

PE Overview KS3 & KS4:

KS3			KS4	
<u>7</u> <u>'Learn'</u>	<u>8</u> <u>'Develop'</u>	<u>9</u> <u>'Apply'</u>	<u>10</u> <u>'Analyse'</u>	<u>11</u> <u>'Evaluate'</u>
<u>Autumn & Spring:</u> Invasion Games (football/netball/handball etc.) Net Games (Badminton/short tennis/volleyball) Dance Trampolining <u>Outdoor Adventurous Activities (OAA – team building and problem solving/exploring)</u> <u>Summer:</u> Striking & Fielding (Rounders/Cricket) Athletics (Track & Field events)			<u>Autumn:</u> Body Systems (Skeletal, Muscular, Respiratory) <u>Spring:</u> Body systems (Cardiovascular) Effects of Exercise (Short & Long-term) Energy Systems <u>Summer:</u> Components of Fitness Principles of Training Methods of Training	<u>Autumn:</u> Synoptic Coursework (60% of overall grade) <u>Spring:</u> Recap exam content in preparation for exam in May (40% of overall grade)
			<u>Practical</u> Students will complete practical lessons once a week, either linked to the VCERT course or sports delivered through the National Curriculum.	