

PE Curriculum Overview



	Autumn Term 1.1	Autumn Term 1.2	Spring Term 2.1	Spring Term 2.2	Summer Term 3.1	Summer Term 3.2
Year 7	Girls Football Basketball	Girls Netball HRF	Girls Rugby Badminton	Girls Handball Trampolining	Girls Athletics Cricket	Girls Athletics Rounders
	Boys Rugby Basketball	Boys Football HRF	Boys Trampolining Badminton	Boys Handball Netball	Boys Athletics Cricket	Boys Athletics Tennis/Softball
	Mixed Rugby HRF	Mixed Basketball Football	Mixed Netball Handball	Mixed Trampolining Badminton	Mixed Athletics Tennis	Mixed S&F Athletics
Year 8	Girls Football Basketball	Girls Netball HRF	Girls Rugby Badminton	Girls Handball Trampolining	Girls Athletics Cricket	Girls Athletics Rounders
	Boys Rugby Basketball	Boys Football HRF	Boys Trampolining Badminton	Boys Handball Netball	Boys Athletics Cricket	Boys Athletics Tennis/Softball
	Mixed Rugby HRF	Mixed Basketball Football	Mixed Netball Handball	Mixed Trampolining Badminton	Mixed Athletics Tennis	Mixed S&F Athletics
Year 9	Girls Football Basketball	Girls Netball HRF	Girls Rugby Badminton	Girls Handball Trampolining	Girls Athletics Cricket	Girls Athletics Rounders
	Boys Rugby Basketball	Boys Football HRF	Boys Trampolining Badminton	Boys Handball Netball	Boys Athletics Cricket	Boys Athletics Tennis/Softball
	Mixed Rugby HRF	Mixed Basketball Football	Mixed Netball Handball	Mixed Trampolining Badminton	Mixed Athletics Tennis	Mixed S&F Athletics
Year 10	Girls Football Basketball	Girls Netball HRF	Girls Rugby Badminton	Girls Handball Trampolining	Girls Athletics Cricket	Girls Athletics Rounders
	Boys Rugby Basketball	Boys Football HRF	Boys Trampolining Badminton	Boys Handball Netball	Boys Athletics Cricket	Boys Athletics Tennis/Softball
	Mixed Rugby HRF	Mixed Basketball Football	Mixed Netball Handball	Mixed Trampolining Badminton	Mixed Athletics Tennis	Mixed S&F Athletics

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Year 11	Girls Football Basketball	Girls Netball HRF	Girls Rugby Badminton	Girls Handball Trampolining	Girls Rounders Tennis	
	Boys Rugby Basketball	Boys Football HRF	Boys Trampolining Badminton	Boys Handball Netball	Boys Football Softball	
	Mixed Rugby HRF	Mixed Basketball Football	Mixed Netball Handball	Mixed Trampolining Badminton	Mixed Tennis Rounders	

GCSE PE

Year 10	Musculoskeletal System Energy Use Components of fitness a Fitness tests	Social Groups Engagement Patterns Commercialisation Ethical & Socio Cultural issues	Musculoskeletal System Levers Planes Axes	Sports Psychology: Skill classification Guidance Feedback Arousal IP Model	Types of training Optimising training Altitude Preventing Injury Warm up Cool down	NEA – Analysis and evaluation of performance
Year 11	Structure and function of cardio respiratory system	NEA - Analysis and evaluation of performance	Sports Psychology: Aggression Personality Motivation Health, Fitness & Wellbeing Consequences of a sedentary lifestyle Diet	Effects of exercise Revision Exam Technique	Mock Moderation Day Moderation Day Revision Exams	



A Level PE

Paper 1: Anatomy and Physiology and Biomechanics

Year 12	Muscular skeletal systems, NEA EAPI	Cardiovascular and respiratory systems, NEA	Diet and nutrition, training methods	Environmental effects on body systems	Biomechanics	Biomechanics
Year 13	Energy for exercise EAPI	Injury prevention and rehabilitation EAPI	Revision EAPI & Assessment	Revision	Revision	

Paper 2: Sports Psychology

Year 12	Skill Acquisition: Classification of Skills, Types and Methods of Practice, Transfer of Skills	Skill Acquisition: Learning Theories: Operant Conditioning, Cognitive Theory and Bandura Social Learning	Skill Acquisition: Stages of Learning, Guidance and Feedback	Skill Acquisition: Memory Models Sports Psychology: Individual Differences (Personality, Attitudes and Motivation)	Sports Psychology: Individual Differences (Arousal, Anxiety and Aggression)	Sports Psychology: Individual Differences (Social Facilitation) Group and Team Dynamics (Formation of a Group) Mock Exam
Year 13	Sports Psychology: Group and Team Dynamics (Ringelmann Effect and Social Loafing) Goal Setting	Sports Psychology: Attribution, Confidence and Self-efficacy in Performance	Sports Psychology: Leadership in Sport and Stress Management Techniques to maximise performance (Cognitive and Somatic)	Revision	Revision Exams	

Paper 3: Sociocultural Issues in Physical Activity and Sport

Year 12	Emergence and Evolution of Modern Sport	Emergence and Evolution of Modern Sport and Global Sporting Events	Global Sporting Events	Ethics and Deviance in Sport	Ethics and Deviance in Sport	Commercialisation and Media
Year 13	Commercialisation and Media	Routes to Sporting Excellence	Modern Technology in Sport	Revision & Exam Technique	Revision & Exam Technique	