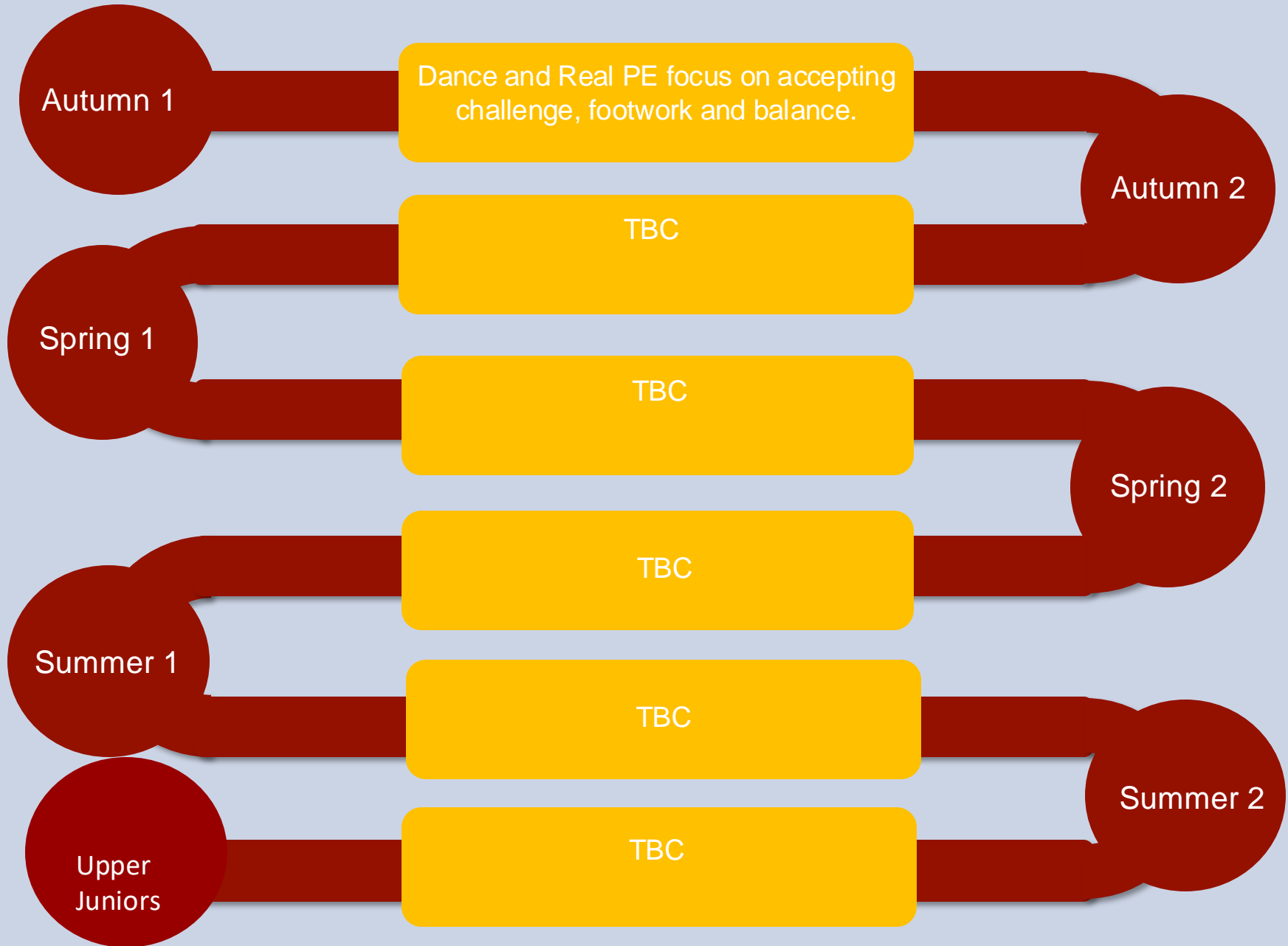


Lower Juniors PE



Upper Juniors PE

Autumn 1

FUNS Circuit Training and Dodgeball

Autumn 2

Spring 1

Throw Tennis, Gymnastics, End Ball

Spring 2

Summer 1

Seated Volleyball,
Jumpball, Beanbag Raid and Dodgeball

Throlf, Danish Longball and Football
Cricket

Summer 2

Year
7

OAA, Capture the Flag and scatterball

striking and fielding, Shot put, discus and
races

Year 7 PE

Autumn 1

FUNS Circuit Training and Dodgeball

Autumn 2

Spring 1

Throw Tennis, Gymnastics, End Ball

Seated Volleyball,
Jumpball, Beanbag Raid and Dodgeball

Spring 2

Summer 1

Throlf, Danish Longball and Football
Cricket

OAA, Capture the Flag and striking and
fielding

Summer 2

Year 8

striking and fielding, Shot put, discus and
races

Year 8 PE

Autumn 1

Football and Dodgeball

Autumn 2

Spring 1

Obstacle course and Basketball

Spring 2

Summer 1

Badminton and Fun Fitness

Volleyball and Table Tennis

OAA, Capture the Flag, striking and fielding

Year 9

Scatterball/rounders, Discus, Shot put and races.

