

Key Stage Three Physical Education Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YEAR 7	Practical: Rugby Netball Football	Practical: Handball Health-Related Fitness Netball Football	Practical: Health-Related Fitness Basketball Handball Football Netball	Practical: Health-Related Fitness Basketball Handball Football Netball	Practical: Cricket Rounders Athletics	Practical: Cricket Rounders Athletics
	Theory: Importance of a warm-up Components of a warm-up	Theory: Components of fitness		Theory: Muscle location	Theory: Muscles and movement	
YEAR 8	Practical: Rugby Netball Football Handball	Practical: Rugby Netball Football Handball	Practical: Handball Basketball Trampoline Health-Related Fitness	Practical: Handball Basketball Trampoline Health-Related Fitness	Practical: Cricket Rounders Athletics Gymnastics	Practical: Cricket Rounders Athletics Gymnastics
	Theory: Components of fitness	Theory: Muscles and movement	Theory: Antagonistic pairs		Theory: Skeletal system	
YEAR 9	Practical: Rugby Netball Football Handball	Practical: Rugby Netball Football Handball	Practical: Handball Basketball Trampoline Health-Related Fitness	Practical: Handball Basketball Trampoline Health-Related Fitness	Practical: Cricket Rounders Athletics Gymnastics	Practical: Cricket Rounders Athletics Gymnastics
	Theory: Components of fitness	Theory: Antagonistic pairs	Theory: Training zones		Theory: Skeletal system and synovial joints	

Key Stage Four Physical Education Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YEAR 10 <i>AQA</i>	Applied Anatomy and Physiology		Physical Training		Sport Psychology	
YEAR 11 <i>AQA</i>	NEA	Socio-Cultural Influences	Health Fitness and Wellbeing	Movement Analysis	<i>Targeted revision</i>	

Key Stage Four Sport Studies Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YEAR 11 <i>Cambridge National</i>	Leadership in Sport	Leadership in Sport	Sport and Media	Sport and Media	<i>Targeted revision</i>	