



PE – Curriculum Overview – 2023 - 2024

Year Group	Unit 1 (9 lessons each sport)	Unit 2 (9 lessons each sport)	Unit 3 (9 lessons each sport)	Unit 4 (9 lessons each sport)	Unit 5 (9 lessons)
7	Netball Dance	Football Gymnastics	Handball Table Tennis	Cricket Athletics	Rounders
8	Netball Dance	Football Gymnastics	Handball Table Tennis	Cricket Athletics	Rounders
9	Netball Dance	Football Gymnastics	Handball Table Tennis	Cricket Athletics	Rounders

Year Group:	HT1	HT2	HT3	HT4	HT5	HT6
10	<p><u>GCSE PE:</u> <i><u>Practical:</u></i> Netball</p> <p><i><u>Theory:</u></i> Engagement in Sport and Commercialisation of Sport</p> <p><u>Health and Social Care:</u> <i><u>Component 1:</u></i> Understanding how human growth and</p>	<p><u>GCSE PE:</u> <i><u>Practical:</u></i> Dance</p> <p><i><u>Theory:</u></i> Ethical and Social-Cultural issues and Sports Psychology</p> <p><u>Health and Social Care:</u> <i><u>Component 1:</u></i> Understanding how human growth and</p>	<p><u>GCSE PE:</u> <i><u>Practical:</u></i> Badminton</p> <p><i><u>Theory:</u></i> Sports Psychology and Health, Fitness and Well-Being</p> <p><u>Health and Social Care:</u> <i><u>Component 1:</u></i> Understanding how human growth and</p>	<p><u>GCSE PE:</u> <i><u>Practical:</u></i> Gymnastics</p> <p><i><u>Theory:</u></i> Health, Fitness and Well-Being</p> <p><u>Health and Social Care:</u> <i><u>Component 2:</u></i> Care services and barriers.</p>	<p><u>GCSE PE:</u> <i><u>Practical:</u></i> Athletics</p> <p><i><u>Theory:</u></i> Components of Fitness and Preventing injury in physical activity and training.</p> <p><u>Health and Social Care:</u> <i><u>Component 2:</u></i> Care services and barriers.</p>	<p><u>GCSE PE:</u> <i><u>Practical:</u></i> Athletics</p> <p><i><u>Theory:</u></i> Applying the principles of training.</p> <p><u>Health and Social Care:</u> <i><u>Component 1:</u></i> Care Values.</p>



	<p>development across life stages and the factors that affect it.</p> <p><u>GCSE Dance:</u> <u>Practical:</u> Contemporary technique (Solo & Group)</p> <p><u>Theory:</u> Physical, Expressive and mental skills. Safe practice in Dance</p>	<p>development across life stages and the factors that affect it.</p> <p><u>GCSE Dance:</u> <u>Practical:</u> Image Choreography Task</p> <p><u>Theory:</u> Choreography</p>	<p>development across life stages and the factors that affect it.</p> <p><u>GCSE Dance:</u> <u>Practical:</u> Poem Choreography Task</p> <p><u>Theory:</u> Choreography</p>	<p><u>GCSE Dance:</u> <u>Practical:</u> Performance Trio</p> <p><u>Theory:</u> A Linha Curva</p>	<p><u>GCSE Dance:</u> <u>Practical:</u> Individual Choreography Task</p> <p><u>Theory:</u> A Linha Curva/Artificial Things</p>	<p><u>GCSE Dance:</u> <u>Practical:</u> Set phrases</p> <p><u>Theory:</u> Artificial Things</p>
11	<p><u>GCSE PE:</u> <u>Practical:</u> Cricket.</p> <p><u>Theory:</u> AEP (Coursework).</p>	<p><u>GCSE PE:</u> <u>Practical:</u> Table Tennis.</p> <p><u>Theory:</u> The structure and function of the skeletal and muscular system.</p>	<p><u>GCSE PE:</u> <u>Practical:</u> Football.</p> <p><u>Theory:</u> Movement Analysis and the cardiovascular system.</p>	<p><u>GCSE PE:</u> <u>Practical:</u> Preparation for practical moderation.</p> <p><u>Theory:</u> Respiratory system and the effects of exercise.</p>	<p><u>GCSE PE:</u> <u>Practical:</u> No practical lessons.</p> <p><u>Theory:</u> Revision.</p>	



	<p><u>Health and Social Care:</u> <u>Component 3:</u> Factors affecting Health and Wellbeing.</p> <p><u>GCSE Dance:</u> <u>Practical:</u> Set Phrases. Performance Trio's.</p> <p><u>Theory:</u> Within Her Eyes.</p>	<p><u>Health and Social Care:</u> <u>Component 3:</u> Interpreting Health indicators and Improvement Plans.</p> <p><u>GCSE Dance:</u> <u>Practical:</u> Performance Trio's. GCSE Exam Choreography.</p> <p><u>Theory:</u> Infra.</p>	<p><u>Health and Social Care:</u> <u>Component 3:</u> Revision and Exam.</p> <p><u>GCSE Dance:</u> <u>Practical:</u> GCSE Exam Choreography.</p> <p><u>Theory:</u> Shadows.</p>	<p><u>Health and Social Care:</u> <u>Component 2:</u> Care Values.</p> <p><u>GCSE Dance:</u> <u>Practical:</u> GCSE Exam Choreography.</p> <p><u>Theory:</u> Section B.</p>	<p><u>Health and Social Care:</u> <u>Component 3:</u> Revision</p> <p><u>GCSE Dance:</u> <u>Practical:</u> No practical lessons.</p> <p><u>Theory:</u> Revision.</p>	
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***Please note, due to staffing arrangements, activities and topics may change the half term they are taught in.**

Weekly Extra-Curricular Provision:

Badminton Club
All years Netball Club
Y7 & Y8 Sportshall Athletics Club
Y9 Dance Club
Y10 Dance Club



Cricket Club
Y7 & Y8 Dance Club
Cheer Dance Club
Benchball Club
Football Club
Gymnastics Club
Cross Country Club
Y10 & Y11 Athletics Club
Games Club

Additional Extra-Curricular Provision:

- Netball Fixtures for all year groups
- Cross Country Championships
- U16 South Ribble Athletics Competition
- U14 South Ribble Athletics Competition
- Rounders Tournaments for all year groups
- U13 & U15 Cricket Competition
- U14 & U16 Badminton Competition
- U12 & U13 Gymnastics Competition
- U12 & U13 Sportshall Athletics Competition
- GCSE PE 'Futures' trip to the Etihad Stadium
- 'Dance with Rambert' workshop at Runshaw College