Programmes of study 2018-19: SUBJECT: Physical Education



	7, 8 and 9 Core	9	9	10 and 11 Core	10	11	12	12	13	13
	PE	GCSE PE	CNAT	PE	GCSE PE	GCSE PE	CTEC Single	CTEC Double	CTEC Single	CTEC Double
Autumn	Each student will	Health, fitness	RO54 Sport	Year 10 will get	Physical	Movement	Unit 1 –	Unit 1 –	Unit 3 –	Unit 3 –
1	spend 6 weeks on	and well-	and the	a choice of one	training –	analysis –	Body	Body	Sports	Sports
	6 sports	being – Paper	media.	of the	Paper 1:	Paper 1:	systems	systems and	organisation	organisation
	throughout the	2: Socio-	Coursework.	following	The human	The human	and effects	effects of	and	and
	year.	cultural		pathways:	body and	body and	of physical	physical	development.	development.
		influences and	RO53 Sports		movement	movement	activity	activity	(Exam in	(Exam in
	Sports covered in	well-being in	leadership.	 GCSE PE 	in physical	in physical	(Exam in	(Exam in	January).	January).
	Year 7, 8 and 9:	physical	Coursework	Boys	activity	activity	January).	January).		
		activity and	and	 GCSE PE 	and sport.	and sport.			Unit 17 –	Unit 17 –
	 Trampolining 	sport.	practical.	Girls			Unit 2 –	Unit 2 –	Sports	Sports
Autumn	 Invasion 	Health, fitness		Boys	Physical	Sports	Sports	Sports	injuries and	injuries and
2	Games	and well-		Games	training –	psychology	coaching	coaching	rehabilitation.	rehabilitation.
	 Striking and 	being – Paper		Girls	Paper 1:	– Paper 2:	and activity	and activity	Coursework	Coursework
	Fielding	2: Socio-		Games	The human	Socio-	leadership.	leadership.	and practical.	and practical.
	 Athletics 	cultural		 Aesthetics 	body and	cultural	Coursework	Coursework		
	Table Tennis	influences and		 Life skills 	movement	influences	and	and	Unit 18 –	Unit 18 –
	Fitness/OAA	well-being in			in physical	and well-	practical.	practical.	Physical skills	Physical skills
		physical			activity	being in			in sport and	in sport and
I		activity and			and sport.	physical		Unit 5 –	physical	physical
		sport.				activity		Performance	activities.	activities.
						and sport.		analysis in	Coursework	Coursework
Spring 1		Applied			Physical	Socio-		sport and	and practical.	and practical.
I		anatomy and			training –	cultural		exercise.		
		physiology –			Paper 1:	influences		Coursework		Unit 4 –
		Paper 1: The			The human	– Paper 2:		and		Working
		human body			body and	Socio-		practical.		safely in
		and			movement	cultural				sport,
		movement in			in physical	influences		Unit 8 –		exercise,
		physical			activity	and well-		Organisation		health and
					and sport.	being in		of a sports		

	activity and	ph	hysical	events.	leisure. (Exam
	sport.	ac	ctivity	Coursework	in January).
		an	nd sport.	and	
Spring 2	Applied	Sports Re	evision	practical.	Unit 11 –
	anatomy and	psychology fo	or final		Physical
	physiology –	– Paper 2: ex	xams.	Unit 13 –	activity for
	Paper 1: The	Socio-		Health and	specific
	human body	cultural		fitness	groups.
	and	influences		testing for	Coursework.
	movement in	and well-		sport and	
	physical	being in		exercise.	Unit 19 –
	activity and	physical		Coursework	Sport and
	sport.	activity		and	exercise
		and sport.		practical.	psychology.
Summer	Sports	Sports Re	evision		Coursework.
1	psychology –	psychology fo	or final		
	Paper 2:	– Paper 2: ex	xams		
	Socio-cultural	Socio-			
	influences and	cultural			
	well-being in	influences			
	physical	and well-			
	activity and	being in			
	sport.	physical			
		activity			
		and sport.			
Summer	Revision of	Revision of N/	/A		
2	year one	year one			
	content.	and two.			