

KS4

	TERM 1: 14 weeks				TERM 2: 12 weeks				TERM 3: 13 weeks			
	HALF TERM 1 (7)		HALF TERM 2 (7)		HALF TERM 3 (7)		HALF TERM 4 (5)		HALF TERM 5 (6)		HALF TERM 6 (7)	
	4 WEEKS	5 WEEKS		4 WEEKS	6 WEEKS		6 WEEKS		6 WEEKS		6 WEEKS	
10ab/Px1a	BASKETBALL	FOOTBALL		RUGBY	FITNESS	TABLE TENNIS		GAMES	STRIKING & FIELDING			
10ab/Px1b	NETBALL	LACROSSE		FITNESS	TABLE TENNIS	FOOTBALL		ROUNDERS	TRAMPOLINING			
CHRISTMAS HOLIDAYS												
10ab/Px2a	BASKETBALL	FOOTBALL		RUGBY	FITNESS	TABLE TENNIS		GAMES	STRIKING & FIELDING			
10ab/Px2b	NETBALL	LACROSSE		FITNESS	TABLE TENNIS	FOOTBALL		ROUNDERS	TRAMPOLINING			
EASTER HOLIDAYS												
10ab/Px3a	BASKETBALL	FOOTBALL		RUGBY	FITNESS	LACROSSE		GAMES	STRIKING & FIELDING			
10ab/Px3b	NETBALL	FITNESS		TABLE TENNIS	HANDBALL	GAMES		ROUNDERS	TRAMPOLINING			
SUMMER HOLIDAYS												
10ab/Px4a	LACROSSE	BASKETBALL		RUGBY	FOOTBALL	STRIKING & FIELDING		GAMES	TENNIS			
10ab/Px4b	NETBALL	LACROSSE		HANDBALL	GAMES	BADMINTON		ROUNDERS	TRAMPOLINING			

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10 AQA GCSE PE	3.1.3 Physical Training	3.1.3 Physical Training	3.1.3 Physical Training	3.1.3 Physical Training	3.2.3 Health, Fitness & Wellbeing	3.1.4 Use of Data Coursework
Year 11 CAMBRIDGE NATIONAL	<p>R044: Sport Psychology</p> <p>Learning Outcome 4: Understand the impact of arousal and anxiety on sports performance</p> <p>Learning Outcome 5: Be able to apply sport psychology strategies to enhance sports performance</p>	<p>R042: Principles of Training</p> <p>Learning Outcome 2: Know how training methods target different fitness components</p> <p>Learning Outcome 3: Be able to conduct fitness tests</p> <p>Learning Outcome 4: Be able to develop fitness training programmes</p>	<p>R042: Principles of Training</p> <p>Learning Outcome 4: Be able to develop fitness training programmes</p> <p>R043: The body's response to physical activity Learning</p> <p>Outcome 1: Know the key components of the musculo-skeletal and cardio-respiratory systems, their functions and roles</p>	<p>R043: The body's response to physical activity</p> <p>Learning Outcome 2: Understand the importance of the musculo-skeletal and cardio-respiratory systems in health and fitness</p> <p>Learning Outcome 4: Be able to assess the long-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems</p>	<p>R043: The body's response to physical activity</p> <p>Learning Outcome 4: Be able to assess the long-term effects of physical activity on the musculo-skeletal and cardio-respiratory systems</p>	