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		all, Netball, Rugby, F dminton & Health R	Cricket, Rounders, Short Tennis, 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			<b>,</b>		<b>,</b>	
	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: - Structure / Label - Functions of the skeletal system - Classification of	Muscular System: - Label voluntary muscles - Classification and characteristics of	Cardiovascular System: - Structure of the cardiovascular system - Functions of	Skeletal System: - Classification of joints - Movement possibilities at joints dependant on joint Classification	Muscular System: - Antagonistic pairs - Characteristics of fast and slow twitch muscle	Cardiovascular System: - Components of blood - Structure of blood vessels	
		bones	muscle type	the cardiovascular system	- The role of ligaments and tendons	fibre types - How the skeletal and muscular systems work together		
	Topic - Practical		Ill, Netball, Rugby, F dminton & Health R	•	cs, Swimming,	Cricket, Rounders, Athletics	Cricket, Rounders, Short Tennis, Athletics	
	Assessment - Theory	A short written test including multiple choice and 1 mark questions.	A short written test including multiple choice and 1 mark questions.	A short written test including multiple choice and 1 mark questions.	A short written test including multiple choice and 1 mark questions. This will include topics from Autumn 1.	A short written test including multiple choice and 1 mark questions. This will also include topics from Autumn 2.	A short written test including multiple choice and 1 mark questions. This will also include topics from Autumn 3.	
	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 9	Topic - Theory	Skeletal System: 1 - Structure / Label	Muscular System:	Cardiovascular System: 1 - Structure of the	Respiratory System:	All Skeletal & Muscular system content.	All Cardiovascular & Respiratory content.	

	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	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 muscular systems work together	cardiovascular system 2 - Functions of the cardiovascular 3 - Components of blood 4 - Structure of blood vessels	1 - Structure of the respiratory system 2 - Key terms of the respiratory system 3 - Process of gaseous exchange			
Topic - Practical		ı ıll, Netball, Rugby, F dminton & Health R	Cricket, Rounder's, Short Tennis, Athletics				
Assessment - Theory	A short written test including multiple choice and 1 & 2 mark questions.	A short written test including multiple choice and 1 & 2 mark questions.	A short written test including multiple choice and 1 & 2 mark questions.	A short written test including multiple choice and 1 & 2 mark questions.	A short written test including multiple choice and 1 & 2mark questions. This will also include topics from Autumn 1 & 2.	A short written test including multiple choice and 1 & 2 mark questions. This will also include 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.
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: - Health & fitness	End of component tests: - Sports Psychology	End of component tests: - Sports Society	GCSE EXAMS.	
	PREP						