



Year Group	Learning Cycle 1	Learning Cycle 2	Learning Cycle 3
<p>Year 7 Core PE</p> <p>Introduces core skills, tactics, strategies and rules through eleven different sports and physical activities. Fundamental motor skills are developed through the Fundamentals unit. Students also learn about the components of fitness and fitness testing and knowledge of theoretical anatomy throughout the units taught</p> <p>Students will independently lead their own #PE@QE Warm up in every lesson</p>	<p>Theory focus for this term:</p> <ol style="list-style-type: none"> 1. The constituent parts of warming up and cooling down. 2. Identification of the bones <p>FUNDamentals</p> <p>Netball</p> <p>Rugby</p> <p>Fitness</p>	<p>Theory focus for this term:</p> <ol style="list-style-type: none"> 1. Identification of muscles in the body 2. Understanding movement patterns (flexion/extension etc) <p>Dance</p> <p>OAA</p> <p>Football</p> <p>Basketball</p>	<p>Theory focus for this term:</p> <ol style="list-style-type: none"> 1. Understanding aerobic and anaerobic energy systems 2. Understanding the components of fitness <p>Athletics</p> <p>Rounders</p> <p>Gymnastics</p>
<p>Year 8 Core PE</p> <p>Building and developing the fundamental skills taught in year 7 but with a higher focus on quality and performing in game situations under pressure. As part of fitness, students begin to learn about the various methods of training and once again apply the theoretical elements to these lessons.</p> <p>Students will independently lead their own #PE@QE Warm up in every lesson</p>	<p>Theory focus for this term:</p> <ol style="list-style-type: none"> 1. The constituent parts of warming up and cooling down. 2. Identification of the bones <p>Netball</p> <p>Rugby</p> <p>Fitness</p> <p>Tennis</p>	<p>Theory focus for this term:</p> <ol style="list-style-type: none"> 1. Identification of muscles in the body 2. Understanding movement patterns (flexion/extension etc) <p>Table Tennis</p> <p>Handball</p> <p>Basketball</p> <p>Football</p>	<p>Theory focus for this term:</p> <ol style="list-style-type: none"> 1. Understanding aerobic and anaerobic energy systems 2. Understanding the components of fitness <p>Athletics</p> <p>Rounders/Cricket</p> <p>Table Tennis</p> <p>OAA</p>

<p>Year 9 Core PE</p> <p>Building and developing the work on core skills and gameplay, students will experience competitive situations closer to a full context version. The opportunity to experience brand new experiences and apply fitness to the fitness suite is also included here.</p> <p>Students will independently lead their own #PE@QE Warm up in every lesson</p>	<p>Theory focus for this term:</p> <ol style="list-style-type: none"> 1. The constituent parts of warming up and cooling down. 2. Identification of the bones <p>Football</p> <p>Netball (girls)</p> <p>Basketball</p> <p>Fitness Suite</p>	<p>Theory focus for this term:</p> <ol style="list-style-type: none"> 1. Identification of muscles in the body 2. Understanding movement patterns (flexion/extension etc) <p>Rugby</p> <p>Badminton</p> <p>Table Tennis</p> <p>International games</p> <p>Volleyball</p> <p>Handball</p>	<p>Theory focus for this term:</p> <ol style="list-style-type: none"> 1. Understanding aerobic and anaerobic energy systems 2. Understanding the components of fitness <p>Tennis</p> <p>Athletics</p> <p>Sports leadership</p> <p>Rounders</p> <p>Softball</p> <p>Fitness Class</p>
<p>Year 10 Core PE</p> <p>In year 10, students have the ability to choose which units they participate in on some units. Building and developing the work on core skills and gameplay, students will experience fully competitive situations with a greater focus on apply tactics and strategy. The opportunity to experience brand new experiences and apply fitness to the fitness suite is also included here.</p> <p>Students will independently lead their own #PE@QE Warm up in every lesson</p>	<p>Theory focus for this term:</p> <ol style="list-style-type: none"> 1. The constituent parts of warming up and cooling down. 2. Identification of the bones <p>Fitness weight training</p> <p>Netball (girls)</p> <p>Badminton</p> <p>Rugby</p> <p>Volleyball</p>	<p>Theory focus for this term:</p> <ol style="list-style-type: none"> 1. Identification of muscles in the body 2. Understanding movement patterns (flexion/extension etc) <p>Basketball</p> <p>Football</p> <p>Table Tennis</p> <p>Crown Bowls</p> <p>Fitness Class</p>	<p>Theory focus for this term:</p> <ol style="list-style-type: none"> 1. Understanding aerobic and anaerobic energy systems 2. Understanding the components of fitness <p>Tennis</p> <p>Rounders</p> <p>Softball</p>
<p>Year 10</p> <p>AQA GCSE PE</p>	<p>Chapter 1- Applied anatomy and physiology</p> <p>Chapter 3- Physical training</p>	<p>Chapter 1- Applied anatomy and physiology</p> <p>Chapter 3- Physical training</p>	<p>Chapter 2- Movement analysis</p>

