



KS3

PE Key Stage 3 Curriculum Overview

Autumn Term

Spring Term

Summer Term

		Week 1-6	Week 7-8	Week 9-14	Week 15-17	Week 18-23	Week 24-29	Week 30-33	Week 34-39
YEAR 7	Boys Set 1	Football (3G)	Cross country	Table Tennis (Gym)	Fitness (Indoor)	Rugby (Rugby pitch)	Handball (3G/S Hall)	Athletics	Cricket (3G)
	Boys Set 2	Table Tennis (Gym)	Cross country	Football (3G)	Fitness (Indoor)	Handball (3G/S Hall)	Rugby (Rugby pitch)	Athletics	Cricket (3G)
	Girls Set 1	Netball (MUGA/S Hall)	Cross country	Football (3G)	Fitness (Indoor)	Handball (3G/S Hall)	Table Tennis (Gym)	Athletics	Rounders (Rugby Pitch)
	Girls Set 2	Football (3G)	Cross country	Netball (MUGA/S Hall)	Fitness (Indoor)	Table Tennis (Gym)	Handball (3G/S Hall)	Athletics	Rounders (Rugby Pitch)
YEAR 8	Boys Set 1	Football (3G)	Cross country	Table Tennis (Gym)	Fitness (Indoor)	Rugby (Rugby pitch)	Handball (3G/S Hall)	Athletics	Cricket (3G)
	Boys Set 2	Table Tennis (Gym)	Cross country	Football (3G)	Fitness (Indoor)	Handball (3G/S Hall)	Rugby (Rugby pitch)	Athletics	Cricket (3G)
	Girls Set 1	Netball (MUGA/S Hall)	Cross country	Football (3G)	Fitness (Indoor)	Handball (3G/S Hall)	Table Tennis (Gym)	Athletics	Rounders (Rugby Pitch)
	Girls Set 2	Football (3G)	Cross country	Netball (MUGA/S Hall)	Fitness (Indoor)	Table Tennis (Gym)	Handball (3G/S Hall)	Athletics	Rounders (Rugby Pitch)
YEAR 9	Boys Set 1	Football (3G)	Cross country	Table Tennis (Gym)	Fitness (Indoor)	Rugby (Rugby pitch)	Handball (3G/S Hall)	Athletics	Cricket (3G)
	Boys Set 2	Table Tennis (Gym)	Cross country	Football (3G)	Fitness (Indoor)	Handball (3G/S Hall)	Rugby (Rugby pitch)	Athletics	Cricket (3G)
	Girls Set 1	Netball (MUGA/S Hall)	Cross country	Football (3G)	Fitness (Indoor)	Handball (3G/S Hall)	Table Tennis (Gym)	Athletics	Rounders (Rugby Pitch)
	Girls Set 2	Football (3G)	Cross country	Netball (MUGA/S Hall)	Fitness (Indoor)	Table Tennis (Gym)	Handball (3G/S Hall)	Athletics	Rounders (Rugby Pitch)

**KS4**

PE Key Stage 4 Curriculum Overview

Autumn Term**Spring Term****Summer Term****Year 10**

- Energy use
- Plotting graphs
- Balanced diet and role of nutrients
- Water balance and hydration
- Functions of skeleton
- 1st, 2nd and 3rd class lever systems
- Antagonistic muscle action
- Mechanical advantage
- Planes and axes

- Respiratory system
- Blood vessels
- Cardiac cycle
- Structure of the heart
- CV system key terms
- Aerobic exercise and sport
- EPOC
- DOMS and recovery process
- Ice Baths / Massage
- Short- and long-term effects of exercise

- Skill v Ability and Sport
- Skill classification/continuums
- Goal setting
- SMART targets
- Information processing models
- Coursework

Year 11

- Components of Fitness
- Fitness testing
- Limitations and evaluations of fitness testing
- Data analysis on fitness testing
- SPORT Principles of training
- FITT Principles and application
- Training methods (Advant and disadvant')
- Safety principles/ Altitude training
- Test on Fitness, principles, Training methods
- Training seasons (Pre/comp/post)

- Engagement and Participation levels
- Barriers to Participation
- Data Analysis and Participation
- Commercialisation (Golden Triangle)
- Sponsorship and the media
- Commercialisation and performer/Sport
- Technology and impact on performer and sport
- Tech and impact on official/spectator/spons
- Ethical issues Sportsmanship Gamesmanship
- Performance Enhancing Drugs
- PED's: Adv' and disadvantages
- Spectators and Hooliganism

	<ul style="list-style-type: none"> • Plan a season long training programme • Coursework Evaluation Part 1 • Intro to Arousal/ Inverted U theory • Linking optimum Arousal to skills • Controlling Arousal levels (Cog/somatic) • Aggression: Direct V Indirect • Personality (Introverts and Extroverts) • Motivation (Intrinsic/Extrinsic) 	<ul style="list-style-type: none"> • Group activity on combating hooliganism 	
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KS5

PE Key Stage 5 Curriculum Overview

	Autumn Term	Spring Term	Summer Term
Year 12	<ul style="list-style-type: none"> • Cardiovascular system • Skill, skill continuums and transfer of skills • Impact of skill classification on structure of practice for learning • Principles and theories of learning and performance • Pre-industrial • Industrial and post-industrial • Post World War !! • Respiratory system • General information processing 	<ul style="list-style-type: none"> • Energy systems • Diet and nutrition and their effect on physical activity and performance • Preparation and training methods in relation to maintaining physical activity and performance 	<ul style="list-style-type: none"> • Injury prevention and rehabilitation of injury

	<ul style="list-style-type: none"> • Sociological theory applied to equal opportunities • Neuromuscular system • The Musculo-skeletal system and analysis of movement in physical activities • Efficiency of information processing model system • Concepts of physical activity and sport • Energy systems • Aspects of personality • Attitudes • Arousal • Development of elite performers in sport 		
Year 13	<ul style="list-style-type: none"> • Injury prevention and rehabilitation of injury • Group dynamics • Sport and the law • Impact of commercialisation on physical activity and sport and the relationship between sport and the media • Biochemical principles • Levers • Linear motion • Angular motion • Attribution theory • Projectile motion • Self-efficacy and self confidence 	<ul style="list-style-type: none"> • Diet and nutrition and their effect on physical activity and performance • Preparation and training methods in relation to maintaining physical activity and performance • Anxiety • Aggression 	<ul style="list-style-type: none"> • Injury prevention and rehabilitation of injury • Motivation • Drugs in Sport • Achievement and motivation theory