

PHYSICAL EDUCATION

	AUTUMN TERM 1	AUTUMN TERM 2	SPRING TERM 1	SPRING TERM 2	SUMMER TERM 1	SUMMER TERM 2
	Topics	Topics	Topics	Topics	Topics	Topics
YEAR 7 PE	Personal Fitness Challenge, Baselining, Sportshall Athletics, Movement to Music, Badminton	Sportshall Athletics, Movement to Music, Badminton. Scottish Dancing	Badminton, Sportshall Athletics, Movement to Music	Movement to Music, Badminton, Sportshall Athletics	Athletics	Athletics. Competitions, Student Voice
YEAR 7 GAMES	Personal Fitness Challenge, Baselining, Multi-Skills	Multi-Skills, Scottish Dancing	Multi-Skills	Multi-skills	Athletics, Rounders,	Rounders, Competitions, Student Voice
YEAR 8 PE	Personal Fitness Challenge, Sportshall Athletics, Badminton, Handball	Handball, Sportshall Athletics, Badminton. Scottish Dancing	Badminton, Handball, Sportshall Athletics	Couch 2 5K	Athletics	Athletics. Competitions, Student Voice
YEAR 8 GAMES	Personal Fitness Challenge, Netball, Rugby, Basketball	Basketball, Football, Table Tennis. Scottish Dancing	Hockey, Basketball, Football	Football, Hockey, Dodgeball/Invasion Games	Athletics, Cricket	Cricket, Competitions, Student Voice
YEAR 9 PE	Personal Fitness Challenge, Healthy Active Lifestyles	Badminton, Handball, Football. Scottish Dancing	Handball, Badminton, Invasion Games	Couch 2 5k	Athletics	Athletics. Competitions, Student Voice
YEAR 9 GAMES	Personal Fitness Challenge, Netball, Rugby, Basketball	Basketball, Football, Table Tennis. Scottish Dancing	Table Tennis, Basketball, Handball	Football, Table Tennis, Badminton	Athletics, Rounders/ Cricket	Rounders/ Cricket, Competitions, Student Voice

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YEAR 10 CORE	Personal Fitness Challenge, Badminton, Leadership (Netball, Table Tennis)	Handball, Leadership (Table Tennis, Badminton), Scottish Dancing	Basketball, Leadership (Healthy Active Lifestyles, Rugby)	Table Tennis, Leadership (Badminton, Football)	Athletics, Leadership (Rounders, Tennis, Cricket)	Competitions, Student Voice.
YEAR 11 CORE	Badminton, Health Based PE (Healthy Active Lifestyles), Invasion Games	Handball, Health Based PE (Badminton), Invasion Games, Scottish Dancing	Healthy Active Lifestyles, Handball, Health Based PE (Dance), Invasion Games	Roefield	Student Voice	
YEAR 10 GCSE	Skeletal and muscular systems (7 lessons)	movement analysis (4 lessons) *skeletal system-joint movements; *muscular system-named muscles, roles of muscles NEA: Movement Analysis (part 1) (1 hour controlled assessment)	Movement analysis (1 lesson) CV System (3 lessons) Respiratory system (2 lessons)	CV & Respiratory (1 lesson) aerobic v anaerobic exercise (1 lesson) *muscular system - types of muscles, muscle contraction short term & long term effects of exercise (2 lessons) *skeletal system-only LT effects; muscular system-impact of muscle movements; CV system-features of the heart and impact on performance NEA: Analysis (2 hour controlled assessment)	short term & long term effects of exercise (2 lessons) Components of fitness principles of training: training methods, SPOR, FITT (5 lessons) *all 4 body systems and impact of and on training; ST and LT effects-application to training methods; components of fitness-matching to the training methods, impact of SPORFITT on each component Risk assessment and preventing injury (2 lessons) *skeletal system & muscular system-ref to skeletal and muscular injuries; CV and resp system-ref to health screening issues; training methods-applied examples of risk assessment in varied environments; warm up	

