



Gathered together, that all may thrive

Programme Of Study, updated Dec' 2020 Physical Education (PE)

Core PE	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Yr 7 - Physical literacy	Multisports		Gymnastics/parkour		Net/wall games	
Yr 8 - Healthy living	Health and Fitness		Invasion games		Short tennis	
Yr 9 - Sports Leadership	Volleyball		Basketball		Table tennis	

Double P.E.	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Yr 7	Rugby/Netball		Football/Hockey		Athletics/Cricket/Rounders	
Yr 8 - dependant on grouping	Rugby/Netball		Football/Hockey		Athletics/Cricket/Rounders	
	Football / Dance		Netball / American football		Ultimate Frisbee / Softball	
	Orienteering / American football		Invasion games / Dance		Softball / ultimate frisbee	
Yr 9 - dependant on grouping	Rugby/Netball		Football/Hockey		Athletics/Cricket/Rounders	
	Football / Table Tennis		Netball / American Football		Volleyball / Rounders	
	Invasion games		Hockey / Dance		Ultimate frisbee / Cricket	

Yr 10 - dependant on grouping	Rugby/Netball	Football/Hockey	Athletics/Cricket/Rounders
	Football / Table tennis	Netball / American Football	Volleyball / ultimate frisbee
	American football / tag rugby	Ultimate frisbee / Dance	Ultimate frisbee / volleyball
Yr 11	Rugby/netball/multisports/freedog/crossfit/badminton - student choices	Rugby/netball/multisports/freedog/crossfit/badminton - student choices	Rugby/netball/multisports/freedog/crossfit/badminton - student choices

GCSE PE

GCSE PE	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Yr 10	Physical Training	Physical Training	Applied Anatomy and Physiology	Applied Anatomy and Physiology	Movement Analysis	Coursework
Yr 11	Sports Psychology	Socio-Cultural Influences	Health, Fitness and Wellbeing	Use of Data	Revision and Exams	Exams

A Level PE

Year 12	TEACHER	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	A (4 lessons per fortnight)	Exercise physiology	Exercise physiology	Applied anatomy and physiology	Applied anatomy and physiology	Applied anatomy and physiology	Biomechanical movement
	B (4 lessons per fortnight)	Skill acquisition	Skill acquisition	Skill acquisition	Sports psychology	Sports psychology	Sports psychology

Year 13	TEACHER	Term 1	Term 2		Term 3	Term 4	Term 5
	A (4 lessons per fortnight)	Biomechanical movement	Sport and society and the role of technology	MOCKS	Sport and society and the role of technology	Sport and society and the role of technology	EXAMINATIONS
	B (4 lessons per fortnight)	Sport and Society	Sport and Society		Coursework	Exam technique	