

Physical Education – 5-year Overview

Y7

INVASION GAMES

SENDING & RECEIVING FOR POSSESSION

GYMNASTICS & DANCE

BALANCE & SOCIAL DANCE SEQUENCES

HEALTH-RELATED EXERCISE

FITNESS TESTING

Y8

STRIKING & FIELDING GAMES

CATCHING, THROWING & HITTING

ATHLETICS

RUN, JUMP & THROW TECHNIQUES

NET/WALL GAMES

SERVING & RALLYING

INVASION GAMES

CREATING SPACE

GYMNASTICS

PRINCIPLES OF FLIGHT

HEALTH-RELATED EXERCISE

MUSCLES & TRAINING TYPES

Y9

STRIKING & FIELDING GAMES

FIELDING, BOWLING & BATTING

ATHLETICS

IMPROVING DISTANCES & TIMES

NET/WALL GAMES

SHOT CONSISTENCY & ATTACKING

INVASION GAMES

UTILISING SPACE IN ATTACK

X COUNTRY/ORIENTEER

RACE TACTICS & PROBLEM SOLVING

HEALTH-RELATED EXERCISE

PRINCIPLES OF TRAINING

Y10

STRIKING & FIELDING GAMES

ROLE-RELATED TECHNIQUES

ATHLETICS

ADV TECHNIQUES TO MAXIMISE PERFORMANCE

EMERGING SPORTS

CURRENT EMERGING SPORTS IN THE UK

NET/WALL GAMES

SHOT COMBINATIONS & VARIETY

