

**Curriculum Plan****Subject: Physical Education and Sport****Key Stage 3 Boys**

	Year 7	Year 8	Year 9
Autumn 1	Health Related Fitness/Basketball	Skill Related Fitness/Basketball	Fitness Training/Basketball
Autumn 2	Swimming/Football	Swimming/Football	Fitness Training/Football
Spring 1	Badminton/Rugby	Rugby/Badminton	Rugby/Handball
Spring 2	Gymnastics/Invasion Games	Gymnastics/Invasion Games	Invasion Games
Summer 1	Athletics/Cricket	Athletics/Cricket	Athletics/Cricket
Summer 2	Athletics/Tennis	Athletics/Tennis	Athletics/Tennis

**Key Stage 3 Girls**

	Year 7	Year 8	Year 9
Autumn 1	Hockey/Gymnastics	Hockey/Gymnastics	Hockey/Netball
Autumn 2	Football/Netball	Football/Netball	Football/Fitness Training
Spring 1	Swimming/Dance	Rugby/Skill Related Fitness	Dance/Rugby
Spring 2	Health Related Fitness/Invasion Games	Dance/Invasion Games	Personal Exercise Programme(Fit Suite)/Invasion Games
Summer 1	Athletics/Tennis	Athletics/Tennis	Athletics/Tennis
Summer 2	Athletics/Rounders	Athletics/Rounders	Athletics/Rounders

**Key Stage 4 Boys (Core)**

	Year 10	Year 11
Autumn 1	Basketball/Handball	Competition Structure of Games activities (3 week/6 lesson rotation)
Autumn 2	Football/Rugby	Competition Structure of Games activities (3 week/6 lesson rotation)
Spring 1	Table Tennis/5 a side Football	Competition Structure of Games activities (3 week/6 lesson rotation)
Spring 2	Volleyball / Competitions	Competition Structure of Games activities (3 week/6 lesson rotation)
Summer 1	Athletics/Cricket	Competition Structure of Games activities (3 week/6 lesson rotation)
Summer 2	Athletics/Tennis	

### Key Stage 4 Girls (Core)

	Year 10	Year 11
Autumn 1	Hockey/Netball	Competition Structure of Games activities (3 week/6 lesson rotation)
Autumn 2	Football/Basketball	Competition Structure of Games activities (3 week/6 lesson rotation)
Spring 1	Fitness/Rugby	Competition Structure of Games activities (3 week/6 lesson rotation)
Spring 2	Dance Fit/Invasion Games	Competition Structure of Games activities (3 week/6 lesson rotation)
Summer 1	Athletics/Tennis	Competition Structure of Games activities (3 week/6 lesson rotation)
Summer 2	Athletics/Rounders	

### Key Stage 4 (BTEC)

	Year 10	Year 11
Autumn 1	Unit 1 Fitness for Sport & Exercise (Learning Aim A) Unit 2 Practical Sport (Learning Aim A&B)	Unit 4 Sports Performer in Action Unit 6 Leading Sports Activities
Autumn 2	Unit 1 Fitness for Sport & Exercise (Learning Aim A) Unit 2 Practical Sport (Learning Aim A&B)	Unit 4 Sports Performer in Action Unit 6 Leading Sports Activities
Spring 1	Unit 1 Fitness for Sport & Exercise (Learning Aim C) Unit 2 Practical Sport (Learning Aim A&B)	Unit 4 Sports Performer in Action Unit 6 Leading Sports Activities
Spring 2	Unit 1 Fitness for Sport & Exercise (Learning Aim B&C) Unit 2 Practical Sport (Learning Aim A&B)	Unit 4 Sports Performer in Action Unit 6 Leading Sports Activities
Summer 1	Unit 1 Fitness for Sport & Exercise (Learning Aim B) Unit 2 Practical Sport (Learning Aim C)	Unit 4 Sports Performer in Action Unit 6 Leading Sports Activities
Summer 2	Unit 1 Fitness for Sport & Exercise (Learning Aim A-C Revision & Exam) Unit 2 Practical Sport (Learning Aim C)	

