

KS/YR	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Key Stage 3	Year 7	Development of fundamental skills and techniques in a range of sports from the PE National Curriculum					
		Stages/principles of a warm up Stages/principles of a cool down	Name & location of voluntary muscles	Function of the Skeleton and types of bones	Name and location of all skeletal bones	Types of joints Movements at a joint	Structure & function of a joint
	Year 8	Progression of fundamental skills to advanced skills and techniques in a range of sports from the PE National Curriculum. Skills and techniques applied through defensive and attacking principles.					
		Immediate effects of exercise on the muscular and skeletal system	Immediate effects of exercise on the cardiorespiratory system.	Different heart rates and exercise intensities	Fitness components and the practical application	Fitness tests: method, purpose and results analysis.	Methods of training and the practical application
	Year 9	Development of tactics and strategies to create success in a range of sports from the PE national curriculum. Development of leadership skills through a Sport Education programme where possible.					
		Principles of training	The implications of key principles when planning a training programme	Long term effects of exercise on the muscular & skeletal system	Long term effects of exercise on the cardiorespiratory system	Diet: sources and functions	The implications of a sedentary lifestyle.
Key Stage 4	Year 10	Sports Leader UK award delivered within Core PE lessons. All students have option of completing qualification. Practice sessions delivered to other year 10 students, KS3 students primary school pupils. Core PE plan in place with options chosen at start of year. Students are encouraged to be physically active in sports they enjoy.					
		Communication and Confidence (Leadership)	Health & Safety (Risk Assessment)	Officiating Rules and Regulations	Sports Injury	Broader roles within club environment	Lifelong Participation (links to local providers)
	Year 11	Students given opportunity to be physically active to gain both the physical and mental benefits from exercise. Options given to encourage students to be physically active in sports they enjoy.					
Mental Health and Well-being		Social Benefits	Lifestyle Choices	PPE Examinations & preparation for GCSEs			