INVASION GAMES

APPLY & ADAPT SKILLS / TACTICS IN TEAM COMPETITION

NET-WALL GAMES

APPLY & ADAPT SKILLS / TACTICS IN INDIVIDUAL COMPETITION

HEALTH-RELATED EXERCISE

PERSONAL TRAINING PLANS

Y11

STRIKING & FIELDING GAMES

APPLY & ADAPT SKILLS / TACTICS IN TEAM COMPETITION

SPORTS EDUCATION

DEVELOPING LEADERSHIP & ORGANISATION SKILLS

CULTURAL SPORT

EXPLORING RULES, CUSTOMS & PLAY

GAMES ACTIVITIES

IMPLEMENT TACTICS & STRATEGIES IN TEAM & INDIVIDUAL SPORTS

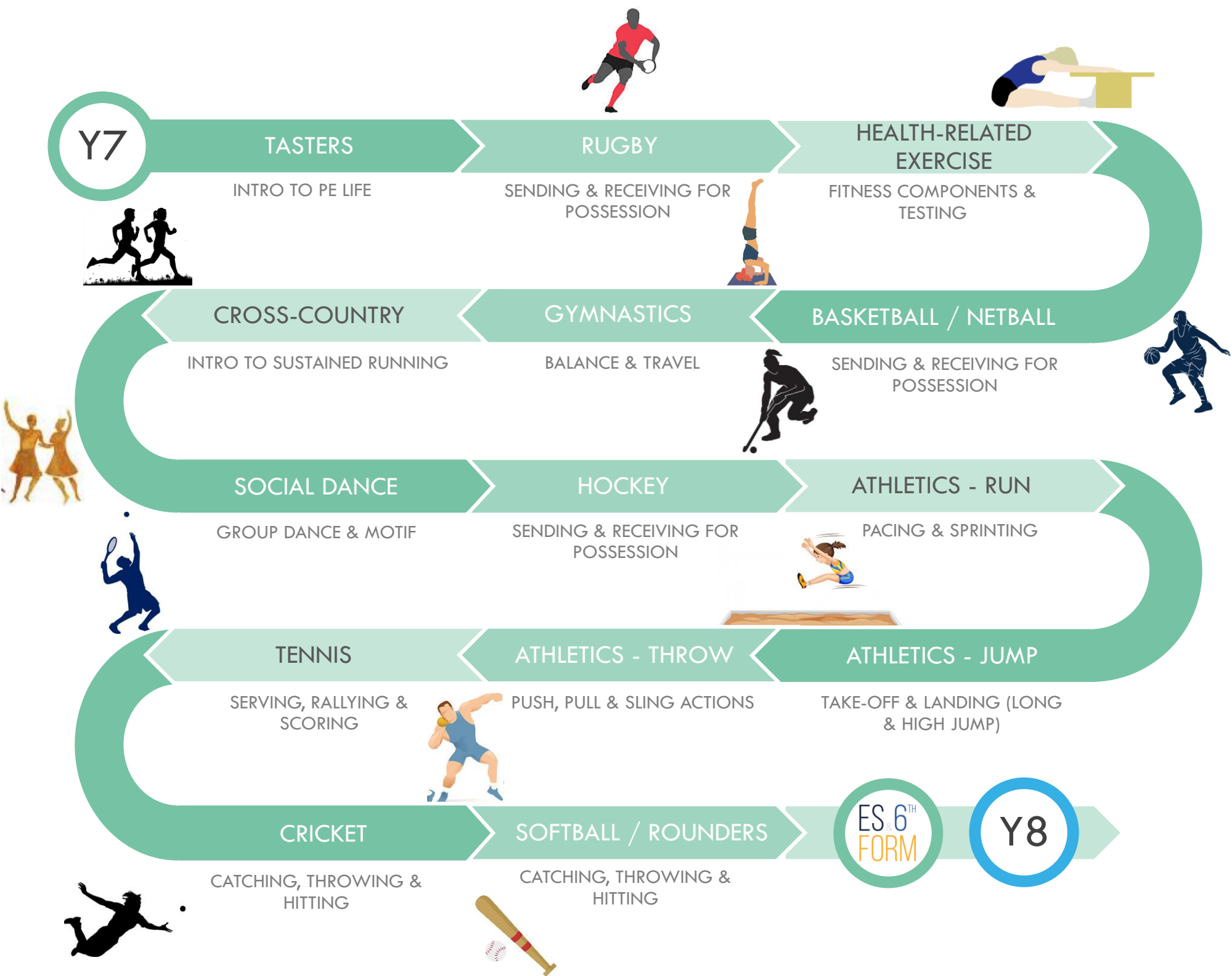
HEALTH-RELATED EXERCISE

OPTIMISING TRAINING – GOALS & METHODS

SPORTS EDUCATION

ORGANISE & OFFICIATE TOURNAMENT FIXTURES

PE – Y7 LEARNING JOURNEY



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PE – Y8 LEARNING JOURNEY

Y8

RUGBY

PASSING, RUCKING & KICKING TO CREATE SPACE



FOOTBALL

DRIBBLING & TURNING TO CREATE SPACE



BASKETBALL / NETBALL

DRIBBLING & PASSING TO CREATE SPACE



CROSS COUNTRY

