

Subject: Core PE and Games

Year 7, Year 8 and Year 9

	Boys PE	Girls PE	Mixed PE	Boys Games	Girls Games
Autumn Term	Rugby	Hockey	Tag Rugby	Football	Netball
Autumn Term	Badminton	Gymnastics	Table Tennis	Hockey	Basketball
Spring Term	Handball	Table Tennis	Orienteering	Gymnastics	Handball
Spring Term	Basketball	Dance	Football	Table Tennis	Volleyball
Summer Term	Volleyball	Rounders	Softball	Athletics	Athletics
Summer Term	Cricket	Tennis	Rounders	Softball	Cricket

Subject: Core PE

Year 10 and Year 11

Autumn Term	Football	Hockey	Netball	Rugby
Autumn Term	Badminton	Basketball	Handball	Table Tennis
Spring Term	Fitness	Handball	Netball	Table Tennis
Spring Term	Basketball	Dance	Trampolining	Volleyball
Summer Term	Athletics	Rounders	Softball	Volleyball
Summer Term	Cricket	Rounders	Softball	Tennis

Year 10 and Year 11 Core PE

Students can choose any sport from the sports available.

Subject: GCSE PE

Year 9

Autumn Term	Spring Term	Summer Term
The Structure and Functions of the Musculo-Skeletal System	The Structure and Functions of the Cardio-Respiratory System	Anaerobic and Aerobic Energy and the effects of Exercise
Including:- The skeleton Joints Muscles	Including:- The heart The Blood and Blood vessels The Respiratory System	Including:- Energy Sources Effects of Exercise
Badminton	Volleyball	Athletics
Football/Netball	Handball	Table Tennis

Subject: Sports Studies

Year 9

Autumn Term	Spring Term	Summer Term
Developing Sports Skills	Developing Sports Skills	Developing Sports Skills
Including:- Be able to use skills, techniques and tactics as an individual performer Be able to use skills, techniques and tactics as an Team performer	Be able to officiate in a sporting activity	Be able to apply practice methods to support improvement in a sporting activity
Table Tennis	Table Tennis	Table Tennis
Volleyball	Basketball	

Subject: GCSE PE

Year 10

Autumn Term	Spring Term	Summer Term
Movement Analysis	Health, Fitness and Training	How to Optimise Training and Prevent Injury Coursework PEP
Including :- Levers Planes and Axes	Including:- Health and Fitness Fitness Testing	Including:- Injuries PED's Use of Data
Badminton	Volleyball	Athletics
Football/Netball	Handball	Table Tennis

Subject: Sports Studies

Year 10

Autumn Term	Spring Term	Summer Term
Contemporary Issues in Sport	Sports leadership	Sports Leadership
Including :- Understand the issues that affect participation Know about the role of sport in promoting values Understand the importance of hosting major sporting events Know about the roles of National Governing bodies in Sport	Including :- Know the personal qualities, styles, roles and responsibilities associated with being an effective leader Be able to plan Sports Activity Sessions	Including :- Be able to deliver Sports activity sessions Be able to evaluate own performance in delivering a sports activity session

Subject: GCSE PE

Year 11

Autumn Term	Spring Term	Summer Term
Fitness and Body Systems and Health and Performance	Social and Cultural Influences	Revision
Including:- Health Diet Sports Psychology Goal setting and Mental Preparation	Including:- Engagement Patterns Commercialisation and Sporting Conduct	
Badminton	Volleyball	Moderation
Football/Netball	Trampoline	

Subject: Sports Studies

Year 11

Autumn Term	Spring Term	Summer Term
Developing Knowledge and Skills in Outdoor Activities	Developing Knowledge and Skills in Outdoor Activities	Developing Knowledge and Skills in Outdoor Activities
Including :- Know about the different types of outdoor activities and their provision Understand the value of participating in outdoor activities	Including :- Be able to plan an outdoor activity	Including :- Be able to demonstrate knowledge and skills during Outdoor Activities