

Physical Education Curriculum

Year 7

- Netball
- Badminton
- Football
- Dance
- OAA – Orienteering
- Cross Country
- Rugby (tag)
- Handball
- Gymnastics
- Athletics (track & field)
- Rounders
- Cricket
- Pickleball

Year 8

- Netball
- Football
- Cross Country
- Rugby (tag & contact)
- Handball
- Badminton
- HRE (Fitness)
- Volleyball
- Table tennis
- Athletics (track & field)
- Rounders
- Cricket
- Pickleball

Year 9

- Netball
- Football
- Cross country
- Rugby (tag & contact)
- Handball
- Badminton
- HRE (Fitness)
- Volleyball
- Table tennis
- Athletics (track & field)
- Rounders
- Cricket
- Pickleball



Year 10

Core PE: A range of physical activities covering the following areas: individual sports, team invasion sports, net/wall sports, personal challenge, physical fitness.

BTEC Tech Award in Sport

Component 1 – Preparing Participants to Take Part in Sport and Physical Activity (internal non-exam assessed unit – 30% of overall course weighting).

- Explore types of sport and sport provision.
- Barriers to participation and methods to overcome these barriers to increase participation in sport and physical activity.
- Learn knowledge around why we warm up and the effects on the body.

Component 2 - Taking Part and Improving Other Participants Sporting Performance (internal non-exam assessed unit – 30% of overall course weighting).

- Practical performance in selected sporting activity. Students will be assessed on isolated skill performance and competitive game strategies.

Year 11

Core PE: A range of physical activities covering the following areas: individual sports, team invasion sports, net/wall sports, personal challenge, physical fitness.

BTEC Tech Award in Sport

Component 2 - Taking Part and Improving Other Participants Sporting Performance (internal non-exam assessed unit – 30% of overall course weighting)

- Components of fitness and how they contribute to sport performance.
- Explore the role of officials in sport.
- Methods of sport coaching drills to improve the performance of other participants.

Component 3 - Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity (external synoptic exam assessment at the end of year 11 – 40% of overall course weighting).

- Components of fitness and measuring exercise intensity.
- Fitness testing, Training methods and effects of training.
- Types of Motivation and Goal Setting.