IMPROVING PERSONAL BESTS

GYMNASTICS

PRINCIPLES OF FLIGHT & JUDGING CRITERIA



HEALTH-RELATED EXERCISE

KEY MUSCLES & TYPES OF TRAINING



ORIENTEERING

MAP READING & TEAMWORK



BADMINTON

RALLYING & ATTACKING SHOTS TO CREATE SPACE



ATHLETICS - RUN

IMPROVING TIMES & RELAY RUNNING



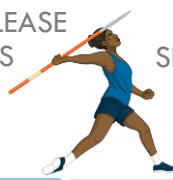
TENNIS

RALLYING & ATTACKING SHOTS TO CREATE SPACE



ATHLETICS - THROW

IMPROVING DISTANCES – RELEASE SPEED & HEIGHT, RUN-UPS



ATHLETICS - JUMP

IMPROVING DISTANCES – SEQUENCING & COORDINATING

CRICKET

FIELDING, BOWLING & BATTING IN DIFFERENT CONTEXTS



SOFTBALL / ROUNDERS

FIELDING, BOWLING & BATTING IN DIFFERENT CONTEXTS

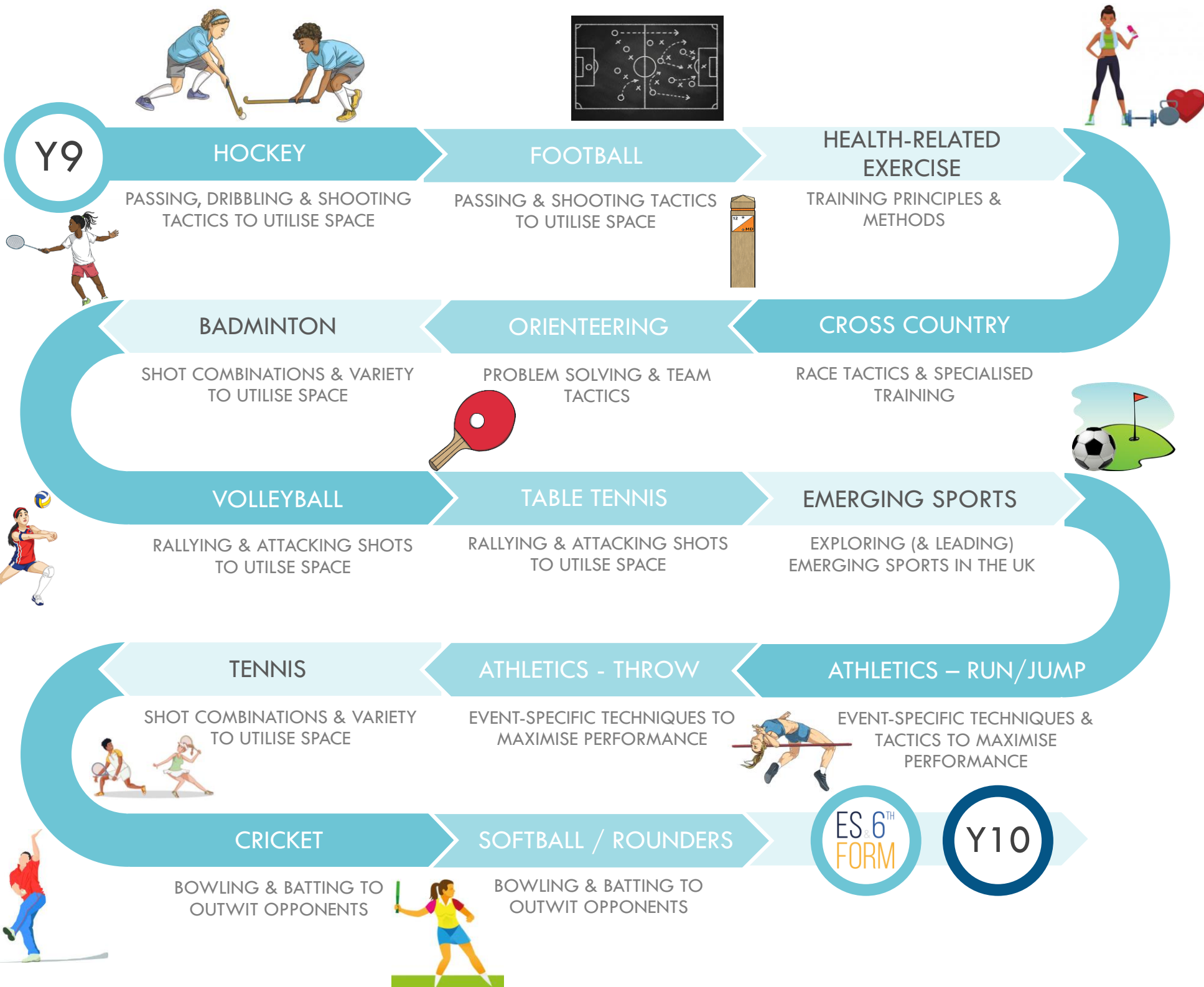


ES & 6TH FORM

Y9

Ready, Respectful, Responsible: Be the best you can be

PE – Y9 LEARNING JOURNEY



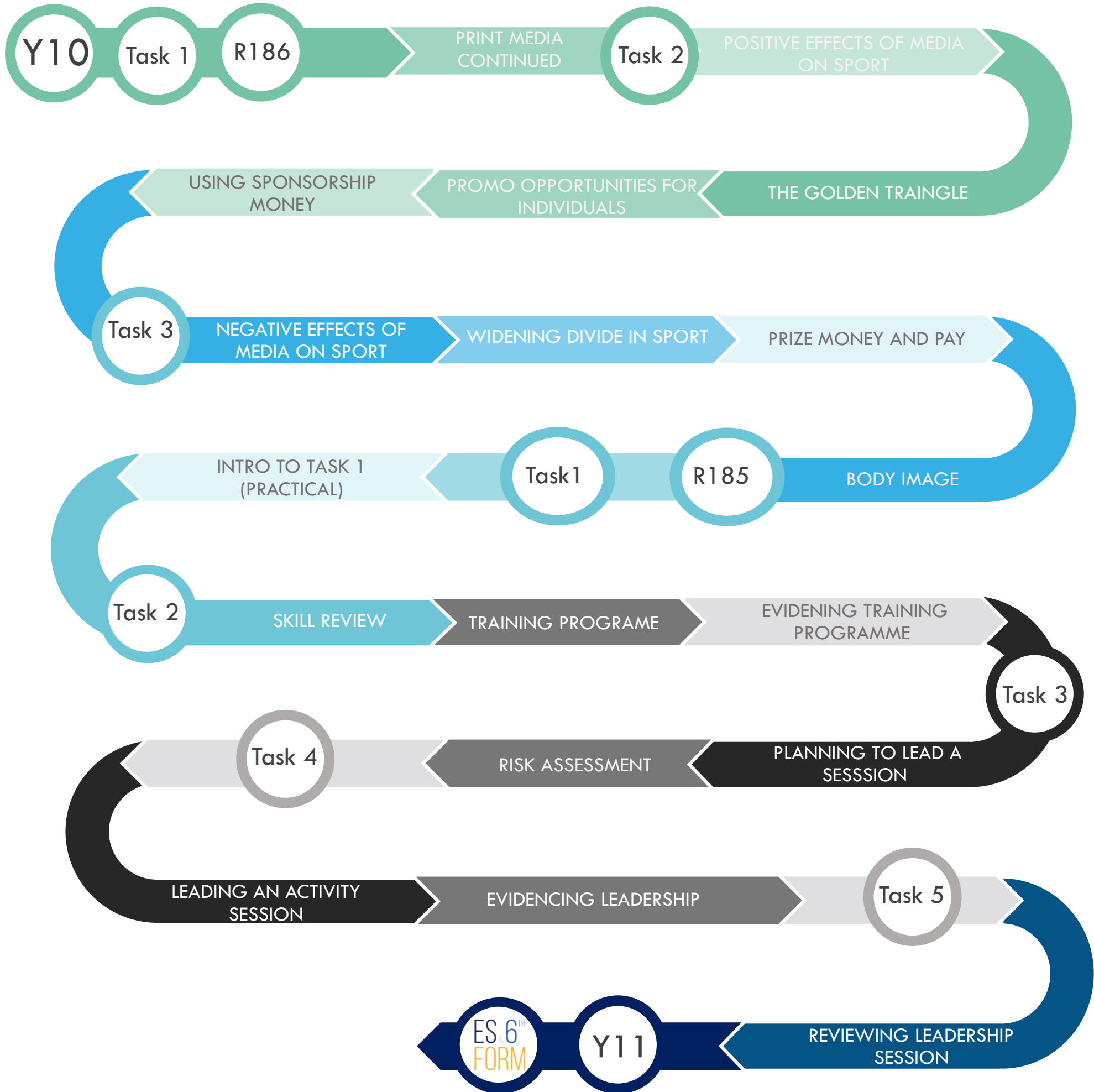
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KS4 CORE PE – 2 YEAR OVERVIEW



