

"INSPIRE

ASPIRE

EXCEL"

A LEVEL PE EDEXCEL
Paper 1 40% Scientific Principles of Physical Education
Paper 2 30% Psychological and Social Principles
Practical Performance & Analysis 15% each

Sport In Society
Exercise Physiology
Sports Psychology
Skill Acquisition
Anatomy & Physiology

EXTR

Unit 19 Sports Psychology
Unit 6 Exercise to music
Unit 10 Biomechanics
Unit 3 Exam
Unit 4 Exam
Unit 3 Sports Development
Unit 4 Working Safety In Sport

YEAR 13

YEAR 12

Anatomy & Physiology
Skill Acquisition
Exercise Physiology
Sports Psychology
Sport In Society

A
C

Physical Activity for groups
Unit 7 Improving Fitness
Unit 2 Sports Coaching
Unit 13 Fitness Testing
Unit 1 Body Systems
Unit 1 Exam
Unit 17 Sports Injury

CAM TECH PE
11 Coursework Units
3 Exams

YEAR 11

Effective Warm up & Cool Down

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Injury Prevention
Long Term Effects of Exercise
Coursework
PEP
Components of Fitness

GCSE PE EDEXCEL
60% Theory
2 Papers
Anatomy % Physiology
Health & Fitness
30% Practical
10% Coursework

YEAR 10

Structure & Function of the Musculoskeletal System
Structure & Function of the Cardiorespiratory System
Anaerobic & Aerobic Exercise

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Short & Long Term Effects of Exercise
Movement Analysis
Lever & Planes
Relationship of Health & Fitness
Principles of Training

End of Year Exam

YEAR 9

Year 9 PE
Assessment in Practical and Cognitive skills
Evaluation and analysis of performance through Control, Consistency and Fluency.

Year 9 Dance
Assessment in Practical and Cognitive skills
Evaluation and analysis of a Dance performance shown through performances including Control, Consistency and Fluency.

End of Year Exam

YEAR 8

Year 8 PE
Assessment in Practical and Cognitive skills
Application of skills into competitive scenarios
Control, Consistency & Fluency

Year 8 Dance
Assessment in Practical and Cognitive skills
Application of skills to the structure of a Dance performance shown through choreography and movement.

End of Year Exam

YEAR 7

Year 7 PE
Assessment in Practical and Cognitive skills
Skill Based Learning & Baseline Fitness Testing through Control, Consistency & Fluency.

Year 7 Dance
Assessment in Practical and Cognitive skills
Skill based learning through the key concepts in Dance. Including; Turns, Gestures, Elevations, Travel & Stillness.

FITNESS BASELINE?

Year 7 Sports Trials

Identifying & Solving Problems
Outwitting An Opponent

Exercising Safely & Effectively

Performing At Maximum Levels

Accurate Replication

Netball	Tchoukball
Football	Golf
Rugby	Softball
Hockey	Badminton
Lacrosse	Basketball
Tennis	Gaelic Football



Ultimate Frisbee	Handball
Rounders	Fitness
Cricket	Dance
Athletics	Gymnastics
Volleyball	Trampoline
OAA	Fitness

CONTROL CONSISTENCY FLUENCY