

YEAR

10 & 11 CORE PE

AUTUMN & SPRING TERM OPTIONS

SPORTS LEADER AWARD

DODGEBALL	FITNESS
FOOTBALL	TABLE TENNIS
NETBALL	BADMINTON
HOCKEY	CIRCUITS
RUGBY	AEROBICS

ENRICHMENT OPTIONS

TRAMPOLINING FOOTBALL
BADMINTON VOLLEYBALL

EXAMS OPTIONS

CROSS COUNTRY

HOCKEY
FOOTBALL
NETBALL
RUGBY

SUMMER OPTIONS

ATHLETICS

SOFTBALL CRICKET
TABLE TENNIS
TENNIS ROUNDERS

GCSE PE

10

11

SCHOOL ASSESSED PRACTICAL ACTIVITIES

ATHLETICS
BADMINTON
TABLE TENNIS
TRAMPOLINING
NETBALL
FOOTBALL

THEORY - AUTUMN TERM

2.1 Lever systems and the mechanical advantage they provide in movement
2.2 Planes and axes of movement
1.2 The structure and functions of the cardiorespiratory system
1.3 Aerobic/anaerobic exercise and energy sources
1.3 Energy use, diet, nutrition and hydration
1.4 The short- and long- term effects of exercise

3.1 Engagement patterns of different social groups
3.3 Ethical & socio-cultural issues
3.2 Commercialisation
3.5.5 PEDS

THEORY - SPRING TERM

2.1 Classification of skills
Types of Practice
2.3 Guidance and feedback on performance
2.4 Mental Preparation

**PRACTICAL
MODERATION &
REVISION**

THEORY - SUMMER TERM

COURSEWORK PREPARATION &
PEP COMPLETION

MAY EXAMS