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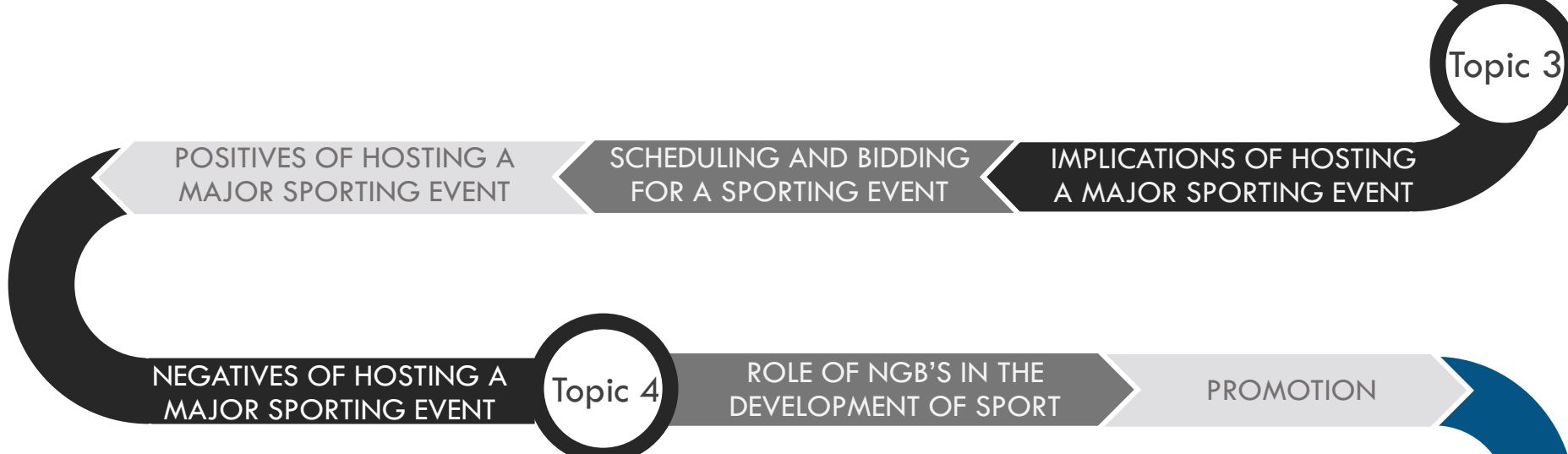
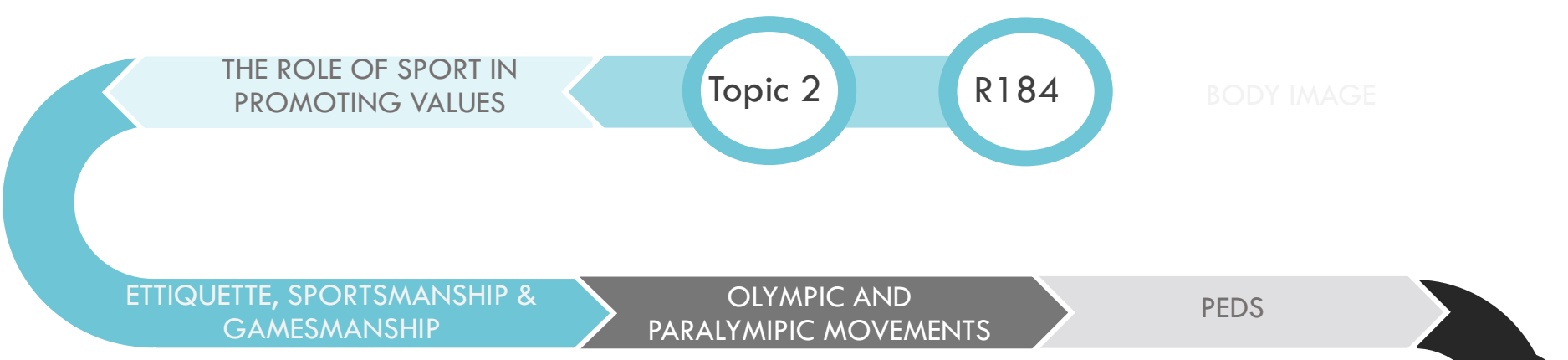
Y10- SPORT STUDIES - LEARNING JOURNEY



