| KS3 & 4 PE | | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 | |
|------------|-------------------|---|-----------------------------|----------------------------------|-------------------|-------------------|-------------------|--|
| Year 7 | Topic - Theory | Skeletal System: | Muscular | Skeletal System: | Muscular | Skeletal System: | Muscular | |
| | | - Structure / | System: | - Classification of | System: | All topics | System: | |
| | | Label | - Label voluntary | joints | - Antagonistic | | All topics | |
| | | - Functions of | muscles | - Movement | pairs | | | |
| | | the skeletal | - Classification | possibilities at | - Characteristics | | | |
| | | system | and | joints dependant | of fast and slow | | | |
| | | - Classification of | characteristics of | on joint | witch muscle | | | |
| | | bones | muscle type | Classification | fibre types | | | |
| | | | | - The role of | - How the | | | |
| | | | | ligaments and | skeletal and | | | |
| | | | | tendons | muscular | | | |
| | | | | | systems work | | | |
| | | | | | together | | | |
| | | | | | | | | |
| | Topic - Practical | Football, Basketba | ı ıll, Netball, Rugby, F | Cricket, Rounders, Short Tennis, | | | | |
| | | | dminton & Health R | Athletics | | | | |
| | Assessment - | A short written | A short written | A short written | A short written | A short written | A short written | |
| | Theory | test including | test including | test including | test including | test including | test including | |
| | | multiple choice | multiple choice | multiple choice | multiple choice | multiple choice | multiple choice | |
| | | and 1 mark | and 1 mark | and 1 mark | and 1 mark | and 1 mark | and 1 mark | |
| | | questions. | questions. | questions. This | questions. This | questions. This | questions. This | |
| | | | | will include | will include | will also include | will also include | |
| | | | | topics from | topics from | topics from | topics from | |
| | | | | Autumn 1. | Autumn 2. | Autumn 1 & 3. | Autumn 2 & 4. | |
| | Assessment - | This is an ongoing practical assessment throughout schemes of work. | | | | | | |
| | Practical | | | | | | | |
| | PREP | Prep for end of | Prep for end of | Prep for end of | Prep for end of | Prep for end of | Prep for end of | |
| | | half term theory | half term theory | half term theory | half term theory | half term theory | half term theory | |
| | | test | test | test | test | test | test | |

| Year 8 | Topic | Skeletal System: | Muscular | Cardiovascular | Skeletal System: | Muscular | Cardiovascular |
|--------|------------------------|---------------------|-----------------------------|----------------------------------|---------------------|-------------------|-------------------|
| | | - Structure / | System: | System: | - Classification of | System: | System: |
| | | Label | - Label voluntary | - Structure of | joints | - Antagonistic | - Components of |
| | | - Functions of | muscles | the | - Movement | pairs | blood |
| | | the skeletal | - Classification | cardiovascular | possibilities at | - Characteristics | - Structure of |
| | | system | and | system | joints dependant | of fast and slow | blood vessels |
| | | - Classification of | characteristics of | Functions of | on joint | twitch muscle | |
| | | bones | muscle type | the | Classification | fibre types | |
| | | | | cardiovascular | - The role of | - How the | |
| | | | | system | ligaments and | skeletal and | |
| | | | | | tendons | muscular | |
| | | | | | | systems work | |
| | | | | | | together | |
| | Topic - Practical | Football, Basketba | ı ıll, Netball, Rugby, F | Cricket, Rounders, Short Tennis, | | | |
| | | | dminton & Health R | Athletics | | | |
| | Assessment - | A short written | A short written | A short written | A short written | A short written | A short written |
| | Theory | test including | test including | test including | test including | test including | test including |
| | | multiple choice | multiple choice | multiple choice | multiple choice | multiple choice | multiple choice |
| | | and 1 mark | and 1 mark | and 1 mark | and 1 mark | and 1 mark | and 1 mark |
| | | questions. | questions. | questions. | questions. This | questions. This | questions. This |
| | | | | | will include | will also include | will also include |
| | | | | | topics from | topics from | topics from |
| | | | | | Autumn 1. | Autumn 2. | Autumn 3. |
| | Assessment - Practical | This is an ongoing | practical assessmer | | | | |
| | PREP | Prep for end of | Prep for end of | Prep for end of | Prep for end of | Prep for end of | Prep for end of |
| | | half term theory | half term theory | half term theory | half term theory | half term theory | half term theory |
| | | test | test | test | test | test | test |

