



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	<u>Week 24-29</u>	Week 30-33	Week 34-37	Week 37-39
YEAR 7	Boys Set 1	Football (3G)	Cross country- Outdoor Ed	Table Tennis (Gym)	Fitness (Indoor)	Rugby (Rugby pitch)	Handball (3G/S Hall)	Athletics	Cricket	Dance
	Boys Set 2	Table Tennis (Gym)	Cross country- Outdoor Ed	Football (3G)	Fitness (Indoor)	Handball (3G/S Hall)	Rugby (Rugby pitch)	Athletics	Cricket	Dance
	Girls Set 1	Netball (MUGA/S Hall)	Cross country – Outdoor Ed	Football (3G)	Fitness (Indoor)	Handball (3G/S Hall)	Table Tennis (Gym)	Athletics	Dance	Rounder
	Girls Set 2	Football (3G)	Cross country – Outdoor Ed	Netball (MUGA/S Hall)	Fitness (Indoor)	Table Tennis (Gym)	Handball (3G/S Hall)	Athletics	Dance	Rounders
YEAR 8	Boys Set 1	Football (3G)	Cross country – Outdoor Ed	Table Tennis (Gym)	Fitness (Indoor)	Rugby (Rugby pitch)	Handball (3G/S Hall)	Athletics	Cricket (3G)	
	Boys Set 2	Table Tennis (Gym)	Cross country – Outdoor Ed	Football (3G)	Fitness (Indoor)	Handball (3G/S Hall)	Rugby (Rugby pitch)	Athletics	Cricket (3G)	
	Girls Set 1	Netball (MUGA/S Hall)	Cross country – Outdoor Ed	Football (3G)	Fitness (Indoor)	Handball (3G/S Hall)	Table Tennis (Gym)	Athletics	Rounders (Rugby Pitch)	
	Girls Set 2	Football (3G)	Cross country – Outdoor Ed	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- Outdoor Ed	Table Tennis (Gym)	Fitness (Indoor)	Rugby (Rugby pitch)	Handball (3G/S Hall)	Athletics	Cricket (3G)	
	Boys Set 2	Table Tennis (Gym)	Cross country – Outdoor Ed	Football (3G)	Fitness (Indoor)	Handball (3G/S Hall)	Rugby (Rugby pitch)	Athletics	Cricket (3G)	
	Girls Set 1	Netball (MUGA/S Hall)	Cross country – Outdoor Ed	Football (3G)	Fitness (Indoor)	Handball (3G/S Hall)	Table Tennis (Gym)	Athletics	Rounders (Rugby Pitch)	
	Girls Set 2	Football (3G)	Cross country – Outdoor Ed	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	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Skill v Ability and Sport • Skill classification/continuums • Goal setting • SMART targets • Information processing models • Coursework
Year 11	<ul style="list-style-type: none"> • 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) 	<ul style="list-style-type: none"> • 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 	



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 II• 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	<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
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