CAMBRIDGE NATIONALS

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Y11 - SPORT STUDIES - LEARNING JOURNEY

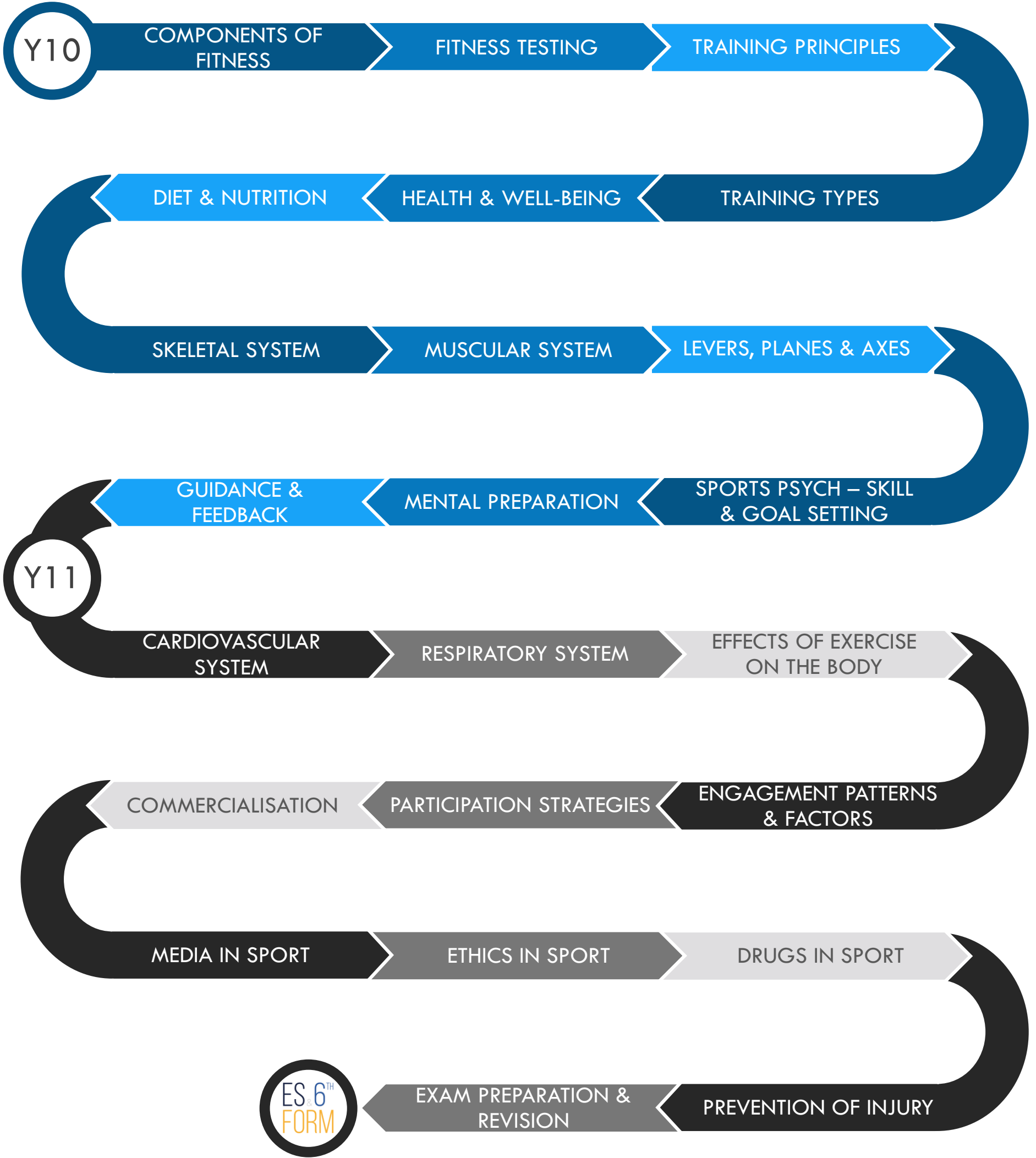


CAMBRIDGE NATIONALS

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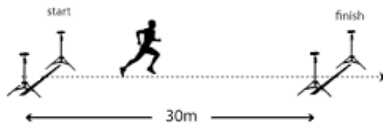


