

PE Learning Plan

Key Stage	Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS3 Classes will complete these activities on a rotational basis	7	Quad Kids & 1 activity from Badminton/ Dance/ Gymnastics/Netball/ Rugby/ Football/ Volleyball	2 activities from Badminton/ Dance/ Gymnastics/Netball/ Rugby/ Football/ Volleyball	2 activities from Badminton/ Dance/ Gymnastics/Netball/ Rugby/ Football/ Volleyball	2 activities from Badminton/ Dance/ Gymnastics/Netball/ Rugby/ Football/ Volleyball	Athletics	Rounders, Cricket, Lacrosse, Ultimate Frisbee & Tennis
	8	Quad Kids & 1 activity from Badminton/ Dance/ Gymnastics/Netball/ Rugby/ Football/ Volleyball	2 activities from Badminton/Dance/ Gymnastics/ Netball/ Rugby/Football/ Basketball	2 activities from Badminton/Dance/ Gymnastics/ Netball/ Rugby/Football/ Basketball	2 activities from Badminton/Dance/ Gymnastics/ Netball/ Rugby/Football/ Basketball	Athletics	Rounders, Cricket, Lacrosse, Ultimate Frisbee & Tennis
	9	2 activities from Badminton/Dance/ Netball/Volleyball/ Lacrosse/Fitness/ Invasion Games Rotation/ Indoor Games Rotation	2 activities from Badminton/Dance/ Netball/Volleyball/ Lacrosse/Fitness/ Invasion Games Rotation/ Indoor Games Rotation	2 activities from Badminton/Dance/ Netball/Volleyball/ Lacrosse/Fitness/ Invasion Games Rotation/ Indoor Games Rotation	2 activities from Badminton/Dance/ Netball/Volleyball/ Lacrosse/Fitness/ Invasion Games Rotation/ Indoor Games Rotation	Athletics	Rounders, Cricket, Ultimate Frisbee & Tennis
KS4	10 GCSE	Paper 1 - Anatomy & Physiology	Paper 1 - Anatomy & Physiology	Paper 1 - Anatomy & Physiology	Paper 1 - Anatomy & Physiology	Paper 1 - Anatomy & Physiology	Paper 1 - Physical Training
		Paper 1 - Physical Training	Paper 1 - Physical Training	Paper 1 - Physical Training	Paper 1 - Physical Training	Paper 1 - Physical Training	NEA - Personal Exercise Programme
		Practical: Badminton	Practical: Badminton	Practical: Netball	Practical: Netball	Practical: Athletics	Practical: Athletics

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	11 GCSE	Paper 1 - Physical Training Paper 2 - Sport Psychology	Paper 2 - Physical, Social & Emotional Health Paper 2 - Commercialisation in Sport	Paper 2 - Commercialisation in Sport	Preparation for practical exam in both theory and practical lessons until March Revision of theoretical content. Exam technique focussed sessions	Revision of theoretical content. Exam technique focussed sessions	
	10 & 11 Core PE	Couch to 5K run training/fitness	Various team and individual sports	Various team and individual sports	Various team and individual sports	Athletics	Summer Sports Rotation
KS5	12	<p>Scientific Principles: Topic 2.1 Diet and Nutrition Topic 2.2 Preparation and Training Methods</p> <p>Sport in Society: Topic 5.1 The factors leading to the emergence and development of modern day sport</p> <p>Skill acquisition - classification and transfer of skills & learning theories</p>	<p>Scientific Principles: Topic 2.2 Principles and Methods of Training</p> <p>Sport in Society: Skill acquisition / Sports psychology: Topic 3.4, 3.5, 3.6 Practices / guidance / feedback.</p>	<p>Scientific Principles: Topic 1.1 Muscular Skeletal System Topic 1.1 Biomechanics</p> <p>Sport in Society: Topic 5.2 Globalisation of sport</p> <p>Sports Psychology: Topic 4.1, 4.2, 4.3 Factors that can influence an individual in physical activities. Dynamics of a group or team / goal setting.</p>	<p>Scientific Principles: Topic 1.2 Cardio-Respiratory System Topic 1.2 Cardiovascular system</p> <p>Sport in Society: Topic 5.7 Participation and health of the nation</p> <p>Sports Psychology: Topic 4.1, 4.2, 4.3 Factors that can influence an individual in physical activities. Dynamics of a group or team / goal setting.</p>	<p>Scientific Principles: Topic 1.3 Neuromuscular System Revision of Yr 12 content</p>	Begin NEA : Performance Analysis

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	13	Topic 1.4 Energy Systems: Fatigue & Recovery 3.7 Memory Models 5.4 Ethics & Deviance 5.5 Sport & the Media Complete NEA: PDP	Topic 2.3 Injury prevention & rehabilitation of Injury 5.5 Sport & the Media	Topic 2.4 Linear Motion Topic 2.5 Angular Motion 2.6 Projectile Motion 2.7 Fluid Mechanics 5.3 Commercialisation of Sport 5.6 Development routes & Talent ID to Elite performance	Preparation for exams 4.4 Attribution Theory 4.5 Confidence & Self Efficacy 4. Leadership	Preparation for exams	