

Subject – PE/Sports Studies

	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Year 7	Rugby Football Hockey Netball	Netball Football HFW Dance	Gym Dodgeball Bench Netball Walking	Outdoor Ed Games (L2L) Dodgeball Dance	Athletics	Tennis Rounders Cricket Softball
Year 8	Basketball Spin Dodgeball Bench Netball	Rugby Football Spin Badminton	Badminton Spin Fitness	Gym Fitness Aerobics	Athletics	Tennis Rounders Cricket Softball
Year 9	Basketball Spin Dodgeball Bench Netball	Rugby Football Spin Badminton	Badminton Spin Fitness	Gym Fitness Aerobics	Athletics	Tennis Rounders Cricket Softball
Year 10 Sports Studies Theory	Health Fitness & wellbeing Sedentary lifestyle	Components of fitness Diet and nutrition Measuring health Testing	Methods of training Training zones Principles of training Warm up/cool down	Muscular skeletal system Cardio-respiratory Aerobic and Anaerobic exercise Muscle contractions	Long-term and short-term effects of exercise Sports technology	Goal setting
Year 11 Theory (Practical sessions not included) BTEC Performed over the 2 years	Information processing guidance <u>Unit 1 Coursework</u> Fitness for sport and exercise	PFP Coursework task <u>Unit 2 Coursework</u> Practical Sports Performance	Information processing Guidance <u>Unit 3 Coursework</u> The Mind and Sports Performance	Mental preparation Motivation Skilled performer Types of practice <u>Unit 5 Coursework</u> Training for Personal Fitness	Participation Provision Performance <u>Unit 4 Coursework</u> The Sports Performer in Action	Planes and axes of movement Lever system Online Exam/Revision