CAISTOR YARBOROUGH ACADEMY

Curriculum Overview – PE

- Inspire all students to lead active, healthy lifestyles, valuing lifelong participation in sport.
- Build competence in a broad range of sports, fostering teamwork, resilience, leadership, and fairness.
- Develop cultural awareness by experiencing a range of traditional and alternative activities.
- Promote fitness, health knowledge, and performance analysis to underpin BTEC Sport study.
- Ensure students are self-aware, reflective, and able to evaluate and improve their own and others' performance.

Y7-Y9	
Autumn	Term 1 • Badminton, Rugby, Netball Term 2 • Basketball, Football, Cross Country
Spring	Term 1 • Outdoor Adventurous Activities (OAA), Dance. Term 2 • Rugby, Handball.
Summer	Term 1 • Rounders, Athletics. Term 2 • Cricket, Athletics, Alternative activities.

Y10-Y11	
Autumn	Core PE • Continuation of KS3 activities with focus on fitness, leadership, and officiating. BTEC Sport – Component 1 • Preparing Participants to Take Part in Sport and Physical Activity. • Explore provision, barriers, equipment, technology, and preparation.
Spring	BTEC Sport – Component 2 • Taking Part and Improving Other Participants' Performance. • Investigate components of fitness and effect on performance. • Role of officials, drills to improve performance.
Summer	BTEC Sport – Component 3 • Developing Fitness to Improve Performance. • Understand fitness types, body systems, fitness testing, training methods. • Filming for practical performance evidence.