

YEAR 10 & 11 CORE PE

ENRICHMENT OPTIONS

TRAMPOLINING
FOOTBALL
BASKETBALL
VOLLEYBALL

AUTUMN & SPRING TERM

**ACTIVITIES
OFFERED**
NETBALL
BOX-FIT
BASKETBALL
DODGEBALL
TABLE TENNIS
DANCE
FOOTBALL
HOCKEY
RUGBY
ROUNDERS
TENNIS
ATHLETICS

SET OPTIONS
NETBALL BOX-FIT
BASKETBALL
DODGEBALL
DANCE FOOTBALL
AEROBICS
BADMINTON

**SPORTS
LEADER
AWARD
(LEVELS 1 & 2)**

OPEN OPTIONS

SUMMER OPTIONS

ATHLETICS ROUNDERS
SOFTBALL CRICKET
ULTIMATE FRIZBEE
TENNIS

GCSE PE

10

11

SCHOOL ASSESSED PRACTICAL ACTIVITIES

ATHLETICS
BADMINTON
TABLE TENNIS
TRAMPOLINING
NETBALL
FOOTBALL
BASKETBALL

THEORY - AUTUMN TERM

1. Physical, emotional and social health
2. Lifestyle choices
3. Impact of lifestyle choices
4. Sedentary lifestyles and consequences
5. Balanced diet and the role of nutrients
6. Dietary manipulation for sport
7. Optimum weight
8. Functions of the skeletal system
9. Classification of bones
10. Structure of the skeletal system
11. Location and roles of key voluntary muscles

1. Classification of skills
 2. Forms of practice – theory and practical application
 3. Types of guidance – theory and practical application
 4. Mental preparation for performance; Types of feedback
 5. Sports psychology – use of data
 - 6.1 Engagement patterns of different social groups
- PEP
Final draft

THEORY - SPRING TERM

1. Antagonistic muscles
2. Fast and slow twitch muscle fibres
3. Structure and function of the cardiovascular system
4. Arteries, capillaries and veins
5. Vascular shunting
6. Components of blood and their significance for physical activity
7. Respiratory system – composition of air; lung volumes
8. Location and roles of principal components of respiratory system
9. Structure and function of alveoli
10. Energy sources; aerobic and anaerobic exercise and short term effects of exercise

1. Ethical & socio-cultural issues
2. Commercialisation
3. PEDS

PRACTICAL
MODERATION &
REVISION

THEORY - SUMMER TERM

1. Goal setting – SMART targets

2. COURSEWORK - Preparation, planning, data collection & first draft (Controlled assessment)

MAY/JUNE EXAMS