



CURRICULUM MAP

Physical Education

KEY STAGE 3

Year 7+8

CORE PE
Football, Basketball, Netball, Hockey, Rugby, Trampolining, Fundamental movement skills, Health, fitness & wellbeing, Table tennis, Dance, OAA, Handball, Athletics, Tennis, Cricket, Rounders.



Year 9

CORE PE
Football, Basketball, Handball, Rugby, Trampolining, Volleyball, Table Tennis, Health, fitness & wellbeing, OAA, Bench ball, American Football, Dodgeball, Athletics, Softball, Danish Long ball, Rounders

PE Specialism
A taster into the Musculoskeletal system, Physical Training and Sport Psychology.

KEY STAGE 4

CORE PE
Football, Handball, Rugby, Basketball, Netball, Indoor Hockey, American Football, Badminton, Futsal, Benchball, Dodgeball, Volleyball, Table Tennis, Health, fitness & wellbeing, Trampolining, Athletics, Cricket, Softball, Rounders, Options.

TERM ONE
Musculoskeletal system and movement analysis

Health, Fitness and Wellbeing

TERM TWO
Physical Training

Sports Psychology

TERM THREE
Analysis and evaluation of performance coursework component.

Year 10

TERM ONE
Cardiorespiratory systems and effects of exercise.

Socio-cultural influences on sport.

TERM TWO
Injury prevention

Diet and nutrition

Practical performance final grades

Year 11

KEY STAGE 5

TOPIC ONE
Applied anatomy and physiology

TOPIC TWO
Skill acquisition

TOPIC THREE
Sport and society

TOPIC FOUR
Evaluating and Analysing Performance for Improvement (EAPI)

Year 12

TOPIC FIVE
Exercise physiology

Biomechanics

TOPIC SIX
Sport psychology

TOPIC SEVEN
Contemporary issues in physical activity and sport

TOPIC EIGHT
Practical performance

Year 13