

KENTON SCHOOL LEARNING JOURNEY – PHYSICAL EDUCATION



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Orienteering (Field) & Problem solving Gymnastics (Routine, Rolls & Balances) & Dance (Street)	Rugby & Endball & Netball	Gymnastics (Introduction to flight) & Fitness & Trampoline (Bronze)	Volleyball & Football & Basketball & Netball	Athletics Track & Cross Country	Rounders/Softball & Cricket & Tennis
Year 8	Orienteering (School site) & Problem solving Gymnastics & Dance (Haka & Contemporary)	Rugby & Endball & Netball	Gymnastics (Flight Travel), Fitness & Trampoline (Bronze & Silver 1)	Volleyball, Football, Basketball & Netball	Athletics Throwing and Jumping, Cross Country	Rounders/Softball & Cricket & Tennis
Year 9	Gymnastics (Vaulting & Apparatus) & Dance (Choreography)	Football & Netball	Volleyball & Basketball	Fitness & Trampoline Silver 2/3	Rounders & Softball	Orienteering (Combined sites) & Problem solving
Year 10 Core PE	Football & Netball	Volleyball & Basketball	Orienteering, team building & Problem solving	Trampolining & Fitness	Badminton & Dodgeball	Athletics, Rounders & Cricket
Year 10 GCSE PE	Applied Anatomy & Physiology Sports Psychology		Physical Training Sports Psychology	Physical Training Health, Fitness & Wellbeing		
Year 10 NCFE	The skeletal system The principles of training	The muscular system The musculoskeletal system	The respiratory system	The blood vessels and the cardiac cycle	The energy Systems The effects of health and fitness activities The components of fitness	Revision Recap and Exam
Year 11 Core PE	Volleyball & Netball & Basketball & Football	Badminton & Dodgeball & Benchball	Orienteering, team building & Problem solving	Trampolining & Dance & Fitness	Football, Netball, Basketball & Endball	Athletics, Softball, Rounders & Cricket

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Year 11 GCSE PE	Applied Anatomy & Physiology Socio-Cultural Influences		Movement Analysis	Coursework	Revision	
Year 11 NCFE	Revision and Exam	Lifestyle factors and how these can affect health and fitness Key nutrients and what a balanced diet consists of Rest and recovery	Fitness Testing Using data and collecting data Training Methods Heart rate training	Repetitions and sets Health and fitness analysis Goal setting The structure of a Health and Fitness Programme	Synoptic project	Project adaptations Resit Exam opportunity
Year 12	Skeletal System How sport is organised	Muscular system Sports development	Cardiovascular system Measuring impact of sports development	Respiratory system in Sports development in practice	Energy Systems Sport development models	Revision and Exams Common sports injuries Minimising injury risk
Year 13	Sports events and their purpose	Plan, promote, deliver and review a sports event	Sports coaches and activity leaders Improve skills, techniques and tactics in sport	Plan, prepare, deliver and review sports and activity sessions	Common sports injuries – reducing the risk, treatment and rehabilitation	Coursework improvements Exam resits