



Programme of Study

PE Department

2018-2019	Year 7		Year 8		Year 9		Year 10		Year 11	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Autumn Term	Baseline testing Basketball Orienteering	Baseline testing Orienteering Basketball	Football Basketball Badminton	Fitness Netball Gymnastics	Football Basketball Rugby	Basketball Netball Dance	Basketball Football Badminton Theory		Basketball Football Badminton Theory	
Spring Term	Gymnastics Badminton	Gymnastics Dance	Gymnastics Fitness Football	Badminton Dance	Principles of training* Volleyball	Principles of training* Dance				
Summer Term	Cricket Athletics	Athletics Rounder's	Cricket Athletics Softball	Cricket Athletics Rounder's	Athletics Softball	Athletics Rounder's				

2018-2019	Year 10	Year 11
	Cambridge National in Sports Science	Cambridge National in Sports Science
Autumn Term	Unit RO42 – Principles of training	Unit R046 – Technology In Sport
Spring Term	Unit RO42 – Principles of training	Unit R046 – Technology In Sport
Summer Term	Unit RO43 – The Body's response To Physical Activity	Unit R041 – Sports Injuries

*Principles of training is a theory based unit of work linked to the key stage 4 curriculum

- All activities are weather dependant