PE – Curriculum Overview – 2025 - 2026

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	**GCSE PE:** *Practical:* Netball *Theory:* Applied anatomy and physiology. **Health and Social Care:** *Component 1:* Understanding how human growth and development across life stages	**GCSE PE:** *Practical:* Dance *Theory:* The structure and function of the cardio-respiratory system. **Health and Social Care:** *Component 1:* Understanding how human growth and development across life stages	**GCSE PE:** *Practical:* Badminton *Theory:* Movement analysis. **Health and Social Care:** *Component 1:* Completion of external assignments, 30% of total GCSE.	**GCSE PE:** *Practical:* Gymnastics *Theory:* Physical Training. **Health and Social Care:** *Component 2:* Understand the different types of health and social care services and	**GCSE PE:** *Practical:* Athletics *Theory:* Physical Training. **Health and Social Care:** *Component 2:* Understand the different types of health and social care services and	**GCSE PE:** *Practical:* Athletics *Theory:* Sports Psychology. **Health and Social Care:** *Component 2:* Understand the skills, attributes and values required to give care.

	and the factors that affect it. **GCSE Dance:** *Practical:* Contemporary technique (Solo & Group) *Theory:* Physical, Expressive and mental skills. Safe practice in Dance	and the factors that affect it. **GCSE Dance:** *Practical:* Image Choreography Task *Theory:* Choreography	**GCSE Dance:** *Practical:* Poem Choreography Task *Theory:* Choreography	barriers to accessing them. **GCSE Dance:** *Practical:* Performance Trio *Theory:* A Linha Curva	barriers to accessing them. **GCSE Dance:** *Practical:* Individual Choreography Task *Theory:* A Linha Curva/Artificial Things	**GCSE Dance:** *Practical:* Set phrases *Theory:* Artificial Things
11	**GCSE PE:** *Practical:* Cricket. *Theory:* Socio-cultural influences	**GCSE PE:** *Practical:* Table Tennis. *Theory:* Coursework	**GCSE PE:** *Practical:* Football. *Theory:* Commercialisation of physical activity and sport.	**GCSE PE:** *Practical:* Preparation for practical moderation. *Theory:* Ethical issues.	**GCSE PE:** *Practical:* No practical lessons. *Theory:* Revision.	

	Health and Social Care: *Component 2:* Understand the skills, attributes and values required to give care. **GCSE Dance:** *Practical:* Set Phrases. Performance Trio's. *Theory:* Within Her Eyes.	**Health and Social Care:** *Component 2:* Completion of external assignments, 30% of total GCSE. **GCSE Dance:** *Practical:* Performance Trio's. GCSE Exam Choreography. *Theory:* Infra.	**Health and Social Care:** *Component 3:* Factors affecting health and wellbeing and Physiological indicators. **GCSE Dance:** *Practical:* GCSE Exam Choreography. *Theory:* Shadows.	**Health and Social Care:** *Component 3:* Person-centred approach to improving health and wellbeing and actions to improve health and wellbeing. **GCSE Dance:** *Practical:* GCSE Exam Choreography. *Theory:* Section B.	**Health and Social Care:** *Component 3:* Revision **GCSE Dance:** *Practical:* No practical lessons. *Theory:* Revision.	

***Please note, due to staffing arrangements, activities and topics may change the half term they are taught in.**