

# Curriculum Overview: *Physical Education*

## Key Stage 3 (Years 7, 8 and 9)

Year 7		
Year 7 Girls – 2 Hours Core PE		
Term (1) and Term (2)	Term (1) and Term (2)	Term (3)
<b><u>OUTDOOR</u></b> Bishops Steps assessment Ball Skills: Netball or Hockey Problem solving Tag Rugby Cross Country	<b><u>INDOOR</u></b> Indoor athletics Gymnastics Dance	Athletics Tennis Rounders
Year 7 Boys – 2 Hours Core PE		
Term (1) and Term (2)	Term (1) and Term (2)	Term (3)
<b><u>OUTDOOR</u></b> Bishops Steps assessment Rugby Hockey Rugby 7's Cross country	<b><u>INDOOR</u></b> Introduction to Health & Safety in Rugby Gymnastics Ball Skills (Hand / eye coordination)	Athletics Tennis Cricket

Year 8		
Year 8 Girls – 2 Hours Core PE		
Term (1) and Term (2)	Term (1) and Term (2)	Term (3)
<b><u>OUTDOOR</u></b> Assessment Netball Hockey Tag Rugby	<b><u>INDOOR</u></b> Gymnastics Dance Badminton Sports Hall Athletics	Athletics Tennis Rounders
Year 8 Boys – 2 Hours Core PE		
Term (1) and Term (2)	Term (1) and Term (2)	Term (3)
<b><u>OUTDOOR</u></b> Assessment Rugby Hockey Rugby 7's Cross Country	<b><u>INDOOR</u></b> Gymnastics Ball Skills Basketball Table Tennis	Athletics Tennis Cricket

Year 9		
Year 9 Girls will choose which activity 2 Hours Core PE		
Term (1) & Term (2)	Term (1) & Term (2)	Term (3)
<b><u>OUTDOOR</u></b> Assessment Netball or Hockey Netball leaders Capture the flag Orienteering Sports Education (Coaching / Officiation)	<b><u>INDOOR</u></b> Basketball Badminton HRE Exercise to Music	Athletics Tennis Rounders
Year 9 Boys 2 Hours Core PE		
Term (1) & Term (2)	Term (1) & Term (2)	Term (3)
<b><u>OUTDOOR</u></b> Assessment Rugby Hockey Football Cross Country	<b><u>INDOOR</u></b> Basketball Circuit Training HRE Table tennis	Athletics Tennis Cricket Weight training inductions

### Key Stage 4 (Years 10 and 11)

Year 10 2 Hours GCSE PE Examination, Practical to be done in extracurricular activities in own time		
Term (1)	Term (2)	Term (3)
GCSE PE 2 Hours  <b>Exam 1:</b> 1-hour 45mins (30%) Fitness and Body Systems <b>Exam 2:</b> 1-hour 15mins (24%) Health and Performance Course Work (10%) Practical Performance (30%)	GCSE PE 2 Hours  <b>Exam 1:</b> 1-hour 45mins (30%) Fitness and Body Systems <b>Exam 2:</b> 1-hour 15mins (24%) Health and Performance Course Work (10%) Practical Performance (30%)	GCSE PE 2 Hours  <b>Exam 1:</b> 1-hour 45mins (30%) Fitness and Body Systems <b>Exam 2:</b> 1-hour 15mins (24%) Health and Performance Course Work (10%) Practical Performance (30%)

Year 11 2 Hours GCSE PE Examination, Practical to be done in extracurricular activities in own time		
Term (1)	Term (2)	Term (3)
GCSE PE 2 Hours  <b>Exam 1:</b> 1-hour 45mins (30%) Fitness and Body Systems <b>Exam 2:</b> 1-hour 15mins (24%) Health and Performance Course Work (10%) Practical Performance (30%)	GCSE PE 2 Hours  <b>Exam 1:</b> 1-hour 45mins (30%) Fitness and Body Systems <b>Exam 2:</b> 1-hour 15mins (24%) Health and Performance Course Work (10%) Practical Performance (30%)	GCSE PE 2 Hours  <b>Exam 1:</b> 1-hour 45mins (30%) Fitness and Body Systems <b>Exam 2:</b> 1-hour 15mins (24%) Health and Performance Course Work (10%) Practical Performance (30%)

### Year 10 2 Hours Core PE

Term (1)	Term (2)	Term (3)
<p>At KS4 students follow either a Competitive pathway or a Recreational pathway.</p> <p><b>Competitive</b> Badminton, Athletics, Netball, Rugby, Basketball or Table Tennis</p> <p><b>Recreational</b> Dodgeball Dance Hockey Fitness</p>	<p>At KS4 students follow either a Competitive pathway or a Recreational pathway.</p> <p><b>Competitive</b> Badminton, Athletics, Netball, Rugby, Basketball or Table Tennis</p> <p><b>Recreational</b> Dodgeball Dance Hockey Fitness</p>	<p>At KS4 students choose an activity each term.</p> <p>Dodgeball Dance Hockey Fitness</p>

### Year 11 2 Hours Core PE

Term (1)	Term (2)	Term (3)
<p>At KS4 students follow either a Competitive pathway or a Recreational pathway.</p> <p><b>Competitive</b> Badminton, Athletics, Netball, Rugby, Basketball or Table Tennis</p> <p><b>Recreational</b> Dodgeball Dance Hockey Fitness</p>	<p>At KS4 students follow either a Competitive pathway or a Recreational pathway.</p> <p><b>Competitive</b> Badminton, Athletics, Netball, Rugby, Basketball or Table Tennis</p> <p><b>Recreational</b> Dodgeball Dance Hockey Fitness</p>	<p>At KS4 students choose an activity each term.</p> <p>Dodgeball Dance Hockey Fitness</p>

**Exam Link**

**Additional Information**