

Year	Autumn	Spring	Summer
7- Core	<ul style="list-style-type: none"> • Experience types of fitness and develop knowledge of healthy active lifestyles • Introduction to attempting and practising basic physical skills and techniques in Netball, Table Tennis, Rugby and Dance showing development of quality and control • Introduction to attempting and practising basic physical skills and techniques in Outdoor Adventurous Activity showing social and cognitive development • Development of social skills through working with others • Development of cognitive skills through 	<ul style="list-style-type: none"> • Introduction to attempting and practising basic physical skills and techniques in Gymnastics, Rugby, Table Tennis and Fitness showing development of quality and control • Development of social skills through working with and listening to others • Development of cognitive skills through identification of areas for development in performance 	<ul style="list-style-type: none"> • Introduction to attempting and practising basic physical skills and techniques in Athletics, Tennis and Striking & Fielding showing development of quality and control • Development of social skills through working effectively with a small group • Development of cognitive skills through application of simple sport specific tactics

	identification of simple sport specific tactics		
8- Core	<ul style="list-style-type: none"> • Experience types of fitness and develop knowledge of healthy active lifestyles • Developing accurate performance of basic physical skills and techniques in Netball, Basketball, Rugby and Table tennis in isolation and in small sided competitive situations • Introduction to attempting and practising basic physical skills and techniques in Outdoor Adventurous Activity showing social and cognitive_development • Development of social skills through attempting to work with different groups of peers • Development of cognitive skills through 	<ul style="list-style-type: none"> • Developing accurate performance of basic physical_skills and techniques in Dance, Badminton, Rugby, Handball and Fitness in isolation and in small sided competitive situations • Development of social_skills through appropriate expression of emotion and supporting others in need • Development of cognitive skills through refining and changing performance appropriately 	<ul style="list-style-type: none"> • Developing accurate performance of basic physical skills and techniques in Athletics, Striking & Fielding and Tennis in practise and in conditioned competitive situations • Accurate application of social and cognitive skills developed during the autumn and summer terms

	observation of performances		
9- Core	<ul style="list-style-type: none"> Developing accurate performance of basic physical skills and techniques in Athletics, Striking & Fielding and Tennis in practise and in conditioned competitive situations Accurate application of social and cognitive skills developed during the autumn and summer terms 	<ul style="list-style-type: none"> Develop ability to select and perform appropriate physical skills and techniques in Badminton, Fitness, Handball and Dance in competitive situations with improving consistency Development of cognitive skills through increased knowledge and understanding of theory-based PE content Development of social skills through attempting to coach peers through a basic task or skill 	<ul style="list-style-type: none"> Develop ability to select and perform appropriate physical skills and techniques in Athletics, Tennis and Striking & Fielding in competitive situations with improving consistency Development of cognitive skills through increased knowledge and understanding of theory-based PE content Accurate application of social and cognitive skills developed during the autumn and summer terms
10- GCSE	Theory- <ul style="list-style-type: none"> Physical Training Health and Fitness Components of Fitness Fitness Testing Collecting Data 	Theory- <ul style="list-style-type: none"> Sports Psychology Skill and ability Classification of skill Arousal and inverted U theory Stress management 	Theory- <ul style="list-style-type: none"> Anatomy and Physiology Respiratory system - pathway of air Gaseous exchange Mechanics of breathing Spirometer trace

	<ul style="list-style-type: none"> • Types of Training • Principles of Training • Calculating Intensities • Injury Consideration • Altitude Training • Seasonal Aspects • Warming up and Cooling down <p>Practical-</p> <ul style="list-style-type: none"> • Fitness • Badminton 	<ul style="list-style-type: none"> • Types of goals • SMART targets • Information processing • Guidance and feedback • Aggression • Personality • Motivation <ul style="list-style-type: none"> • Anatomy and Physiology • Bones and structure of skeleton • Functions of the skeleton • Joints • Movement at joints • Muscular system • Antagonise muscle pairs • Muscle contractions <p>Practical</p> <ul style="list-style-type: none"> • Basketball • Table Tennis 	<ul style="list-style-type: none"> • Blood vessels • Structure of the heart • Cardiac cycle • Cardiac output / stroke volume and heart rates • EPOC and recovery processes • Short term and long-term effects of exercise • Movement Analysis • Lever systems • Planes and Axis <p><u>NEA-</u></p> <p>Coursework part 1</p> <p>Practical</p> <ul style="list-style-type: none"> • Athletics
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11- GCSE	<p>NEA Coursework</p> <p>Theory-</p> <ul style="list-style-type: none"> • Health and Fitness • Physical, emotional and social health • Sedentary Lifestyle • Obesity • Energy Use • Nutrition and Hydration • Socio-cultural Issues • Engagement Patterns <p>Practical-</p> <ul style="list-style-type: none"> • Table Tennis • Badminton 	<p>Theory-</p> <ul style="list-style-type: none"> • Commercialisation • Sponsorship • Media/Technology • Performance Enhancing Drugs • Spectator Behaviour • Revision of Y10 and Y11 content <p>Practical-</p> <ul style="list-style-type: none"> • Basketball/Football • Moderation Preparation 	<p>Revision of Year 10 and 11 content</p>
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Curriculum overview – PE- Biddick.