

Subject: Physical Education					Lead teacher: Mr Attenborough
		Block 1	Block 2	Block 3	Block 4
Year 7		Cross-Country/Bleep Test	Cross-Country/Bleep Test	Cross-Country/Bleep Test	Cross-Country/Bleep Test
	Topic:	Rugby	Trampolining/Football/Netball + Basketball	Netball/Table Tennis/Badminton	Athletics/Cricket/Tennis
	Assessment and other key info (beyond practical work):	Power/strength/agility/Fartlek/Humerous/ulna/radius/biceps/triceps	Flexibility/muscular endurance/cardiovascular endurance/Continuous/femur/tibia/fibula/hamstring/quadriceps/gastrocnemius	Reaction time/balance/co-ordination/weight training/carpals/metacarpals/tarsals/metatarsals/phalanges/trapezius/deltoids	Interval/speed/cranium/pelvis/clavicle/gluteals/latissimus dorsi
Year 8		Netball/Rugby	Dance/Badminton/Hockey	Hockey/Basketball/Table Tennis	Athletics/Tennis/Cricket
	Topic:				
	Assessment and other key info (beyond practical work):	1 st class lever/frontal axis/sagittal plane/Visual guidance/Imagery preparation/co-ordinated & efficient skill	2 nd class lever/longitudinal axis/transverse plane/verbal guidance/mental rehearsal/fluent & aesthetic skill	3 rd class lever/transverse axis/frontal plane/manual guidance/selective attention/pre-determined skill	Open & closed continuum/simple & complex continuum/positive thinking/mechanical guidance
Subject: Physical Education		Exam Board: OCR			Lead teacher: Mr Attenborough
Year 9		Bleep test	Bleep test	Bleep test	
	Topic: Practical	Components of Fitness	Table Tennis/Badminton	Basketball	Athletics
	Assessment and other key info (beyond practical work):	The structure & Functions of the skeletal and muscular systems.	Components of fitness/Methods of training/Principles of training.	Movement Analysis	Cardiovascular & Respiratory System.
Year 10		Components of Fitness	Handball/Trampolining	Basketball/Fitness	Athletics
	Topic: Practical				
	Assessment and other key info (beyond practical work):	Engagement patterns of different social groups in physical activity and sport.	Commercialisation in Sport/Ethical & socio-cultural issue in physical activity and sport.	Health fitness & wellbeing/Sport psychology	AEP (coursework)
Year 11		AEP (coursework)	Table Tennis/Badminton	Handball/Basketball	Exam Revision
	Topic: Practical				
	Assessment and other key info (beyond practical work):	Exam Revision	Exam Revision	Exam Revision	Exam Revision