

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 Boys Rugby Basketball Mixed Rugby HRF	Girls Football Rugby Boys Rugby HRF Mixed Basketball Football	Girls Netball Badminton Boys Football Badminton Mixed Trampolining Handball	Girls Netball Trampolining Boys Football Trampolining Mixed Netball Badminton	Girls Athletics Cricket Boys Athletics Cricket Mixed Athletics Tennis	Girls Athletics Rounders Boys Athletics Tennis Mixed Cricket Athletics Rounders
Year 8	Girls Football Basketball Boys Rugby Basketball Mixed Rugby HRF	Girls Football Rugby Boys Rugby HRF Mixed Basketball Football	Girls Netball Badminton Boys Football Badminton Mixed Trampolining Handball	Girls Netball Trampolining Boys Football Trampolining Mixed Netball Badminton	Girls Athletics Cricket Boys Athletics Cricket Mixed Athletics Tennis	Girls Athletics Rounders Boys Athletics Tennis Mixed Cricket Athletics Rounders
Year 9	Girls Football Dance Boys Rugby Basketball Mixed Rugby HRF	Girls Football Rugby Boys Rugby HRF Mixed Basketball Football	Girls Netball Badminton Boys Football Badminton Mixed Trampolining Dance	Girls Netball Trampolining Boys Football Trampolining Mixed Netball Badminton	Girls Athletics Cricket Boys Athletics Cricket Mixed Athletics Tennis	Girls Athletics Rounders Boys Athletics Tennis Mixed Cricket Athletics Rounders



Year 10	Girls Football Basketball	Girls Football Rugby	Girls Netball Badminton	Girls Netball Trampolineing	Girls Athletics Cricket	Girls Athletics Rounders
	Boys Rugby Basketball	Boys Rugby Handball	Boys Football Badminton	Boys Football Trampolineing	Boys Athletics Cricket	Boys Athletics Tennis
	Mixed Rugby HRF	Mixed Basketball Football	Mixed Trampolineing Handball	Mixed Netball Badminton	Mixed Athletics Tennis	Mixed Athletics Cricket Rounders
Year 11	Girls Football Basketball HRF	Girls Football Handball Basketball Dance	Girls Netball Badminton	Girls Netball Trampolineing Handball	Girls Athletics Rounders	
	Boys Rugby Basketball HRF	Boys Rugby Handball Basketball Football	Boys Football Trampolineing Handball	Boys Football Badminton Cricket	Boys Athletics Cricket Tennis	

GCSE PE

Year 10	Musculoskeletal System Health, Fitness & Wellbeing Consequences of sedentary lifestyle	Energy Use & diet Health & fitness recap Components of fitness & fitness tests Principles of training & application to PEP	Types of training Optimising training, altitude & preventing injury Effective use of a warm up & cool down	Skills & abilities Goal setting & SMART targets Basic information processing model	Guidance & feedback Arousal & inverted U theory Aggression & personality Motivation	Engagement patterns & social groups Commercialisation of PA & Sport Ethical & sociocultural issues
Year 11	Levers Planes & axes Structure & function of the cardiorespiratory system	Coursework	Coursework Revision Practical Assessments	Coursework Revision Practical Assessments	Mock Moderation Day Moderation Day Exams	

A Level PE

Paper 1: Anatomy and Physiology and Biomechanics

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Year 12	Muscular skeletal systems, NEA	Cardiovascular and respiratory systems, NEA	Diet and nutrition, training methods	Environmental effects on body systems	Biomechanics	Biomechanics
Year 13	Energy for exercise	Injury prevention and rehabilitation	Revision	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	Ethics and Deviance in Sport	Commercialisation and Media	Routes to Sporting Excellence	Modern Technology in Sport
Year 13	EAPI	EAPI	Revision, NEA and EAPI assessments	Revision & Exam Technique	Revision & Exam Technique	

