

YEAR SEVEN						
	M1	M2	L1	L2	T1	T2
PE	Boys Rugby	Boys Basketball/ Fitness	Boys Football	Boys Fitness/ Basketball	Boys Athletics	Boys Cricket/ Tennis
	Girls Netball	Girls Football	Girls Fitness	Girls Trampoline	Girls Athletics	Girls Rounders/ Tennis

YEAR EIGHT						
	M1	M2	L1	L2	T1	T2
PE	Boys Rugby	Boys Basketball/ Table Tennis	Boys Football	Boys Table Tennis/ Basketball	Boys Athletics	Boys Cricket/ Tennis
	Girls Netball	Girls Football	Girls Fitness	Girls Trampoline	Girls Athletics	Girls Rounders/ Tennis

YEAR NINE						
	M1	M2	L1	L2	T1	T2
PE	Boys Rugby	Boys Netball/ Table Tennis	Boys Football	Boys Table Tennis/ Netball	Boys Athletics	Boys Cricket/ Tennis
	Girls Netball	Girls Football	Girls Volleyball	Girls Trampoline	Girls Athletics	Girls Rounders/ Tennis

YEAR TEN GCSE PE						
	M1	M2	L1	L2	T1	T2
GCSE PE	<b>Paper 1</b> <ul style="list-style-type: none"> <li>The structure and functions of the musculoskeletal system</li> <li>Movement Analysis</li> <li>Lever systems, Planes and Axes of Movements</li> </ul>	<b>Paper 1</b> <ul style="list-style-type: none"> <li>The structure and functions of the cardio-respiratory system</li> <li>Anaerobic and aerobic exercise</li> <li>Short and Long Term effects of exercise</li> </ul>	<b>Paper 1</b> <ul style="list-style-type: none"> <li>Relationship between health and fitness</li> <li>Components of fitness</li> <li>Principles of Training</li> <li>Types of training</li> <li>How to optimize training and reduce injury</li> </ul>	<b>Paper 1</b> <ul style="list-style-type: none"> <li>Use of Data</li> <li>Qualitative and quantitative</li> <li>Presenting data</li> <li>Analysis and evaluation of data</li> </ul> <p>End of Paper revision and Testing.</p>	<b>PE Coursework (10%)</b> <ul style="list-style-type: none"> <li>Analysis and evaluation of performance</li> <li>Action plan to improve performance</li> </ul>	Complete Coursework Final submission.  End of Paper 1 Revision, Exam writing technique and PPE review  Extra Practical Assessments.

YEAR ELEVEN						
	M1	M2	L1	L2	T1	T2
GCSE PE	<b>Paper 2</b> <ul style="list-style-type: none"> <li>Classification of skills</li> <li>Goal setting and SMART Targets</li> <li>Basic Information Processing</li> <li>Guidance and Feedback</li> <li>Mental Preparation for Performance</li> </ul>	<b>Paper 2</b> <ul style="list-style-type: none"> <li>Engagement Patterns of different social groups</li> <li>Commercialisation of sport</li> <li>Ethical and socio-cultural issues in sport</li> </ul>	<b>Paper 1</b> <ul style="list-style-type: none"> <li>Health, fitness and wellbeing</li> <li>Consequences of a sedentary lifestyle</li> <li>Energy use, diet and hydration</li> </ul> <p><b>End of Paper Assessments</b></p>	Practical Assessment for GCSE (30%)  Exam Preparation	Exam Preparation	