

PE KS3 and KS4 Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
Year 7 National Curriculum	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	Trampoline – Replicating ideas and actions Basketball/netball – Outwitting an Opponent	Athletics – Performing at Maximum Levels	Cricket/Rounders – Outwitting an Opponent Tennis – Outwitting an Opponent
Year 8 National Curriculum	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	Trampoline – Replicating ideas and actions Basketball/netball – Outwitting an Opponent	Athletics – Performing at Maximum Levels	Cricket/Rounders – Outwitting an Opponent Tennis – Outwitting an Opponent
Year 9 National Curriculum	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 Badminton/Table Tennis – Outwitting an Opponent	Trampoline – Replicating ideas and actions Fitness – Knowledge of Health and Fitness 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

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
Year 10 GCSE Edexcel PE (1-9)	Components of Fitness Training Methods Fitness Tests Principles of training Reasons for Participation Influences and Initiatives Healthy Active Lifestyles	Components of Fitness Training Methods Fitness Tests Principles of training Reasons for Participation Influences and Initiatives Healthy Active Lifestyles	Physical, emotional and social health, fitness and well being Consequences of a sedentary lifestyle Energy use, diet, nutrition and hydration, socio-cultural issues in physical activity and sport	Engagement patterns of different social groups in physical activity and sport. Commercialisation of physical activity and sport. Ethical and socio-cultural issues in physical activity and sport	Lever systems, examples of their use in activity and the mechanical advantage they provide in movement.	Use of data
Year 11 GCSE Edexcel PE (A*-G)	Performance Enhancing and Recreational Drugs Risk and preventing injuries Analysis of Performance (Verbal and Written)	Analysis of Performance (Verbal and Written) Mock Preparation	Cardiovascular system Respiratory System	Muscular System Skeletal System	Revision of exam techniques and practice Final Exam	