Summer 2

Year 9 PE

Autumn 1

Football and Dodgeball

Autumn 2

Volleyball and Badminton

Spring 1

Unihoc and Hybrid Games

Spring 2

Fun Fitness, Hybrid Games

Summer 1

OAA, Adapted Cricket and Scatterball

Summer 2

Year 11

Striking and fielding, Discus, Shot Put
and Sprints

Year 10 PE

Autumn 1

Football and Dodgeball

Autumn 2

Volleyball and Badminton

Spring 1

Unihoc and Hybrid Games

Spring 2

Fun Fitness, Hybrid Games

Summer 1

OAA, Adapted Cricket and Scatterball

Summer 2

Year 11

Striking and fielding, Discus, Shot Put
and Sprints

Year 11 PE

Autumn 1

Football and Dodgeball

Autumn 2

Spring 1

Volleyball and Badminton

Unihoc and Hybrid Games

Spring 2

Summer 1

Fun Fitness, Hybrid Games

Capture the Flag, Adapted Cricket,
Scatterball and Rounders

Summer 2

Striking and fielding, Discus, Shot Put
and Sprints

Year 10 GCSE PE

Autumn 1

Skeleton and Muscles

Autumn 2

Spring 1

Cardiorespiratory system

Anaerobic and Aerobic Exercise/Fitness Training

Spring 2

Summer 1

Fitness Training and Personal Exercise Plan

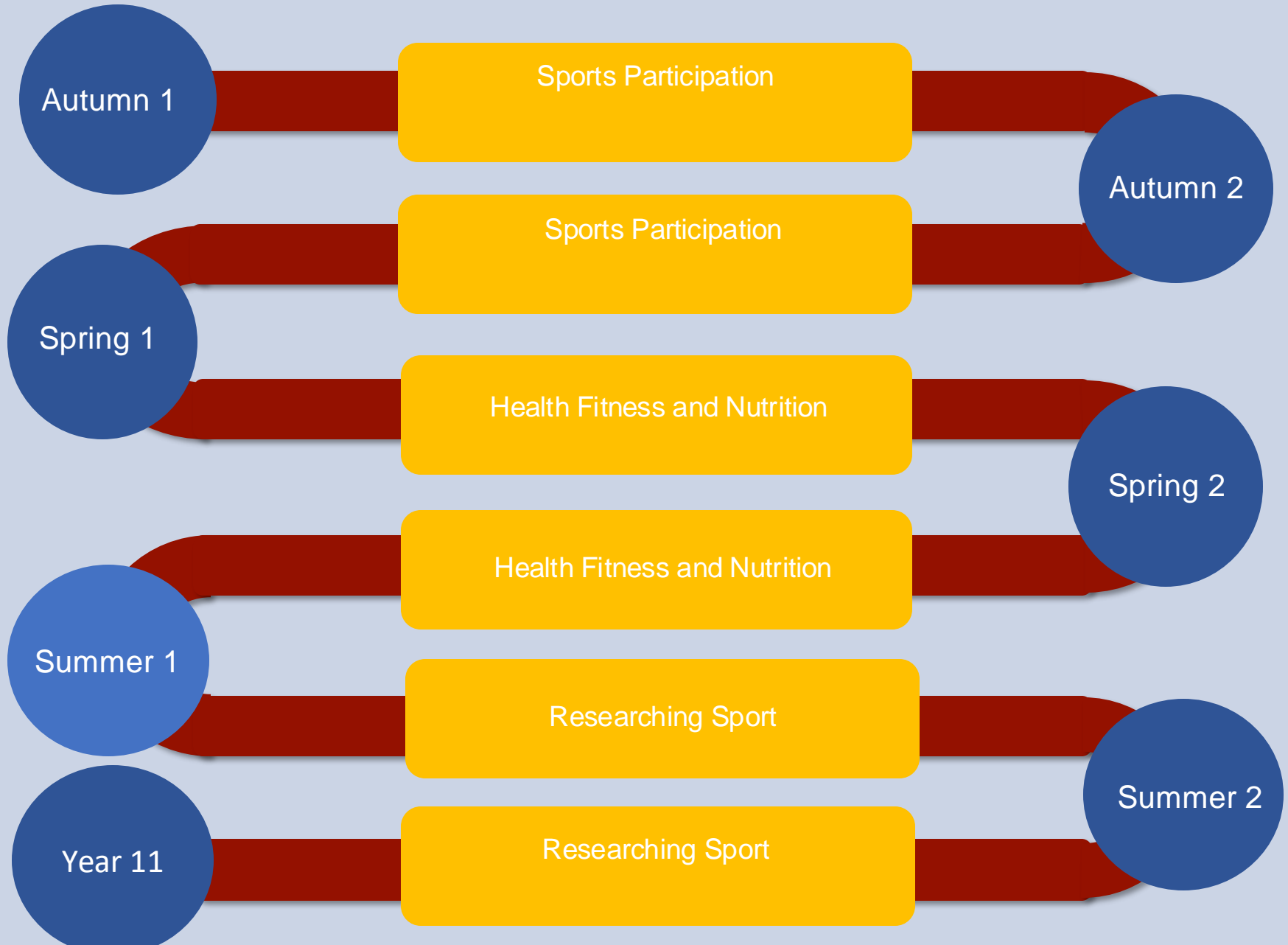
Personal Exercise Plan
The long term effects of exercise

Summer 2

Year 11

The Principles of Fitness Training applied to Personal Exercise Plan. Levers, Planes and Axis

Year 10 ASDAN PE



Year 11 GCSE PE

Autumn 1

Levers, Planes and Axis
Year 10 Revision/PEP Coursework
How to optimise training and prevent injury

Autumn 2

Spring 1

Sports Participation and Goal Setting

Sports Coaching and Sport as a Business

Spring 2

Summer 1

Ethical issues in Sport

Revision and exam preparation

Summer 2

Year 11

Revision and exam preparation

Year 11 ASDAN PE

