**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**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Autumn** | **Spring** | **Summer** |
| **Year 7 core** | Gymnastics  OAA  Netball  Cross Country - Cardiovascular endurance | Dance  Football  Basketball | Athletics Track  Athletics Field  Striking & fielding |
| **Year 8 core** | Gymnastics  Netball  Basketball  Cross Country - Cardiovascular endurance | Table Tennis  Rugby  Football | Athletics Track  Athletics Field  Striking & fielding |
| **Year 9 core** | Netball/ Handball  Rugby  Basketball  Cross Country - Cardiovascular endurance | Table Tennis  Football  Fitness | **Sports education unit-Sports leadership / officiating - Peer led**  Athletics Track/Field  Striking & fielding  Tennis |
| **Year 10 core** | Table Tennis  Netball  Football  **GCSE Mixed:** GCSE Assessed | Fitness/Testing/ PEP  Basketball  Hockey / Rugby | **Sports education unit-Sports leadership / officiating - Peer led**  Athletics Track/Field  Striking & fielding  Tennis |
| **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 |