GCSE PE – 2 YEAR OVERVIEW



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Y10 GCSE PE – LEARNING JOURNEY



Y10

FITNESS - COMPONENTS

DEFINITIONS & SPORTING EXAMPLES

FITNESS TESTING

SET-UP, COLLECTION & ANALYSIS OF DATA (AEP)

TRAINING – PRINCIPLES

EXPLAIN & APPLY EXAMPLES OF TRAINING PRINCIPLES

HEALTH & WELL-BEING

BENEFITS OF A HEALTHY LIFESTYLE

WARM UP & COOL DOWN

KEY PARTS OF & BENEFITS OF W/UP AND C/DOWN

TRAINING – OPTIMISING

TYPES OF TRAINING

SEDENTARY LIFESTYLES

PHYSICAL, EMOTIONAL & SOCIAL CONSEQUENCES

DIET & NUTRITION

BALANCED DIET & SPORTS NUTRITION

SKELETAL SYSTEM

STRUCTURE & FUNCTION, KEY BONES

MUSCLE ACTION

ANTAGONISTIC PAIRS

MUSCULAR SYSTEM

ROLE & FUNCTION OF KEY MUSCLES

JOINTS & MOVEMENT

KEY MUSCLES; ANTAGONISTIC MUSCLE ACTION

LEVERS, PLANES & AXES

ROLE IN MOVEMENT ANALYSIS

SPORTS PSYCHOLOGY - SKILL

CHARACTERISTICS AND CLASSIFICATION OF SKILL (AEP)

