

# Curriculum Overview – PE



## Key Stage 3

	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>
Autumn	Health Gymnastics Netball	Fitness Testing Gymnastics Netball	Fitness Practical Fitness Theory Test Gymnastics Handball
Spring	Dance Around the World Indoor Athletics Hockey Cricket	Badminton Dance Choreography Indoor Athletics Cricket	Dance Through the Ages Indoor Athletics Football Cricket
Summer	Athletics Tennis	Athletics Tennis	Athletics Rounders

## Key Stage 4 – GCSE Exam Board: AQA



	Year 10		Year 11	
	Core	GCSE	Core	GCSE
Autumn	Netball Sports Leaders <b>Electives</b> Dance, Aerobics/Yoga/Kick, Table Tennis, Benchball/Dodgeball, Taekwondo, Fencing, Swimming Option	<b>Practical</b> Specific Personalised Sport <b>Theory</b> Sports Psychology Applied Anatomy (pt 1) Relationship Between Health and Fitness (pt 1)	Team Building/Problem Solving Education <b>Electives</b> Dance, Aerobics/Yoga/Kick, Table Tennis, Benchball/Dodgeball, Taekwondo, Fencing, Swimming Option	<b>Practical</b> Coursework Training Programmes <b>Theory</b> Movement Analysis Relationship Between Health and Fitness (pt 2)
Spring	Health Related Fitness <b>Electives</b> Dance, Aerobics/Yoga/Kick, Table Tennis, Benchball/Dodgeball, Taekwondo, Fencing, Swimming Option	<b>Practical</b> Specific Personalised Sport <b>Theory</b> Socio-Cultural Influences Methods of Training	Badminton <b>Electives</b> Dance, Aerobics/Yoga/Kick, Table Tennis, Benchball/Dodgeball, Taekwondo, Fencing, Swimming Option	<b>Practical</b> Specific Personalised Programmes <b>Theory</b> Applied Anatomy (pt 2) Coursework Review
Summer	Sports Leaders Primary Sessions <b>Electives</b> Dance, Aerobics/Yoga/Kick, Table Tennis, Benchball/Dodgeball, Taekwondo, Fencing, Swimming Option	<b>Practical</b> Coursework Training Programmes <b>Theory</b> Health Fitness and Wellbeing	Rounders <b>Electives</b> Dance, Aerobics/Yoga/Kick, Table Tennis, Benchball/Dodgeball, Taekwondo, Fencing, Swimming Option	<b>Practical</b> Specific Personalised Programmes <b>Theory</b> Revision