

Physical Education Curriculum Overview 2024 – 2025

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

GCSE Physical Education Curriculum Overview 2024 – 2025

Year group	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10 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
Year 11 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 Physical Education Curriculum Overview 2024 – 2025

Year group	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 12 AQA	Body systems Info processing/ reaction time	Body systems Skill transfer, methods and types of practice	Body systems, Practice Pre industrial	Theories on learning Post industrial Post war	Energy systems and training	Schema, guidance Equal opportunities Raising participation
Year 13 AQA	Attribution theory, Achievement Motivation Injuries Diet	Attitudes Arousal Training methods	Newtons Law Linear motion Fluid mechanics Concepts	Dev of elite Performers Ethics Social facilitation Self efficacy self confidence Technology in sport	Aggression, goal setting, leadership Stress management Sport and Law Commercialization of sport	Study Leave