SPORTS PSYCHOLOGY – GOAL SETTING

APPLY USES & EXAMPLES OF GOAL SETTING

ANALYSING & EVALUATING TASK

CONTROLLED ASSESSMENT

SPORTS PSYCHOLOGY – GUIDANCE & FEEDBACK

TYPES & USES

SPORTS PSYCHOLOGY – MENTAL PREPARATION

EXAMPLES OF TECHNIQUES

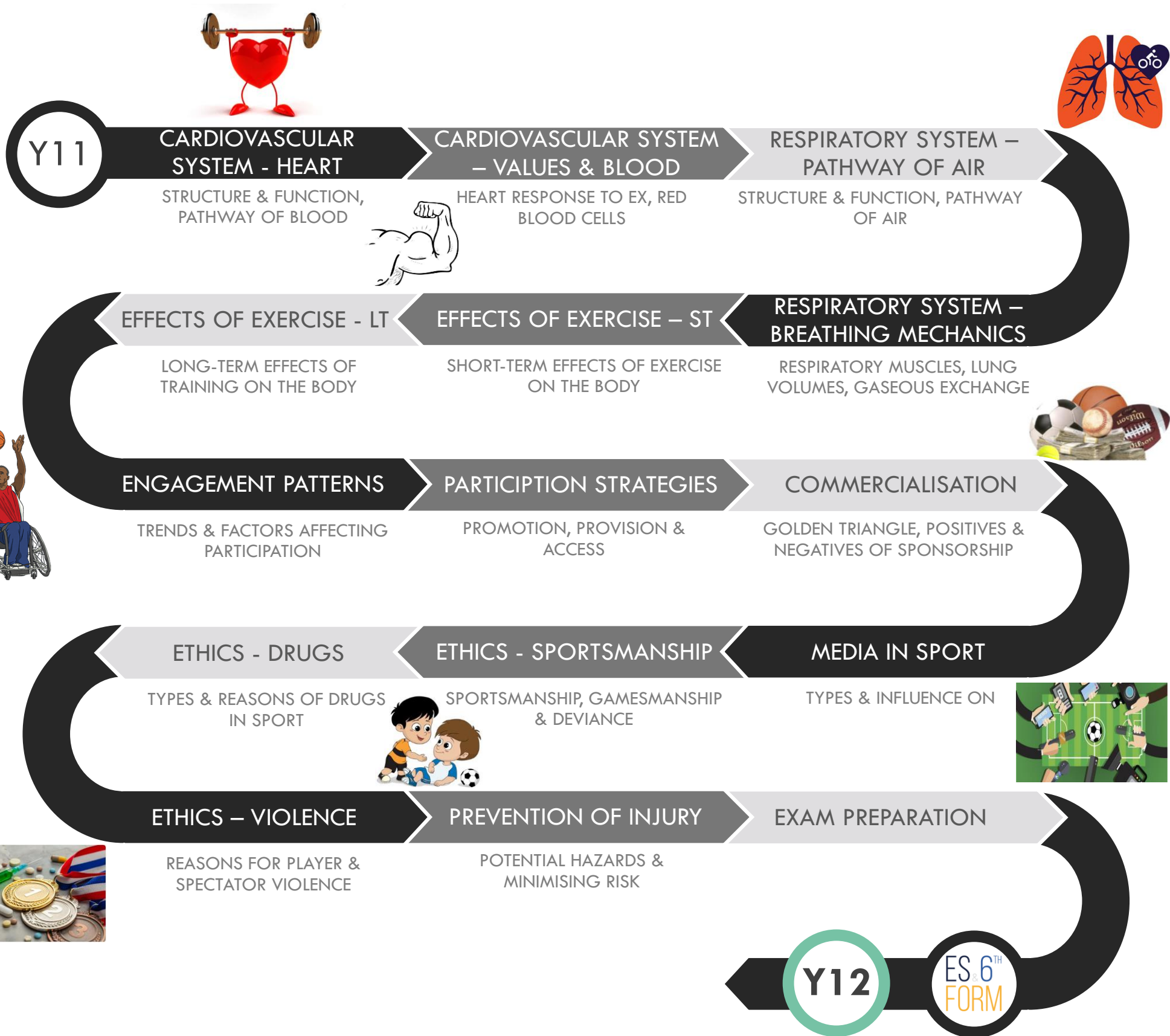
ES. 6TH FORM

Y11



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Y11 GCSE PE – LEARNING JOURNEY



Ready, Respectful, Responsible: Be the best you can be

A LEVEL PE – 2 YEAR OVERVIEW

Y12

C1

SKELETAL & MUSCULAR SYSTEMS

CARDIOVASCULAR SYSTEM

RESPIRATORY SYSTEM

INTRO TO BIOMECHANICS

ENVIRONMENTAL EFFECTS ON BODY SYSTEMS

ENERGY FOR EXERCISE

C2

SKILL & TYPES OF PRACTICE

SKILL ACQUISITION – LEARNING & GUIDANCE

PERSONALITY

PRE- & POST-INDUSTRIAL SPORT

C3

INDIVIDUAL DIFFERENCES

EMERGENCE & EVOLUTION OF MODERN SPORT

MODERN OLYMPIC GAMES

HOSTING GLOBAL SPORTING EVENTS

Y13

PROJECTILES AND SPIN

LINEAR AND ANGULAR

BIOMECHANICS

C1

EX PHYS- DIET AND NUTRITION

EX PHYS - TRAINING

EX PHYS – INURY AND REHAB

C2

ATTRIBUTION & SPORTS CONFIDENCE

GROUP DYNAMICS & GOAL SETTING

INDIVIDUAL DIFFERENCES (cont.)

LEADERSHIP & STRESS

C3

COMMERCIALISATION

ES. 6TH FORM

ETHICS & DEVIANCE

MODERN TECHNOLOGY

ROUTES TO SPORTING EXCELLENCE

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Y12 A LEVEL PE – LEARNING JOURNEY

