



Physical Education - The intent of this curriculum is to inspire students to be active and engaged in a range of sports/activities, contributing to an active healthy lifestyle. This is achieved by offering routeways enabling students to have personalised learning.

Post 16 destination
Life long passion for sport, health and well-being

Finish – End of Key Stage 4 PE

Unit 1
Fitness for Sport and Exercise

BTEC External Moderation

Unit 1
Fitness for Sport and Exercise

Unit 5
The Sports Performer in Action

Year 11

Unit 3
Applying the Principles of Training

Year 10 Work Experience fortnight

Unit 3
Applying the Principles of Personal Training

Unit 2
Practical Sports Performer

Year 10 – Start of Key Stage 4 PE

- Key-**
- Assessment and moderation
 - Football
 - Athletics
 - Rounders
 - Basketball
 - Fitness
 - Flag football/tag rugby
 - Lacrosse
 - Nerfball
 - Aerobics
 - Yoga
 - Badminton
 - Volleyball
 - Handball
 - Finish
 - Start
 - Principles of training
 - Methods of training
 - Components of fitness
 - Testing
 - Rules & Regs
 - Performance
 - Review
 - Training plan
 - Body systems
 - Diaries
 - Review
 - Effects of exercise
 - Energy

Further Faster Stronger F.I.T.T.E.R

Key Stage 3 Curriculum Coverage