary Issues in Sport	EXAMINATION PERIOD
	<b>R184:</b> Contemporary Issues in Sport	<b>R184:</b> Contemporary Issues in Sport	<b>R184:</b> Contemporary Issues in Sport	<b>R184:</b> Contemporary Issues in Sport		

## KS5 PE – Examination PE Curriculum Overview - OCR A level PE

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Y12</b>	<b>Anatomy and Physiology</b> – Skeletal System	<b>Anatomy and Physiology</b> – Muscular System	<b>Anatomy and Physiology</b> – Cardiovascular System	<b>Anatomy and Physiology</b> – Respiratory System	<b>Exercise Psychology</b> – Diet and Nutrition	<b>Exercise Psychology</b> – Training Methods
	<b>Sport &amp; Society</b> Pre-industrial Britain Post-industrial Britain	<b>Sport &amp; Society</b> 20 <sup>th</sup> Century Britain 21 <sup>st</sup> Century Britain	<b>Sport in Society</b> Modern Olympic Games	<b>Sport in Society</b> Hosting global sporting events	<b>Biomechanics</b> – Newton's Laws of Motion and Forces	<b>Biomechanics</b> – Levers and Movement Analysis
	<b>Skill Acquisition</b> Skills and Types of Practice	<b>Skill Acquisition</b> Skills and Movement	<b>Skill Acquisition</b> Stages of learning and Guidance	<b>Skill Acquisition</b> Feedback	<b>Sport Psychology</b> Individual differences	<b>Sport Psychology</b> Team Dynamics and Goal setting
Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Y13</b>	<b>Anatomy and Physiology</b> – Energy Systems	<b>Anatomy and Physiology</b> - Effects on body systems	<b>Exercise Physiology</b> - Injury Prevention and Rehab Methods	Practical Performance and Non Exam Assessment (KA)	Revision	Examinations
	<b>Sport &amp; Society</b> Ethics and Deviance in Sport Commercialisation and Media	<b>Sport &amp; Society</b> Routes to Sporting Excellence Modern Technology in Sport	<b>Biomechanics</b> Linear Motion Angular Motion	<b>Biomechanics</b> Fluid Mechanics Projectile Motion	Revision	
	<b>Skill Acquisition</b> Memory Models	<b>Sport Psychology</b> Attribution	<b>Sport Psychology</b> Confidence and self-efficacy in sports Performance.	<b>Sport Psychology</b> Leadership in sport and Stress Management	Revision	