Y12

C1

JOINTS, MOVEMENTS AND MUSCLES

MUSCLE NAMES AND ANALYSIS OF MOVEMENTS

MUSCULAR CONTRACTIONS

TYPES OF CONTRACTION AND FIBRE TYPE

CV SYSTEM AT REST

CARDIAC CYCLE



RESPIRATORY SYSTEM DURING EXERCISE

EFFECTS OF EXERCISE AND RECOVERY

RESPIRATORY SYSTEM AT REST

MECHANICS OF BREATHING AT REST

CV SYSTEM DURING EXERCISE

REDISTRIBUTION AND RECOVERY



ENERGY TRANSFER & ENERGY SYSTEMS

ATP AND COUPLED REACTIONS DIFFERENT SYSTEMS & ATP RE-SYNTHESIS

RECOVERY PROCESS

EPOC

ALTITUDE AND HEAT

THE EFFECTS ON THE CV AND RESPIRATORY SYSTEMS

METHODS OF PRACTICE

TYPES OF PRACTICE & SKILL TRANSFER

SKILL CLASSIFICATION

CONTINUA CHARACTERISTICS & PLACEMENT

C2

BIOMECHANICS

NEWTON'S LAWS, FORCE & RESISTANCE



LEARNING

THEORIES & STAGES OF LEARNING

GUIDANCE & FEEDBACK

TYPES & USES LINKING TO STAGES OF LEARNING

MEMORY

APPLICATION OF MEMORY MODELS

MOTIVATION AND AROUSAL

3 THEORIES OF AROUSAL

ATTITUDES

TRIADIC MODEL AND CHANGING ATTITUDES

PERSONALITY

DEFINITIONS & APPLYING THEORIES OF PERSONALITY



C3

PRE-INDUSTRIAL SPORT

SOCIO-CULTURAL FACTORS INFLUENCE ON SPORTS

POST-INDUSTRIAL SPORT

AFFECT OF INDUSTRIAL REVOLUTION & PATRONAGE

19TH CENTURY PUBLIC SCHOOLS

INFLUENCE OF ETHICS & ATHLETICISM ON SPORT

SPORTS LEGISLATION

NEGLIGENCE, CRIMINAL CASES, MATCH FIXING

EVOLUTION OF MODERN SPORT

CONTEMPORARY FACTORS GLOBALISATION OF SPORT

20TH CENTURY SPORT

GOLDEN TRIANGLE, POSITIVES & NEGATIVES OF SPONSORSHIP

MODERN OLYMPIC GAMES

BACKGROUND & AIMS, POLITICAL EXPLOITATION

HOSTING GLOBAL SPORTING EVENTS

SPORTING, SOCIAL, ECONOMIC & POLITICAL IMPACT

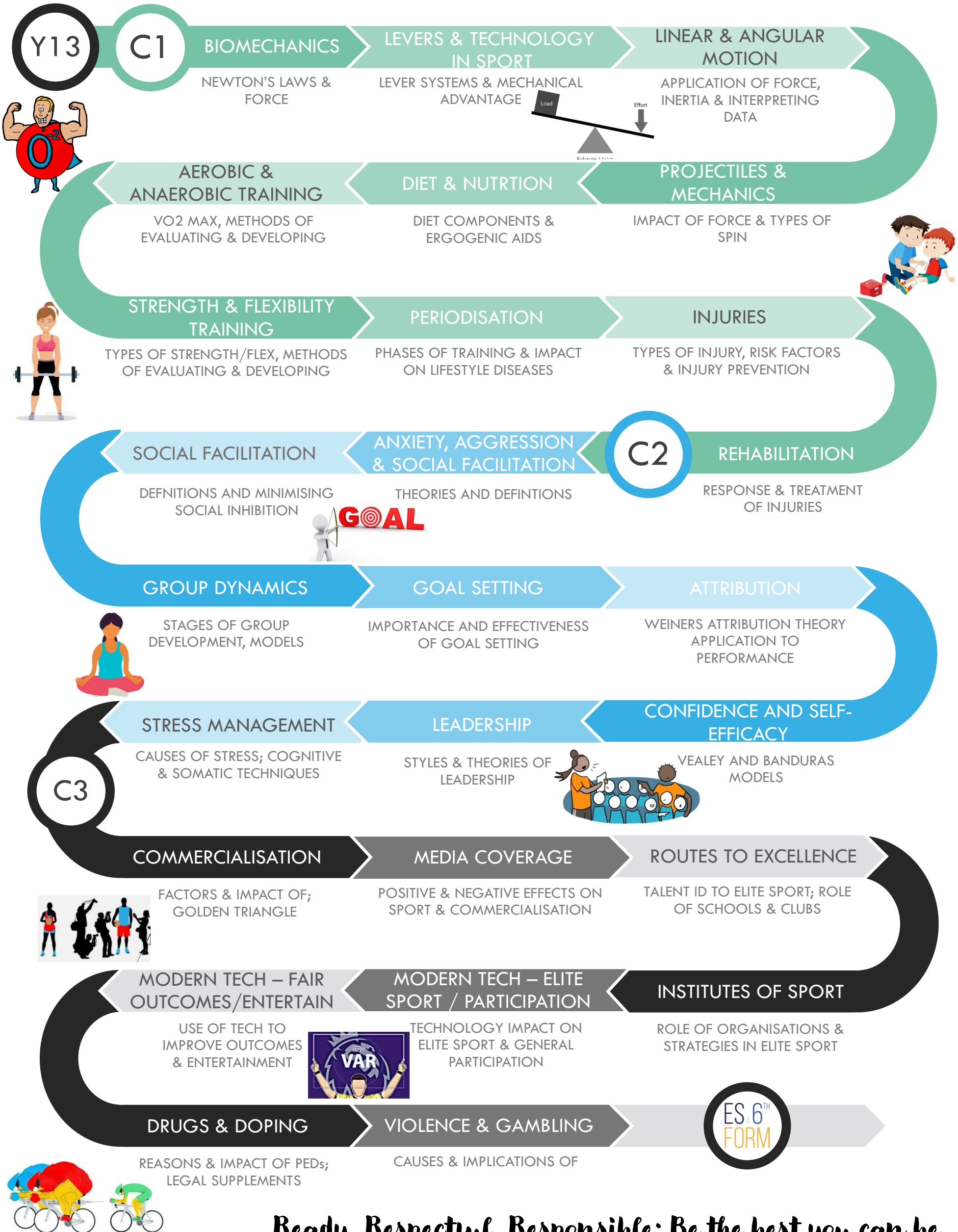
ES 6TH FORM

Y13



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Y13 A LEVEL PE – LEARNING JOURNEY



Ready, Respectful, Responsible: Be the best you can be