Curriculum Overview – Physical Education

Exam Groups – Year 10 and 11

Sports Studies 2 Year

- RO51- Contemporary Issues in Sport
- RO51 – Cont
RO52 – Dev Sports Skills – T/Tennis (Prac)
- RO51 – Cont
RO52 – T/Tennis Review + Handball (Prac)
- RO53
Sports Leadership
- RO54
Sport and the media
- Completion of RO53 and RO54

Sports Studies - Year 1

Sports Studies - Year 2

GCSE Year 10

- Personal Exercise Programme
- Musculoskeletal System
- Cardiorespiratory System
- Short and Long Term Effects of Exercise
- Physical and Emotional Health
- Interpretation of Data

Practical activities for standardisation – Netball / Football / Badminton / Handball / Swimming / Boxing

GCSE Year 11

- SMART Targets / Feedback
- Sports Psychology
- Commercialisation / media / sport
- Body Levers and movement
- Revision

Practical activities for standardisation – Netball / Football / Badminton / Handball / Swimming / Boxing