

Subject: PE

September-October Half Term		
Year 7	Year 8	Year 9
Cross Country Rugby Netball	Cross Country Rugby Netball	Cross Country Rugby Netball
Assessments/exams Continually assessed practically in lessons.	Assessments/exams Continually assessed practically in lessons.	Assessments/exams Continually assessed practically in lessons.
Enrichment activities	Enrichment Activities	Enrichment Activities
November-December Half Term		
Year 7	Year 8	Year 9
Volleyball Fitness Table-Tennis Football	Volleyball Fitness Gymnastics Dance	Volleyball Table-Tennis Fitness Football
Assessments/exams Continually assessed practically in lessons.	Assessments/exams Continually assessed practically in lessons.	Assessments/exams Continually assessed practically in lessons.
Enrichment activities	Enrichment activities	Enrichment activities
January-February Half Term		

Subject: PE

Year 7	Year 8	Year 9
Volleyball Fitness Table-Tennis Football	Fitness (Practical and Theoretical)	Block of theory lessons in preparation for the exam.

Assessments/exams Continually assessed practically in lessons. No exam	Assessments/exams Continually assessed practically in lessons. Homework task.	Assessments/exams Theory Exam – knowledge gained from practical and theory lessons
Enrichment activities	Enrichment activities	Enrichment activities

February-April Half Term

Year 7	Year 8	Year 9
Handball Fitness Gymnastics Dance	Table-Tennis Volleyball Fitness Gymnastics Dance	Table-Tennis Volleyball Fitness Gymnastics Dance
Assessments/exams Continually assessed practically in lessons. No exam	Assessments/exams Continually assessed practically in lessons. No exam	Assessments/exams Continually assessed practically in lessons. No exam
Enrichment Activities	Enrichment Activities	Enrichment Activities

April-May Half term

Year 7	Year 8	Year 9
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Subject: PE

Rounders Athletics Cricket Basketball	Rounders Athletics Cricket Basketball Short Tennis	Rounders Athletics Handball Basketball Short Tennis
Assessments/exams	Assessments/exams	Assessments/exams
Continually assessed practically in lessons. No exam	Theory Exam – knowledge gained from practical lessons	Continually assessed practically in lessons. No exam
Enrichment Activities	Enrichment Activities	Enrichment Activities

June-July Half Term

Year 7	Year 8	Year 9
Rounders Athletics Cricket Basketball	Rounders Athletics Cricket Basketball Tennis/Short Tennis	Rounders Athletics Handball Basketball Tennis/short Tennis
Assessments/exams	Assessments/exams	Assessments/exams
Continually assessed practically in lessons. No exam	Continually assessed practically in lessons. No exam	Continually assessed practically in lessons. No exam
Enrichment Activities	Enrichment Activities	Enrichment Activities

September-October Half Term

Year 10	Exam Board and Specification: OCR GCSE PE	Year 11	Exam Board and Specification: OCR GCSE PE
GCSE: Applied Anatomy and Physiology Physical Training Use of data	Core: Boys: Football, Basketball and Fitness. Girls: Netball and Fitness	GCSE: Physical activity and your healthy mind and body. Cardiovascular system.	Core: Boys: Rugby, Basketball and Fitness. Girls: Netball and Fitness
Assessments/exams No exam.		Assessments/exams No exam.	
Enrichment activities		Enrichment Activities	

November-December Half Term

Year 10	Year 11
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Subject: PE

GCSE: Core: Applied Anatomy and Physiology All Movement Analysis Choice of – Dance, Basketball, Benchball, Table tennis. Use of data Boys: Football	students: Golf, Handball, Physical Training Girls: Gym (fitness) Volleyball.	GCSE: Core: Cardiovascular System All students: Respiratory System Choice of – Dance,	Golf, Handball, Basketball, Benchball, Table tennis. Boys: Football Girls: Gym (fitness) Volleyball.
Assessments/exams No exam.		Assessments/exams GCSE only in mocks.	

Enrichment activities		Enrichment activities	
January-February Half Term			
Year 10		Year 11	
GCSE: Movement Analysis Physical Training Use of data	Core: All students: Choice of – gym, Running, Circuits, Boxercise. Boys: Table-Tennis Girls: Games – benchball, kingball dodgeball.	GCSE: Analysis of Performance Muscular System Skeletal System	Core: All students: Choice of – gym, Running, Circuits, Boxercise. Boys: Table-Tennis Girls: Games – benchball, kingball dodgeball.
Assessments/exams: No Exam		Assessments/exams: No Exam	
Enrichment activities		Enrichment activities	
February-April Half Term			
Year 10		Year 11	
GCSE: Sports Psychology Health, Fitness and Well-being	Core: GCSE – Table Tennis & Handball Boys – Orienteering and Fitness Girls – Volleyball & basketball	GCSE: Practical performance prep Revision of all topics	Core: Boys – Handball and Fitness Girls – Volleyball & basketball
Assessments/exams: No Exam		Assessments/exams: No Exam	
Enrichment Activities		Enrichment Activities	
April-May Half term			

Subject: PE

Year 10		Year 11																	
GCSE: Sports Psychology Health, Fitness and Well-being	Core: GCSE – Athletics and Volleyball All non GCSE students: Rounders Athletics Cricket Tennis/short Tennis	GCSE: Core: Revision and exam techniques All	students: Choice of Football, Fitness, Volleyball, Rounders, Tennis.																
Assessments/exams: No Exam		Assessments/exams: Actual GCSE exam.																	
		Assessment overview																	
		<table><thead><tr><th>Component</th><th>Marks</th><th>Duration</th><th>Weighting</th></tr></thead><tbody><tr><td>Physical factors affecting performance (01)</td><td>60</td><td>1 hour</td><td>30%</td></tr><tr><td>Socio-cultural issues and sports psychology (02)</td><td>60</td><td>1 hour</td><td>30%</td></tr><tr><td>Performance in physical education (03)</td><td>80</td><td>-</td><td>40%</td></tr></tbody></table>		Component	Marks	Duration	Weighting	Physical factors affecting performance (01)	60	1 hour	30%	Socio-cultural issues and sports psychology (02)	60	1 hour	30%	Performance in physical education (03)	80	-	40%
Component	Marks	Duration	Weighting																
Physical factors affecting performance (01)	60	1 hour	30%																
Socio-cultural issues and sports psychology (02)	60	1 hour	30%																
Performance in physical education (03)	80	-	40%																
		Non-exam assessment.																	
		To view the Examination Board Specification please click here																	

Subject: PE

Enrichment Activities		Enrichment Activities
June-July Half Term		
Year 10		
GCSE: Anatomy and Physiology Physical Training	Core: GCSE - Athletics and Volleyball All non GCSE students: Rounders Athletics Cricket Tennis/short Tennis	
Assessments/exams – GCSE only in Exam week.		
Enrichment Activities		