# PE

DECEMBER: UNIT 2 PROJECT

APRIL: UNIT 2 RESIT

MARCH: UNIT 1 EXAM

NOVEMBER: UNIT 1 RESIT

Lifelong participation in sport and physical activity

Higher/Further education:
For example, Physical Education A Level or BTEC in Sport

Career in sport:
For example, Physiotherapist or Nutritionist

Health and Safety

Warm up

Main activity

Cool down

Fitness Programme

Professional athlete

Analysis tools

SMART

Analysis and Goal Setting

Alcohol

Drugs

Smoking

Using data

Recovery

HRF Tests

SRF Tests

Activity levels

Diet

Principles of training (SPORT)

FITT

Skill-Related

Definitions

Health-Related

Short term

Long term

Anaerobic

Aerobic

Health and Fitness

Effects of Exercise

Energy Systems

## YEAR 11

Engage in a variety of sports/activities — Core PE

Optimising a Fitness Programme — Training Methods — Examined PE

Fitness Testing — 'Sport for life'

Lifestyle Factors — Engage in 2 sports

Principles of Training — Engage in 2 sports

Final Sports Day

Final Sports Awards

Heart rate training zones

Repetitions and sets

Develop independence

Develop ability to work effectively as part of a team

Develop confidence

Develop communication skills

Exercise safely

Develop resilience

Third Sports Day

Third Sports Awards

Stride pattern

Energy systems

Pacing

Efficient transition

## YEAR 10

Sport 11 & 12

Core PE — Engage in 2 sports — Engage in 2 sports — Engage in 2 sports — Engage in 2 sports

Examined PE — Skeletal System — Muscular System — Respiratory System — Cardiovascular System

Types of joints

Movement terminology

Structure and function of the respiratory system

Cardiac measurements

Posture

Names and types of muscles in the body

Lung volumes

Cardiac cycle

Blood Pressure

Structure of a synovial joint and vertebrae

Types of muscle contractions

Structure and function of the cardiovascular system

Net play

Names and types of bones in the body

Mechanics of breathing

Structure and function of the skeletal system

Muscle fibre types

Tactical awareness

Drop shot

Principles of training

Structure and function of the muscular system

One handed catching

Components of fitness

Leadership skills

Health and safety

Overhead

Contact skills

Groundstrokes with spin

Sport 9 & 10 — Sport 7 & 8 — Sport 5 & 6 — Sport 3 & 4

EXTRA-CURRICULAR VISITS
Summer Term: Football, Tennis and Cricket

Movement terminology

Lay up

Non dominant foot passing

Rebounding

Fielding

Tackling

Bowling

Year 8 Residential Trip

Sport 1 & 2

Team work

Throwing

Serving

Return of the serve

Batting

Second Sports Day

Second Sports Awards

Offensive strokes

Forehand lob

Direction

## YEAR 9

Sport 7 & 8 — Sport 9 & 10 — Sport 11 & 12

Serving

Underhand techniques

Leg action

Approach

Posture

Release phase

Levels

Beating opponents

Passing

EXTRA-CURRICULAR VISITS
Spring Term: Netball and Basketball

Overhead techniques

Offensive and defensive movement

Dribbling

Warm up

Rebounds

Creativity

Marking

Shooting

Catching

Cool down

Sport 5 & 6 — Sport 3 & 4 — Sport 1 & 2

Dodging

Fitness tests

Beating opponents

Methods of training

Running with the ball

Returns

Year 7 Residential Trip

Bowling

Wicket keeping

EXTRA-CURRICULAR VISITS
Autumn Term: Ice Hockey and Rugby

Volleys

Court positioning

First Sports Day

First Sports Awards

Team work

Batting

Tactical understanding

Groundstrokes

Fielding

## YEAR 8

Sport 7 & 8 — Sport 9 & 10 — Sport 11 & 12

Sending skills

Track

Field

Grip

Unison

Marking

Footwork

Starting

Flight

Positions

Ball control

Finishing

Cannon

Sport 5 & 6

Tackling

Passing skills

Receiving skills

Physical literacy

Shooting

Motif

## YEAR 7

Sport 3 & 4 — Sport 1 & 2 — Pre assessment

Travelling

Contact skills

Handling skills

Serving

Physical fitness

Levels

Dribbling skills

Carrying skills

Try scoring

Forehand shots

Extra-Curricular Clubs Start

welcome