### Key Stage 5 (BTEC Sub Dip)

	Year 12	Year 13
Autumn 1	Unit 1 Principles of Anatomy and Physiology in Sport Unit 3 Assessing Risk in Sport Unit 7 Fitness Testing for Sport and Exercise.	Unit 13 Sports Leadership Unit 8 Practical Team Sport Unit 4 Fitness Training and Programming
Autumn 2	Unit 1 Principles of Anatomy and Physiology in Sport Unit 3 Assessing Risk in Sport Unit 7 Fitness Testing for Sport and Exercise.	Unit 13 Sports Leadership Unit 8 Practical Team Sport Unit 4 Fitness Training and Programming
Spring 1	Unit 1 Principles of Anatomy and Physiology in Sport Unit 3 Assessing Risk in Sport Unit 7 Fitness Testing for Sport and Exercise.	Unit 13 Sports Leadership Unit 8 Practical Team Sport Unit 4 Fitness Training and Programming
Spring 2	Unit 2 The Physiology of Fitness Unit 3 Assessing Risk in Sport Unit 7 Fitness Testing for Sport and Exercise.	Unit 13 Sports Leadership Unit 8 Practical Team Sport Unit 4 Fitness Training and Programming
Summer 1	Unit 2 The Physiology of Fitness Unit 3 Assessing Risk in Sport Unit 7 Fitness Testing for Sport and Exercise.	Unit 13 Sports Leadership Unit 8 Practical Team Sport Unit 4 Fitness Training and Programming
Summer 2	Unit 2 The Physiology of Fitness Unit 3 Assessing Risk in Sport Unit 7 Fitness Testing for Sport and Exercise.	

### Key Stage 5 (BTEC Dip)

	Year 12	Year 13
Autumn 1	Sub Dip Units & Unit 18 Sports injuries Unit 5 Sports Coaching	Sub Dip Units & Unit 12 Current Issues In Sport Unit 6 Sports Development Unit 15 Instructing Physical Activity
Autumn 2	Sub Dip Units & Unit 18 Sports injuries Unit 5 Sports Coaching	Sub Dip Units & Unit 12 Current Issues In Sport Unit 6 Sports Development Unit 15 Instructing Physical Activity
Spring 1	Sub Dip Units & Unit 18 Sports injuries Unit 5 Sports Coaching	Sub Dip Units & Unit 12 Current Issues In Sport Unit 6 Sports Development Unit 15 Instructing Physical Activity
Spring 2	Sub Dip Units & Unit 21 Sport and Exercise Massage Unit 5 Sports Coaching	Sub Dip Units & Unit 12 Current Issues In Sport Unit 6 Sports Development Unit 15 Instructing Physical Activity
Summer 1	Sub Dip Units & Unit 21 Sport and Exercise Massage Unit 5 Sports Coaching	Sub Dip Units & Unit 12 Current Issues In Sport Unit 6 Sports Development Unit 15 Instructing Physical Activity
Summer 2	Sub Dip Units & Unit 21 Sport and Exercise Massage Unit 5 Sports Coaching	

### Key Stage 5 (BTEC Ext Dip)

	Year 12	Year 13
Autumn 1	Dip Units & Unit 17 Psychology for Sports Performance Unit 9 Practical Individual Sports	Dip Units & Unit 11 Nutrition In Sport Unit 23 Organising Sports Events Unit 26 Work Experience In Sport
Autumn 2	Dip Units & Unit 17 Psychology for Sports Performance Unit 9 Practical Individual Sports	Dip Units & Unit 11 Nutrition In Sport Unit 23 Organising Sports Events Unit 26 Work Experience In Sport
Spring 1	Dip Units & Unit 17 Psychology for Sports Performance Unit 9 Practical Individual Sports and Unit 22 Rules, Regulations and Officiating in Sport	Dip Units & Unit 11 Nutrition In Sport Unit 23 Organising Sports Events Unit 26 Work Experience In Sport
Spring 2	Dip Units & Unit 17 Psychology for Sports Performance Unit 9 Practical Individual Sports and Unit 22 Rules, Regulations and Officiating in Sport	Dip Units & Unit 11 Nutrition In Sport Unit 23 Organising Sports Events Unit 26 Work Experience In Sport
Summer 1	Dip Units & Unit 17 Psychology for Sports Performance Unit 9 Practical Individual Sports and Unit 22 Rules, Regulations and Officiating in Sport	Dip Units & Unit 11 Nutrition In Sport Unit 23 Organising Sports Events Unit 26 Work Experience In Sport
Summer 2	Dip Units & Unit 17 Psychology for Sports Performance Unit 9 Practical Individual Sports and Unit 22 Rules, Regulations and Officiating in Sport	