



## Programmes of study 2018-19: SUBJECT: Physical Education

	7, 8 and 9 Core PE	9 GCSE PE	9 CNAT	10 and 11 Core PE	10 GCSE PE	11 GCSE PE	12 CTEC Single	12 CTEC Double	13 CTEC Single	13 CTEC Double
Autumn 1	Each student will spend 6 weeks on 6 sports throughout the year.  Sports covered in Year 7, 8 and 9:	Health, fitness and well-being – Paper 2: Socio-cultural influences and well-being in physical activity and sport.	RO54 Sport and the media. Coursework.  RO53 Sports leadership. Coursework and practical.	Year 10 will get a choice of one of the following pathways:  <ul style="list-style-type: none"> <li>GCSE PE Boys</li> <li>GCSE PE Girls</li> </ul>	Physical training – Paper 1: The human body and movement in physical activity and sport.	Movement analysis – Paper 1: The human body and movement in physical activity and sport.	Unit 1 – Body systems and effects of physical activity (Exam in January).	Unit 1 – Body systems and effects of physical activity (Exam in January).	Unit 3 – Sports organisation and development. (Exam in January).	Unit 3 – Sports organisation and development. (Exam in January).
Autumn 2	<ul style="list-style-type: none"> <li>Trampolining</li> <li>Invasion Games</li> <li>Striking and Fielding</li> <li>Athletics</li> <li>Table Tennis</li> <li>Fitness/OAA</li> </ul>	Health, fitness and well-being – Paper 2: Socio-cultural influences and well-being in physical activity and sport.		<ul style="list-style-type: none"> <li>Boys Games</li> <li>Girls Games</li> <li>Aesthetics</li> <li>Life skills</li> </ul>	Physical training – Paper 1: The human body and movement in physical activity and sport.	Sports psychology – Paper 2: Socio-cultural influences and well-being in physical activity and sport.	Unit 2 – Sports coaching and activity leadership. Coursework and practical.	Unit 2 – Sports coaching and activity leadership. Coursework and practical.	Unit 17 – Sports injuries and rehabilitation. Coursework and practical.	Unit 17 – Sports injuries and rehabilitation. Coursework and practical.
Spring 1		Applied anatomy and physiology – Paper 1: The human body and movement in physical			Physical training – Paper 1: The human body and movement in physical activity and sport.	Socio-cultural influences – Paper 2: Socio-cultural influences and well-being in		Unit 5 – Performance analysis in sport and exercise. Coursework and practical.  Unit 8 – Organisation of a sports	Unit 18 – Physical skills in sport and physical activities. Coursework and practical.	Unit 18 – Physical skills in sport and physical activities. Coursework and practical.  Unit 4 – Working safely in sport, exercise, health and

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