

## Physical Education Curriculum Overview 2023 – 2024

Year group	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Year 7</b>	Boys: Assessment process /PE induction /Football/Rugby /Swimming /Fitness /Badminton /Gymnastics Girls: Assessment process /PE induction /Netball /Football /Swimming /Fitness /Badminton /Gymnastics				Striking and fielding /Athletics	
<b>Year 8</b>	Boys: Football/Rugby /Swimming /Fitness /Badminton /Gymnastics Girls: Netball /Football /Swimming /Fitness /Badminton /Gymnastics				Striking and fielding /Athletics /Tennis	
<b>Year 9</b>	Boys: Football/Rugby /Swimming /Fitness /Badminton /Trampolining Girls: Netball /Football /Swimming /Fitness /Badminton /Trampolining				Striking and fielding /Athletics /Tennis	
<b>Year 10</b>	Boys: Football/Rugby /Basketball /Swimming /Fitness /Badminton /Trampolining Girls: Netball /Football /Basketball /Orienteering/Fitness /Badminton /Trampolining				Striking and fielding /Athletics /Tennis	
<b>Year 11</b>	Boys: Football/Rugby /Basketball /Swimming /Fitness /Badminton /Trampolining Girls: Netball /Football /Basketball /Alternative sports/Fitness /Badminton /Trampolining				Striking and fielding /Athletics /Tennis	Study leave

## GCSE Physical Education Curriculum Overview 2023 – 2024

Year group	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Year 10</b> OCR	The Skeletal system The Muscular system	Movement analysis The cardiovascular system The Respiratory system	Short and long term effects of exercise on performance. Aerobic and anaerobic activities	Components of fitness Fitness testing	Principles of training Methods of training	Methods of training continued. Prevention of injury.  Practical mock exam
<b>Year 11</b> OCR	Sports psychology  Preparation for AEP – (controlled assessment)	Sports psychology continued.  Physical activity and sport in the UK  Completion of AEP (controlled assessment)	Participation in physical activity and sport.  Commercialisation of sport  Ethics and performance enhancing drug in sport	Health, fitness and well-being.  Diet and nutrition.  Y11 Moderation of practical activities (selected students)	Revision	Study leave

			Y11 Practical Exam (Feb)			
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### A Level Curriculum Overview 2023 – 2024

Year group	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 12 AQA						
Year 13 AQA						Study Leave