



## Physical Education - Long-term curriculum plan



	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<b>Year 7</b>	<b>Theory</b> Physical Training (Stages of warming-up)	<b>Theory</b> Physical Training (Benefits of warming-up)	<b>Theory</b> Physical training (Identifying and describing the skill related components of fitness)	<b>Theory</b> Physical training (Explain and linking the skill related components of fitness to the importance of different sports)	<b>Theory</b> Physical training (Identifying and describing the health related components of fitness)	<b>Theory</b> Physical training (Explain and linking the health related components of fitness to the importance of different sports)
	<b>Practical</b> <ul style="list-style-type: none"> <li>• Gymnastics</li> <li>• Basketball</li> <li>• Netball</li> <li>• Football</li> <li>• Swimming</li> </ul>		<b>Practical</b> <ul style="list-style-type: none"> <li>• Rugby</li> <li>• Badminton</li> <li>• Fitness</li> <li>• Trampolining</li> </ul>		<b>Practical</b> <ul style="list-style-type: none"> <li>• Athletics</li> <li>• OAA</li> <li>• Cricket</li> <li>• Rounders</li> </ul>	
<b>Year 8</b>	<b>Theory</b> Anatomy and physiology (identifying different muscles)	<b>Theory</b> Anatomy and physiology (identifying different joints)	<b>Theory</b> Anatomy and physiology (Identifying different movement at a joint)	<b>Theory</b> Anatomy and physiology (Role of different muscle groups )	<b>Theory</b> Physical Training (Aerobic training)	<b>Theory</b> Physical Training (Anaerobic training)
	<b>Practical</b> <ul style="list-style-type: none"> <li>• Badminton</li> <li>• Football</li> <li>• Netball</li> <li>• Trampolining</li> </ul>		<b>Practical</b> <ul style="list-style-type: none"> <li>• Rugby</li> <li>• Fitness</li> <li>• Basketball</li> <li>• Swimming</li> </ul>		<b>Practical</b> <ul style="list-style-type: none"> <li>• Athletics</li> <li>• OAA</li> <li>• Cricket</li> <li>• Rounders</li> </ul>	
<b>Year 9</b>	<b>Theory</b> Anatomy and physiology (Identifying different bones)	<b>Theory</b> Anatomy and physiology (identifying different joints)	<b>Theory</b> Physical training (Explain and linking the skill related components of fitness to the importance of different sports)	<b>Theory</b> Physical training (Explain and linking the health related components of fitness to the importance of different sports)	<b>Theory</b> Physical Training (Short term effects of exercise)	<b>Theory</b> Physical Training (Long term effects of exercise)
	<b>Practical</b> <ul style="list-style-type: none"> <li>• Football</li> <li>• Trampolining</li> </ul>		<b>Practical</b> <ul style="list-style-type: none"> <li>• Volleyball</li> <li>• Basketball</li> </ul>		<b>Practical</b> <ul style="list-style-type: none"> <li>• Athletics</li> <li>• Danish Long Ball</li> </ul>	



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	<ul style="list-style-type: none"> <li>• Badminton</li> <li>• Handball</li> </ul>		<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Netball</li> </ul>		<ul style="list-style-type: none"> <li>• Cricket</li> <li>• Rounders</li> </ul>	
<b>Year 10</b>	GCSE PE- Anatomy and Physiology <ul style="list-style-type: none"> <li>- Muscular skeletal</li> </ul>	GCSE PE- Anatomy and Physiology <ul style="list-style-type: none"> <li>- Cardio-respiratory</li> </ul>	GCSE PE- Movement Analysis <ul style="list-style-type: none"> <li>- Planes and Axis</li> <li>- Levers</li> </ul>	GCSE PE- Physical Training <ul style="list-style-type: none"> <li>- Components of fitness</li> <li>- Methods of training</li> </ul>	GCSE PE- Physical Training <ul style="list-style-type: none"> <li>- Principles of training</li> <li>- Benefits of exercise</li> </ul>	GCSE PE- Analysis of performance
	Sport Science- LO1 and LO2 of the exam unit	Sport Science- Applying the principles of training <ul style="list-style-type: none"> <li>- Components of fitness</li> <li>- Methods of training</li> <li>- Principles of training</li> <li>- Benefits of exercise</li> </ul>	Sports Science- LO3 and LO4 of the exam unit	Sport Science- Applying the principles of training <ul style="list-style-type: none"> <li>- Personal Exercise Programme</li> </ul>	Sports Science- Body response to exercise <ul style="list-style-type: none"> <li>- Muscular skeletal</li> <li>- Cardio-respiratory</li> </ul>	Sports Science- Body response to exercise <ul style="list-style-type: none"> <li>- Short and long term effects of exercise on the bodies systems</li> </ul>
	Practical <ul style="list-style-type: none"> <li>- Kinball</li> <li>- Volleyball</li> <li>- Fitness</li> <li>- Football</li> </ul>		Practical <ul style="list-style-type: none"> <li>- Tchoukball</li> <li>- Handball</li> <li>- Trampolining</li> <li>- Badminton</li> </ul>		Practical <ul style="list-style-type: none"> <li>- Frisbee</li> <li>- Tennis</li> <li>- Athletics</li> <li>- Cricket/ Rounders</li> </ul>	



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<b>Year 11</b>	GCSE PE- Sports Psychology  Sports Science- Applying the principles of training set assignment	GCSE PE- Socio-cultural influences  Sports Science- The bodies response to exercise set assignment	GCSE PE- Health, fitness and well-being  Sports Science- The bodies response to exercise set assignment	GCSE PE- Revision of paper 1  Sports Science- Exam unit revision	GCSE PE- Revision of paper 2  Sports Science- Exam unit revision	
	Practical <ul style="list-style-type: none"> <li>- Kinball</li> <li>- Volleyball</li> <li>- Fitness</li> <li>- Football</li> </ul>		Practical <ul style="list-style-type: none"> <li>- Tchoukball</li> <li>- Handball</li> <li>- Trampolining</li> <li>- Badminton</li> </ul>		Practical <ul style="list-style-type: none"> <li>- Frisbee</li> <li>- Tennis</li> <li>- Athletics</li> <li>- Cricket/ Rounders</li> </ul>	