Routes to Remarkable

PHYSICAL EDUCATION

Year 7

- Expectations and Standards in KS3 PE
- Skills and rules in an invasion game
- Skills and concepts in net sports
- Focus on striking and fielding techniques
- Introduction to athlete groups
- Athletic events
- Sports leadership

Year 8

- Skills and gameplay in athletics
- Skills and gameplay in net sports
- Skills and gameplay in invasion sports
- Skills and gameplay in net sports
- Skills and gameplay – striking and fielding techniques
- Improving fitness and wellbeing

Year 9

- Leadership (Qualification Opportunity)
- Tactical understanding in net sports
- Exploring athletic roles – officiating, timing, measuring and organisation
- Tactical understanding in invasion games
- Tactical understanding – striking and fielding
- Taster of pathways for KS4

Year 10

- CORE: Athletics
  GCSE: NEA Coursework
- CORE: Net sports
  GCSE: Movement Analysis, Keeping fit and healthy and Principles of Training lifestyle – net sports
  BTEC: Component 2 begins
- CORE: Invasion
  GCSE: Muscular System, Skeletal System and Cardiovascular System Lifestyle – Invasion
  BTEC: Component 1

Year 11

- CORE: Field sports
  GCSE: Methods and Effects of training, Healthy and Safety in Sport and the use of Data
  BTEC: Leadership
- CORE: Invasion Games
  GCSE: Respiratory System, Aerobic and Anaerobic exercise and the effects of exercise.
  BTEC: Component 1 completed
- CORE: Invasion
  GCSE: Sports Psychology and Mock exam preparation
  BTEC: Component 2 completed
- CORE: Field sports
  GCSE: PE external moderation
  BTEC: Component 3 Revision.
- CORE: Net sports
  GCSE: Mock Practical Moderation and Health, Fitness and Well-being
  BTEC: Component 3 exam
- CORE: Athletics
  GCSE: Exam Revision
  BTEC: Exam Revision

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