



Physical Education
Curriculum and Extra Curricular Programme of Study

	Girls Autumn 1	Boys Autumn 1	Girls Spring 2	Boys Spring 2	Girls Summer 1	Boys Summer 2
Year 7	Rugby Union Netball Association Football Sportshall Athletics Cross Country	Rugby Union Basketball Hockey Sportshall Athletics Cross Country	Table Tennis Gymnastics Dance Hockey Badminton	Table Tennis Gymnastics Association Football Badminton	Athletics Health Related Fitness Striking and Fielding	Athletics Health Related Fitness Striking and Fielding
Year 8	Rugby Union Netball Association Football Sportshall Athletics Cross Country	Rugby Union Basketball Hockey Sportshall Athletics Cross Country	Table Tennis Gymnastics Dance Hockey Badminton	Table Tennis Gymnastics Association Football Badminton	Athletics Health Related Fitness Striking and Fielding	Athletics Health Related Fitness Striking and Fielding
Year 9	Rugby Union Netball Association Football Sportshall Athletics Cross Country	Rugby Union Basketball Hockey Sportshall Athletics Cross Country	Table Tennis Gymnastics Dance Hockey Badminton	Table Tennis Gymnastics Association Football Badminton	Athletics Health Related Fitness Striking and Fielding	Athletics Health Related Fitness Striking and Fielding
Year 10	Netball Badminton Cross Country	Rugby Union Association Football Cross Country	Table Tennis Hockey HRF	Table Tennis Badminton	Athletics Tennis Striking & Fielding	Athletics Striking & Fielding
Year 11	Netball Badminton Cross Country	Rugby Union Association Football Cross Country	Table Tennis Hockey HRF	Table Tennis Badminton	Athletics Striking & Fielding	Athletics Striking & Fielding
GCSE Year 10	Musculoskeletal system Cardiorespiratory Netball Rugby	Lever system Planes and axes Badminton	Short- and long-term effects of exercise Table Tennis	The relationship between health, fitness and exercise Football Hockey	Injury prevention and effective use of warm up and cool down Athletics	The principles of training and application to PEP Fitness testing



GCSE Year 11	PEP Physical, emotional and social health Badminton 6 week training	PEP completion Sedentary lifestyle and Diet	Sports psychology Moderation prep	Social-cultural influence Moderation	Revision	Study leave/Exam
Lunchtimes	Badminton Sportshall Athletics Fitness Training	Badminton Sportshall Athletics Fitness Training	Table Tennis Fitness Training	Table Tennis Fitness Training	Striking & Fielding Fitness Training	Striking & Fielding Fitness Training
Fixtures	Netball Badminton Football/Futsal Sportshall Athletics Cross Country	Rugby Union Badminton Basketball Sportshall Athletics Cross Country	Hockey Table Tennis Gymnastics & Trampolining Badminton Futsal	Association Football Table Tennis Gymnastics & Trampolining Badminton Basketball	Rounders Athletics Tennis	Rounders Athletics Tennis

Pearson Edexcel GCSE (9-1)

<https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html>

Please see our PE learning journey for more details on our curriculum

This is the intended Programme of Study for the academic year; occasionally the programme may change due to adverse weather conditions or facilities being unavailable.
The Programme of Study is intended to complement the fixture calendar. Please see the fixture calendar for competitive intra-school and inter-school fixtures.