Curriculum Overview – PE



Key Stage 3

	Year 7	Year 8	Year 9
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	Practical	Team Building/Problem	Practical	
	Sports Leaders	Specific Personalised	Solving Education	Coursework Training	
	Electives	Sport	Electives	Programmes	
	Dance,	Theory	Dance,	Theory	
	Aerobics/Yoga/Kick,	Sports Psychology	Aerobics/Yoga/Kick,	Movement Analysis	
	Table Tennis,	Applied Anatomy (pt 1)	Table Tennis,	Relationship Between	
	Benchball/Dodgeball,	Relationship Between	Benchball/Dodgeball,	Health and Fitness (pt 2)	
	Taekwondo, Fencing,	Health and Fitness (pt 1)	Taekwondo, Fencing,		
	Swimming Option		Swimming Option		
Spring	Health Related Fitness	Practical	Badminton	Practical	
	Electives	Specific Personalised	Electives	Specific Personalised	
	Dance,	Sport	Dance,	Programmes	
	Aerobics/Yoga/Kick,	Theory	Aerobics/Yoga/Kick,	Theory	
	Table Tennis,	Socio-Cultural Influences	Table Tennis,	Applied Anatomy (pt 2)	
	Benchball/Dodgeball,	Methods of Training	Benchball/Dodgeball,	Coursework Review	
	Taekwondo, Fencing,		Taekwondo, Fencing,		
	Swimming Option		Swimming Option		
Summer	Sports Leaders Primary	Practical	Rounders	Practical	
	Sessions	Coursework Training	Electives	Specific Personalised	
	Electives	Programmes	Dance,	Programmes	
	Dance,	Theory	Aerobics/Yoga/Kick,	Theory	
	Aerobics/Yoga/Kick,	Health Fitness and	Table Tennis,	Revision	
	Table Tennis,	Wellbeing	Benchball/Dodgeball,		
	Benchball/Dodgeball,		Taekwondo, Fencing,		
	Taekwondo, Fencing,		Swimming Option		
	Swimming Option				