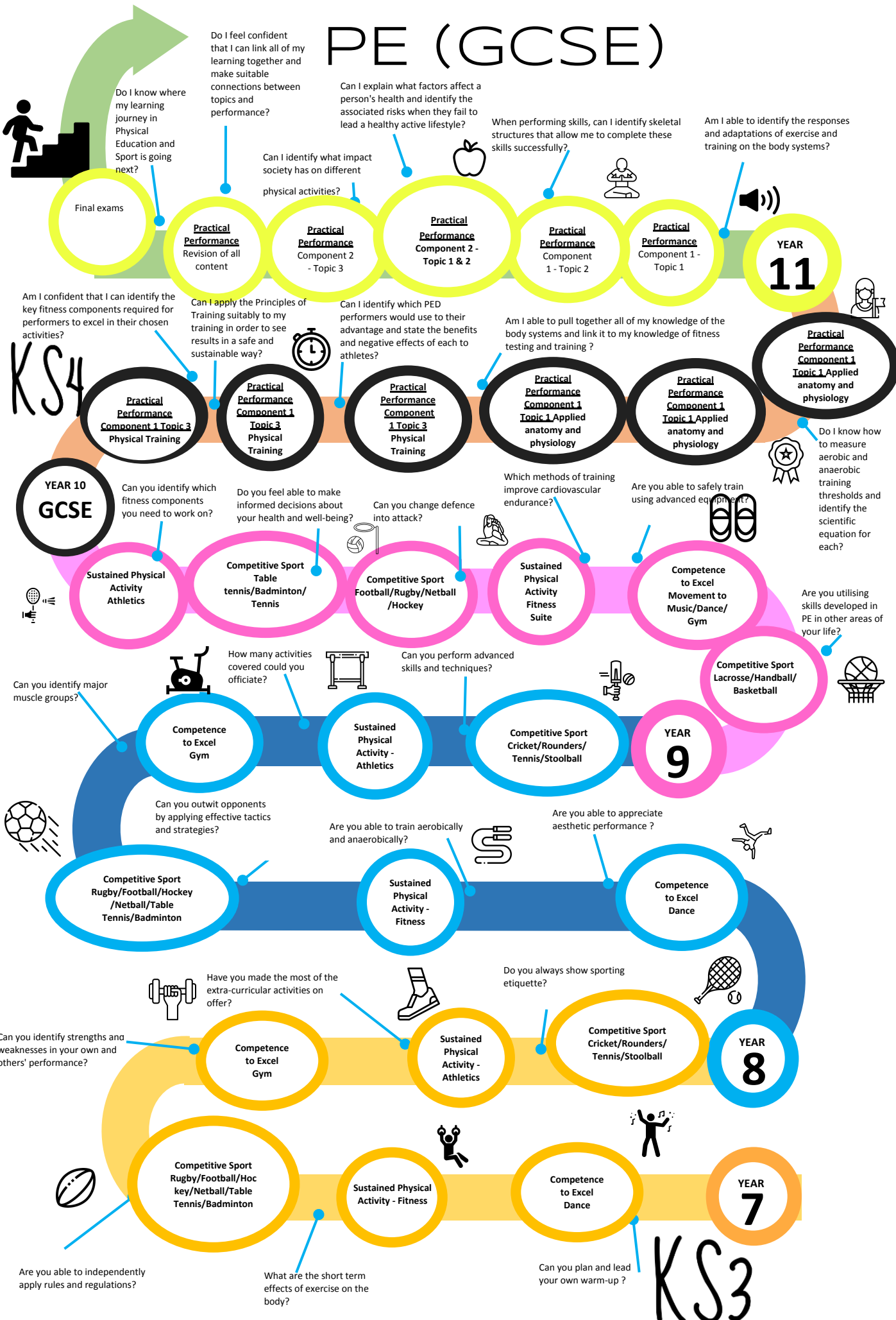


PE (GCSE)



Do I know where my learning journey in Physical Education and Sport is going next?

Do I feel confident that I can link all of my learning together and make suitable connections between topics and performance?

Can I explain what factors affect a person's health and identify the associated risks when they fail to lead a healthy active lifestyle?

When performing skills, can I identify skeletal structures that allow me to complete these skills successfully?

Am I able to identify the responses and adaptations of exercise and training on the body systems?

Final exams

Practical Performance
Revision of all content

Practical Performance
Component 2 - Topic 3

Practical Performance
Component 2 - Topic 1 & 2

Practical Performance
Component 1 - Topic 2

Practical Performance
Component 1 - Topic 1

YEAR 11

Am I confident that I can identify the key fitness components required for performers to excel in their chosen activities?

Can I apply the Principles of Training suitably to my training in order to see results in a safe and sustainable way?

Can I identify which PED performers would use to their advantage and state the benefits and negative effects of each to athletes?

Am I able to pull together all of my knowledge of the body systems and link it to my knowledge of fitness testing and training?

Practical Performance Component 1
Topic 1 Applied anatomy and physiology

KS4

Practical Performance
Component 1 Topic 3 Physical Training

Practical Performance
Component 1 Topic 3 Physical Training

Practical Performance
Component 1 Topic 3 Physical Training

Practical Performance
Component 1 Topic 1 Applied anatomy and physiology

Practical Performance
Component 1 Topic 1 Applied anatomy and physiology

Do I know how to measure aerobic and anaerobic training thresholds and identify the scientific equation for each?

YEAR 10 GCSE

Can you identify which fitness components you need to work on?

Do you feel able to make informed decisions about your health and well-being?

Can you change defence into attack?

Which methods of training improve cardiovascular endurance?

Are you able to safely train using advanced equipment?



Sustained Physical Activity Athletics

Competitive Sport Table tennis/Badminton/Tennis

Competitive Sport Football/Rugby/Netball/Hockey

Sustained Physical Activity Fitness Suite

Competence to Excel Movement to Music/Dance/Gym

Are you utilising skills developed in PE in other areas of your life?

Can you identify major muscle groups?

Competence to Excel Gym

How many activities covered could you officiate?

Sustained Physical Activity - Athletics

Can you perform advanced skills and techniques?

Competitive Sport Cricket/Rounders/Tennis/Stoolball

YEAR 9

Competitive Sport Lacrosse/Handball/Basketball



Can you outwit opponents by applying effective tactics and strategies?

Competitive Sport Rugby/Football/Hockey/Netball/Table Tennis/Badminton

Are you able to train aerobically and anaerobically?

Sustained Physical Activity - Fitness

Are you able to appreciate aesthetic performance?

Competence to Excel Dance



Have you made the most of the extra-curricular activities on offer?

Competence to Excel Gym



Sustained Physical Activity - Athletics

Do you always show sporting etiquette?

Competitive Sport Cricket/Rounders/Tennis/Stoolball

YEAR 8

Can you identify strengths and weaknesses in your own and others' performance?

Competitive Sport Rugby/Football/Hockey/Netball/Table Tennis/Badminton

Sustained Physical Activity - Fitness

Competence to Excel Dance

YEAR 7

Are you able to independently apply rules and regulations?

What are the short term effects of exercise on the body?

Can you plan and lead your own warm-up?

KS3