



**Our Lady and St Bede Physical Education Learning Journey**

Physical, emotional, social health and well being

**Next Steps**

**\*REVISION\***

**HT4**

Socio- Ethical impact, Disability, Sponsorship, Technology, Performance Enhancing drugs, Spectator behaviour

**HT3**

Sports psychology including motivation and feedback.

Diet & Recovery after exercise

NEA coursework

**YEAR 11**

**HT1**

**HT2**

Socio cultural influences of sport Including family and role models

Levers & Planes and axis of movement

**HT5**

**HT6**

**HT4**

Musculoskeletal system & Respiratory system

Methods of training

Components of fitness & Fitness testing

**GCSE PE AQA Syllabus**

**HT3**

**HT2**

**HT1**

**YEAR 10**

Cricket/ Softball/ Rounders/ Cricket

**HT6**

B: Orienteering / Badminton /Football

B: TT/ Fitness

**HT3**

**HT4**

**HT5**

Athletics (all)

B: Orienteering / Badminton /Football

G: Gymnastics/ Fitness

G: Badminton/ Football

**HT2**

B: Rugby/ Basketball

Cricket/ Softball/ Rounders/ Cricket

Athletics (all)

G: Rugby/ TT

**HT1**

**YEAR 9**

**HT6**

**HT5**

G: Netball/ Volleyball

B: Fitness/ Table Tennis

Cricket/ Softball/ Rounders/ Cricket

B: Rugby/Handball

B: Volleyball/ Orienteering/ Badminton

B: Football/ Badminton/ Orienteering

**HT4**

B: Badminton/ Football

**HT6**

**YEAR 8**

**HT1**

**HT2**

**HT3**

G: Netball/Volleyball

G: Rugby/Dance

G: Fitness/ Table Tennis

Athletics (all)

**HT5**

B: Dance/ Table Tennis/ Badminton

B: Football/ Badminton/ Orienteering

B: Volleyball/ Orienteering/ Badminton

B: Rugby/Handball

*welcome*

**HT4**

**HT3**

**HT2**

**HT1**

**YEAR 7**

G: Orienteering

G: Fitness/Gymnastics

G: Rugby/Dance

G: Netball/Volleyball

