**PE Big Picture Doc**

Pink= Aesthetics Blue= Rackets Orange =Striking and fielding Red= Athletics

**\*Subject to change due to hall use and if lessons impacted by weather**

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|  | **Autumn**  | **Spring**  | **Summer** |
| **Year 7 core** | GymnasticsOAANetballCross Country - Cardiovascular endurance  | DanceFootball Basketball | Athletics TrackAthletics FieldStriking & fielding  |
| **Year 8 core** | GymnasticsNetballBasketballCross Country - Cardiovascular endurance  | Table TennisRugby Football | Athletics TrackAthletics FieldStriking & fielding |
| **Year 9 core** | Netball/ HandballRugbyBasketballCross Country - Cardiovascular endurance  | Table TennisFootball Fitness | **Sports education unit-Sports leadership / officiating - Peer led** Athletics Track/FieldStriking & fieldingTennis  |
| **Year 10 core** | Table Tennis NetballFootball**GCSE Mixed:** GCSE Assessed | Fitness/Testing/ PEP BasketballHockey / Rugby  | **Sports education unit-Sports leadership / officiating - Peer led**Athletics Track/Field Striking & fieldingTennis |
| **Year 11 core** | **Boys:** Football (Field) - Benchball (SH) - Basketball (SH)**Girls:** Netball (HC) - Table Tennis (MH); Football (Field) **GCSE Mixed:** Football; Netball; Table Tennis – GCSE Assessments | **Boys:** Football (Field) - Volleyball (SH)- Table Tennis (MH)**Girls:** Basketball (SH); Just Dance (MH); and Volleyball (SH) **GCSE Mixed:**  Basketball; and Moderation practice.  |  |
| **Year 10 GCSE** | Physical Training:*-Types of fitness and fitness testing**-Long term effects of exercise**-Warm ups and cool downs**-Sports injuries and how to avoid them**-Different training methods**-Principles of training**-SMART targets* | PEP Written & Practical | Health Fitness and Wellbeing:*-Physical, emotional and social health**-Consequences of a sedentary lifestyle**-Diet & maintaining a healthy weight*Socio-cultural influences:*-Participation rates**-Commercialisation**-The role of the media**-Different sporting behaviour* |
| **Year 11 GCSE** | Applied Anatomy & Physiology:*-Skeletal system**-Muscular system**-Cardiorespiratory system**-Respiratory system**-Aerobic and anaerobic respiration**-The short term effects on the different systems*Winter Assessments | Movement Analysis:*-Levers**-Planes & Axes*Sport Psychology: *-Skill Classification**-Practice Structures**-Guidance**-Feedback**-Mental Preparation* *Spring Assessments**Practical Practice*  | Revision Final Exams |