

# Physical Education

## Year 7

- Netball
- Badminton
- Dance
- Gymnastics
- Hockey
- Rounders
- Athletics

## Year 8

- Handball
- Netball
- Dance
- Trampolining
- Football
- Tennis/Pickleball
- Athletics

## Year 9

- Tag Rugby
- Badminton
- Fitness - Could include: Fitness Testing; Aerobics; Step Aerobics; Boxercise; Circuits; Body Balance; Rowing; Resistance work
- Football
- Volleyball
- Cricket
- Athletics

## KS4 Core PE

### Year 10

- Basketball
- Volleyball
- Tag Rugby
- Fitness - Could include: Aerobics; Circuits; Body pump; Body Balance; Boxercise
- Badminton
- Indoor rounders / Outdoor rounders
- Athletics
- Tennis/Pickleball
- Cricket
- Interhouse Handball; Rowing; Hyrox; Netball; Badminton; Rounders

## GCSE AQA - 8582

### Year 10

#### Paper 1:

- The relationship between health and fitness and the role that exercise plays in both;
- The components of fitness, benefits for sport and how fitness is measured and improved;
- The principles of training and their application to personal exercise/training programmes;
- How to optimise training and prevent injury
- Effective use of warm up and cool down
- The structure and functions of the musculoskeletal system
- NEA: Start of NEA

#### Paper 2:

- Health, Fitness and Wellbeing - Physical, emotional and social health, fitness and wellbeing. The consequences of a sedentary lifestyle, energy use, diet, nutrition and hydration.
- Sport Psychology - Classification of skills (basic/complex, open/closed). The use of goal setting and SMART targets to improve and/or optimise performance. Basic information processing. Guidance and feedback on performance. Mental preparation for performance
- Sociocultural Influences - Engagement patterns of different social groups in physical activity and sport
- Use of Data
- AO4: Ongoing Practical Assessment

### Year 11

#### Paper 1:

- Anaerobic and aerobic exercise
- The structure and functions of the cardio-respiratory system
- The short and long term effects of exercise
- Lever systems, examples of their use in activity and the mechanical advantage they provide in movement
- Planes and axes of movement
- Demonstrate an understanding of how data are collected – both qualitative and quantitative
- NEA: Completion of NEA

#### Paper 2:

- Socio-cultural issues in physical activity and sport - Commercialisation of physical activity and sport. Ethical and socio-cultural issues in physical activity and sport
- AO4: Ongoing Practical Assessment

### Year 11

- Basketball
- Volleyball
- Tag Rugby
- Badminton
- Indoor rounders
- Interhouse Handball; Rowing; Hyrox; Netball; Badminton;