



## PE KS3 and KS4 Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
<b>Year 7 National Curriculum</b>	Rugby – Outwitting an Opponent  Gymnastics – Replicating ideas and actions  Sportshall Athletics – Performing at Maximum Levels  Basketball/Netball – Outwitting an Opponent	Gymnastics – Replicating ideas and actions  Sportshall Athletics – Performing at Maximum Levels  Badminton/Table Tennis – Outwitting an Opponent  Basketball/Netball – Outwitting an Opponent	Trampoline – Replicating ideas and actions  Badminton/Table Tennis – Outwitting an Opponent  Handball – Outwitting an Opponent  Basketball/Netball – Outwitting an Opponent	Trampoline – Replicating ideas and actions  Basketball/netball – Outwitting an Opponent  Handball – Outwitting an Opponent  Basketball/Netball – Outwitting an Opponent	Athletics – Performing at Maximum Levels	Cricket/Rounders – Outwitting an Opponent  Tennis – Outwitting an Opponent
<b>Year 8 National Curriculum</b>	Rugby – Outwitting an Opponent  Gymnastics – Replicating ideas and actions  Sportshall Athletics – Performing at Maximum Levels.	Gymnastics – Replicating ideas and actions  Sportshall Athletics – Performing at Maximum Levels  Badminton/Table Tennis – Outwitting an Opponent	Trampoline – Replicating ideas and actions  Badminton/Table Tennis – Outwitting an Opponent  Handball – Outwitting an Opponent	Trampoline – Replicating ideas and actions  Basketball/Netball – Outwitting an Opponent  Handball – Outwitting an Opponent	Athletics – Performing at Maximum Levels	Cricket/Rounders – Outwitting an Opponent  Tennis – Outwitting an Opponent
<b>Year 9 National Curriculum</b>	Rugby – Outwitting an Opponent  Badminton/Table Tennis – Outwitting an Opponent  Basketball/Netball – Outwitting an Opponent	Basketball/Netball – Outwitting an Opponent  Fitness – Knowledge of Health and Fitness (linked to y9 theory)  Badminton/Table Tennis – Outwitting an Opponent  Handball – Outwitting an Opponent	Trampoline – Replicating ideas and actions  Fitness – Knowledge of Health and Fitness (linked to y9 theory)  Football – Outwitting an Opponent	Trampoline – Replicating ideas and actions  Basketball/netball – Outwitting an Opponent  Handball – Outwitting an Opponent	Athletics – Performing at Maximum Levels	Cricket/Rounders – Outwitting an Opponent  Tennis – Outwitting an Opponent



## PE KS3 and KS4 Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
<b>Year 10</b> <b>GCSE</b> <b>Edexcel PE (9-1)</b>	<ul style="list-style-type: none"> <li>• Components of Fitness</li> <li>• Training Methods</li> <li>• Fitness Tests</li> </ul>	<ul style="list-style-type: none"> <li>• Principles of Training</li> <li>• Training Thresholds</li> <li>Risk and preventing injuries</li> <li>• Performance Enhancing and Recreational Drugs</li> <li>• Physical, emotional and social health, fitness and well being</li> </ul>	<ul style="list-style-type: none"> <li>• Reasons for Participation</li> <li>• Influences and Initiatives on Healthy Active Lifestyles</li> <li>• Consequences of a sedentary lifestyle</li> <li>• Energy use, diet, nutrition and hydration, socio-cultural issues in physical activity and sport</li> </ul>	<ul style="list-style-type: none"> <li>• Engagement patterns of different social groups in physical activity and sport.</li> <li>• Commercialisation of physical activity and sport.</li> </ul>	<ul style="list-style-type: none"> <li>• Ethical and socio-cultural issues in physical activity and sport</li> <li>• Lever systems, examples of their use in activity and the mechanical advantage they provide in movement.</li> <li>• Planes and Axes of Motion</li> </ul>	<ul style="list-style-type: none"> <li>• Use of data</li> <li>• Psychological Aspects of Sports</li> </ul>
<b>Year 11</b> <b>GCSE</b> <b>Edexcel PE (9-1)</b>	<ul style="list-style-type: none"> <li>• Personal Exercise Programme – practical and written aspects</li> </ul>	<ul style="list-style-type: none"> <li>• Personal Exercise Programme – practical and written aspects</li> <li>• Mock Preparation</li> </ul>	<ul style="list-style-type: none"> <li>• Cardiovascular system</li> <li>• Respiratory System</li> </ul>	<ul style="list-style-type: none"> <li>• Muscular System</li> <li>• Skeletal System</li> <li>• Short and Long Term effects of Exercise.</li> <li>• Mock 2 Preparation</li> <li>• Practical Assessment day</li> </ul>	<ul style="list-style-type: none"> <li>• Revision of exam techniques and practice</li> <li>• Final Exam</li> </ul>	

King Edward VI High