<p>Year 10</p> <p>OCR Cambridge National in Sports Studies</p>	<p>R185 – Performance and Leadership in Sport</p> <p>Topic 1 - Performance</p> <p>Topic 2 – Supporting improvement in performance</p>	<p>R185 – Performance and Leadership in Sport</p> <p>Topic 3 – Organising and planning a sports activity session</p> <p>Topic 4 – Delivering a sports activity session</p>	<p>R185 – Performance and Leadership in Sport</p> <p>Topic 5 – Reviewing sports activity leadership</p> <p>R187 – Increasing Awareness of OAA</p> <p>Topic 1 – Provision of OAA in the UK</p> <p>Topic 2 – Equipment, clothing and safety for OAA</p>
<p>Year 11 Core PE</p> <p>In year 11, students have the ability to choose which units they participate in on some units. Building and developing the work on core skills and gameplay, students will experience fully competitive situations with a greater focus on apply tactics and strategy. The opportunity to experience brand new experiences and apply fitness to the fitness suite is also included here.</p> <p>Students will independently lead their own #PE@QE Warm up in every lesson</p>	<p>Theory focus for this term:</p> <ol style="list-style-type: none"> 1. The constituent parts of warming up and cooling down. 2. Identification of the bones <p>Fitness weight training</p> <p>Netball (girls)</p> <p>Badminton</p> <p>Rugby</p> <p>Volleyball</p>	<p>Theory focus for this term:</p> <ol style="list-style-type: none"> 1. Identification of muscles in the body 2. Understanding movement patterns (flexion/extension etc) <p>Basketball</p> <p>Football</p> <p>Table Tennis</p> <p>Fitness Class</p> <p>International games</p>	<p>Theory focus for this term:</p> <ol style="list-style-type: none"> 1. Understanding aerobic and anaerobic energy systems 2. Understanding the components of fitness <p>Tennis</p> <p>Rounders</p> <p>Softball</p> <p>Choice of activities as recreation:</p> <ul style="list-style-type: none"> • 5-a-side football • Fitness suite • Tennis • Table Tennis • Netball
<p>Year 11</p> <p>AQA GCSE PE</p>	<p>Chapter 4- Sports Psychology</p> <p>NEA/Coursework</p> <p>Climbing practical assessment</p>	<p>Chapter 5- Socio-Cultural influences</p> <p>Chapter 6-Health, fitness and well-being</p>	<p>Revision (whole syllabus retaught)</p> <p>Exam Prep</p>

<p>Year 11</p> <p>OCR Cambridge National in Sports Studies</p>	<p>R187 – Increasing Awareness of OAA</p> <p>Topic 3 – Plan for and be able to participate in OAA</p> <p>Topic 4 – Evaluate participation in OAA</p>		
<p>Year 12 AQA A Level PE</p>	<p>The Cardiovascular System The Respiratory System Skill Characteristics Theories of Learning The Emergence of Globalisation The impact of Sport on Society Biomechanical Principles and Levers</p>	<p>The Neuromuscular system The Musculoskeletal system Diet and Nutrition Learning Theories Guidance and Feedback Personality Attitude Arousal The impact of sport on Society</p>	<p>Preparation and Training Methods Psychological influences on the Team The Role of Technology in Sport</p>
<p>Year 12 BTEC National Foundation Diploma in Sport and Outdoor Activities</p>	<p>Unit A : Careers in Sport and the Active Leisure Industry Unit B: Health Wellbeing and Sport Unit C4: Personal skills development in Outdoor Adventure</p>	<p>Unit A : Careers in Sport and the Active Leisure Industry Unit B: Health Wellbeing and Sport Unit C4: Personal skills development in Outdoor Adventure</p>	<p>Unit A : Careers in Sport and the Active Leisure Industry Unit B: Health Wellbeing and Sport Unit C4: Personal skills development in Outdoor Adventure Unit 27: Expedition experience</p>
<p>Year 13 AQA A Level PE</p>	<p>Energy Systems Injury Prevention Information Processing Psychological factors that influence performance Linear motion Angular motion Projectile motion Fluid mechanics</p>	<p>Concepts of physical activity Development of elite performers Ethics in sport Violence in sport Drugs in sport Leadership</p>	<p>Sport and the law Impact of commercialisation The role of technology Exam revision of whole syllabus and exam technique</p>
<p>Year 13 BTEC National Foundation Diploma in Sport and Outdoor Activities</p>	<p>Unit 24: Health and Safety factors in the Outdoor and Adventurous Activities industry. Unit 25: Outdoor Activity Provision. Unit C4: Personal Skills development in the Outdoor and Adventurous Activity industry. Unit 27: Expedition Experience.</p>	<p>Unit 24: Health and Safety factors in the Outdoor and Adventurous Activities industry. Unit 25: Outdoor Activity Provision. Unit C4: Personal Skills development in the Outdoor and Adventurous Activity industry. Unit 27: Expedition experience.</p>	<p>Unit 24: Health and Safety factors in the Outdoor and Adventurous Activities industry. Unit 25: Outdoor Activity Provision. Unit C4: Personal Skills development in the Outdoor and Adventurous Activity industry.</p>

