

Subject: PE

Year	Content of the Curriculum	Additional Resources to aid Learning e.g. web links, guided reading
7	<p>KS3 Core PE activities:</p> <p>Term 1: Netball Football (boys and girls) Rugby Fitness Dance/ Gymnastics</p>	<p>http://www.bbc.co.uk/sport</p> <p>http://www.teachpe.com/</p>
8	<p>Table tennis</p> <p>Term 2: Basketball Tennis Badminton Handball Volleyball</p>	
9	<p>Term 3: Athletics – Track and field Cricket Rounders Tennis</p>	
10	<p>Edexcel GCSE Physical Education</p> <p>Component 1 – fitness and body systems (musculo-skeletal system, cardio-respiratory system, anaerobic and aerobic exercise, lever system, health and performance, components of fitness, methods of training, principles of training, injury prevention and drugs in sport).</p> <p>Component 2 – Health and Performance (physical and emotional benefits of sport, lifestyle choices, energy and diet, optimum weight, sports psychology, goal setting and guidance and feedback).</p> <p>Component 3 – Practical Performance (Based on individual and team sports)</p> <p>Component 4 – Personal Exercise Programme (coursework based 10% of final grade).</p>	<p>Exam Board Specification & Specimen Exam Papers: https://qualifications.pearson.com/en/qualifications/edexcel-gcse/physical-education-2016.html</p> <p>BBC Bitesize: http://www.bbc.co.uk/education/subjects/znyb4wx</p>
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