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						and cool down-a sub-category of risk assessment
YEAR 10 GCSE PRACTICAL	Badminton (8 lessons)	Handball (8 lessons)		Physical Training (NEA) (6 lessons)	Athletics (6 lessons)	Diet and Nutrition (5 lessons)
YEAR 11 GCSE	Year One Recap (1 lesson) Sports psychology (7 lessons) *principles of training and training methods NEA: Movement Analysis (Part 2 Classification of Skills) (1 hour controlled assessment) NEA: Action Plan (Part 1) (2 hour controlled assessment) Ethical and socio-cultural issues in sport; drugs, violence and ethics (2 lesson)	NEA: Action plan (Part 2) (2 hour controlled assessment) Ethical and socio-cultural issues in sport; drugs, violence and ethics (2 lessons) *all 4 body systems-impact of PEDs on the systems NEA: Overview (2 hour controlled assessment) commercialisation in sport (3 lessons) Engagement patterns of different social groups in sport (2 lessons) *health, fitness & well-being-reasons for taking part in sport	Engagement patterns of different social groups in sport (3 lessons) *health, fitness & well-being-reasons for taking part in sport health, fitness & well-being, diet & nutrition (6 lessons) *skeletal system-impact of foods, effects of ageing; *muscular system-impact of foods, effects of ageing; *CV system-effects of ageing; *respiratory system-effects of ageing; ST & LT effects-effects of ageing; components of fitness-effects of ageing; risk assessment and preventing injury-types of injury for different age groups, food groups to heal injury NEA: Assessment (2 hour controlled assessment)	Exam prep - topic recap from beginning Practical moderation prep	exam preparation	

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Physiological factors year 12	Skeletal and muscular systems (10 lessons) *eccentric muscle contractions *muscle fibre types <i>Interpreting figures - diagrams and tables</i> Energy systems	Energy systems (introduction) (6 lessons) *aerobic and anaerobic energy (fuel, enzymes, waste) <i>Describe, Compare</i> Diet and Nutrition (12 lessons) *aerobic and anaerobic energy (fuel, enzymes and waste) Compare, Evaluate	Diet and Nutrition Levers Essay writing introduction Skeletal muscle contraction (11 lessons) *fibre recruitment and motor units	Skeletal muscle contraction Biomechanical Principles, & the use of technology - force plates & limb kinematics (12 lessons) *linear and angular motion <i>Interpreting figures - drawings and free body diagrams</i>	Cardiovascular system (10 lessons) *vasoconstriction and vasodilation *muscle fibre types *Bohr shift <i>Describe Vs Evaluate</i>	Respiratory system (10 lessons) *internal and external respiration and pressure gradients *Hering Bruer reflex <i>Describe Vs Evaluate</i>
Physiological factors year 13	Energy for Exercise (6 lessons) *aerobic and anaerobic energy (fuel, enzymes and waste) <i>Compare</i> Preparation and Training	Preparation and Training (18 lessons) to *muscle fibre types *eccentric muscle contraction * *vasoconstriction & vasodilation *fibre recruitment and motor units * Hering Bruer reflex *aerobic and anaerobic energy (fuel, enzymes and waste) <i>Evaluate, essay writing</i>	Linear Motion, Angular Motion, Projectile Motion and Fluid Mechanics & the use of technology - wind tunnels (12 lessons) *linear and angular motion *fluid mechanics <i>Interpret figures - projectile free body diagrams</i>	Injury Prevention and the Rehabilitation of Injury (12 lessons) *eccentric muscle contraction *vasoconstriction and vasodilation <i>Compare, evaluate, describe, essay writing</i>	Environmental Effects (6 lessons) *internal and external respiration and pressure gradients *Bohr shift	
Psychological factors Year 12	Classification of Skill Types and Methods of practice Types of transfer	Stages of Learning, Types and uses of feedback Types of guidance Theories of learning	Theories of learning Personality Attitude	Attitude Motivation Arousal & Anxiety Aggression	Aggression Social Facilitation Stress Management	Leadership Group and Team Dynamics
Psychological factors year 13	Goal Setting Attribution Theory Sports Confidence Memory Models	Memory Models				

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Socio-cultural issues Year 12	Commercialisation and the media *Globalisation *Golden triangle *media (7 lessons)	Pre-industrial sport (5 lessons) *Gender *money *time *Class *Transport *Law and Order *Education & literacy Post 1850s industrial revolution	Post 1850s Industrial revolution (5 lessons) *Gender *money *time *Class *Transport *Law and Order *Education & literacy 20th Century sport (4 lessons) *Gender *money *time *Class *Transport *Law and Order *Education & literacy *Globalisation *Golden triangle *media	EAPI S&W (8 lessons)	EAPI 21st Century sport (10 lessons) *Gender *money *time *Class *Transport *Law and Order *Education & literacy *Globalisation *Golden triangle *media	21ST century sport
Socio-cultural issues Year 13		Routes to sporting excellence in the UK. Recap of Year 12 Socio-cultural- focus on areas students most need to focus on. 2021- Public School boys and Pre-post industrial.	Modern Technology (Participation) Modern Technology (elite, fair outcomes, entertainment)	Ethics and Deviance - Drugs and doping Ethics and Deviance- Violence and Gambling and Gambling	Global Sporting Events The modern Olympic Games Hosting global sporting events	
EAPI Year 13	Development Planning To include phases and cycles from Preparation and Training	Development Planning Application of Theory	Mock in January. Mock feedback. Feedback and development S&W and DP	Final EAPI assessment		