| Year 9 | Topic - Theory | Skeletal System: 1 - Structure / Label 2 - Functions of the skeletal system 3 - Classification of bones 4 - Classification of joints 5 - Movement possibilities at joints dependant on joint Classification 6 - The role of ligaments and tendons | Muscular System: 1 - Label voluntary muscles 2 - Classification and characteristics of muscle type 3 - Antagonistic pairs 4 - Characteristics of fast and slow twitch muscle fibre types 5 - How the skeletal and | Cardiovascular System: 1 - Structure of the cardiovascular system 2 - Functions of the cardiovascular 3 - Components of blood 4 - Structure of blood vessels | Respiratory System: 1 - Structure of the respiratory system 2 - Key terms of the respiratory system 3 - Process of gaseous exchange | All Skeletal & Muscular system content. | All Cardiovascular & Respiratory content. |
|--------|--|---|---|--|---|---|---|
| | Topic - Practical Assessment - Theory | | muscular systems work together all, Netball, Rugby, H dminton & Health R A short written test including multiple choice and 1 & 2 mark questions. | • | A short written test including multiple choice and 1 & 2 mark questions. | Cricket, Rounder's Athletics A short written test including multiple choice and 1 & 2mark questions. This will also include | A short written test including multiple choice and 1 & 2 mark questions. This will also include |

| | | | | | | topics from Autumn 1 & 2. | topics from Autumn 3 & 4. | | |
|----------------|---------------------------|---|--|---|--|---|---|--|--|
| | Assessment – Practical | This is an ongoing practical assessment throughout schemes of work. | | | | | | | |
| | PREP | Prep for end of half term theory test | Prep for end of half term theory test | Prep for end of half term theory test | Prep for end of half term theory test | Prep for end of half term theory test | Prep for end of half term theory test | | |
| Year 10 – GCSE | Topic | Edexcel GCSE PE Component 1: Section 1 - Anatomy and Physiology | Edexcel GCSE PE Component 1: Section 1 - Anatomy and Physiology | Edexcel GCSE PE Component 1: Section 2 - Movement Analysis | Edexcel GCSE PE Component 1: Section 3 - Physical Training | Edexcel GCSE PE Component 1: Section 3 - Physical Training | Edexcel GCSE PE Coursework PEP | | |
| | Assessment | End of unit tests: - Skeletal & Muscular - Cardiovascular & Respiratory | End of component tests: - Anatomy & Physiology | End of component tests: - Movement analysis | | End of component tests: - Physical training | Students will sit a full paper 1 for their end of year 10 exams. | | |
| | PREP | | | | | | | | |
| Year 11 – GCSE | Topic | Edexcel GCSE PE Coursework PEP | Edexcel GCSE PE Component 2 - Health and Performance: Section 4 - Health, Fitness and Well-being | Edexcel GCSE PE Component 2 - Health and Performance: Section 5 - Sport Psychology | Edexcel GCSE PE Component 2 – Health and Performance: Section 6 - Sport, Society and Culture | Edexcel GCSE PE Revision | | | |
| | Assessment | | End of component tests: | End of component tests: | End of component tests: - Sports Society | GCSE EXAMS. | | | |

| | | - Health & fitness | - Sports Psychology | | |
|--|------|--------------------|------------------------|--|--|
| | PREP | | | | |