



Topic Overview - Physical Education

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 7	Skills (Hands) Skill development, Understanding Fitness Identifying tactics and strategies	Skills (Hands) Skill development, Understanding Fitness Identifying tactics and strategies	Effective Thinking (Head) Skill Evaluation Understanding importance of exercise Identify creativity	Effective Thinking (Head) Skill Evaluation Understanding importance of exercise Identify creativity	Empowering Character (Heart) Understanding teamwork Developing confidence Introducing leadership roles	Empowering Character (Heart) Understanding teamwork Developing confidence Introducing leadership roles
YEAR 8	Skills (Hands) Adapt and apply skills Improving fitness Developing tactics and strategies	Skills (Hands) Adapt and apply skills Improving fitness Developing tactics and strategies	Effective Thinking (Head) Creating and planning Understanding rules Evaluating performance	Effective Thinking (Head) Creating and planning Understanding rules Evaluating performance	Empowering Character (Heart) Communication in teamwork Identifying resilience Developing leadership skills	Empowering Character (Heart) Communication in teamwork Identifying resilience Developing leadership skills
YEAR 9	Skills (Hands) Selecting and transferring skills Demonstrating good levels of fitness Create, perform and adapt tactics under pressure	Skills (Hands) Selecting and transferring skills Demonstrating good levels of fitness Create, perform and adapt tactics under pressure	Effective Thinking (Head) Making effective decisions Demonstrating rules in activities Analysing performance for improvement	Effective Thinking (Head) Making effective decisions Demonstrating rules in activities Analysing performance for improvement	Empowering Character (Heart) Identifying roles within a team Demonstrating resilience Demonstrating leadership skills	Empowering Character (Heart) Identifying roles within a team Demonstrating resilience Demonstrating leadership skills

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 10 GCSE	<p>Structure and functions of musculoskeletal system</p> <p>Structure and functions of the cardio-respiratory system</p>	<p>Anaerobic and aerobic exercise</p> <p>Short and long term effects of exercise</p>	<p>Lever systems</p> <p>Planes and axes of movement</p>	<p>Relationship between health and fitness and role that exercise plays in both</p> <p>Components of fitness, benefits for sport and how fitness is measured and improved</p>	<p>Principles of training and their application to personal exercise/ training</p> <p>How to optimise training and prevent injury</p> <p>Effective use of warm up and cool down</p>	<p>Use of data</p> <p>Analysis of performance coursework</p>
Year 11 GCSE	<p>Sport Psychology</p> <p>Classification of Skills</p> <p>The use of goal setting and SMART targets to improve performance</p>	<p>Basic information processing</p> <p>Guidance and feedback on performance</p> <p>Mental preparation for performance</p> <p>Performance Analysis Assessment</p>	<p>Socio-cultural influences</p> <p>Engagement patterns of different social groups in physical activity and sport</p> <p>Commercialisation of physical activity and sport</p> <p>Ethical and socio-cultural issues in physical activity and sport</p>	<p>Health fitness and wellbeing</p> <p>Physical, emotional and social health, fitness and wellbeing</p> <p>The consequences of a sedentary lifestyle</p> <p>Energy use, diet, nutrition and hydration</p>	<p>Exam preparation & revision</p>	

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
YEAR 10/ 11	Options; Hrf Netball Football	Options; Hrf Benchball Football Dodgeball Volleyball	Options; Hrf Football Dodgeball Badminton Dance	Options; Hrf Badminton Football Dodgeball Dance	Options: Athletics Softball Rounders danish longball Cricket	Options: Athletics Softball Rounders danish longball Cricket
Extra- Curricular	sports leader training football basketball netball fitness cross country	sports leadership football lsbba basketball jnr nba handball cheerleading	sports leadership football lsbba basketball jnr nba handball netball cheerleading indoor cricket	sports leadership football basketball handball netball cheerleading dance glow dodgeball	sports leadership athletics rounders cricket orienteering	sports leadership athletics table tennis rounders cricket