



Physical Education Curriculum by Academic Year

Year Group	Autumn Term	Spring Term	Summer Term
Y7	Badminton, Football, Netball, Trampolining, Handball, Outdoor Fitness, Rugby, Hockey	Basketball, Gymnastics, Rugby, Table Tennis, Cricket,	Athletics, Rounders,
Home Learning:	Home Learning Quiz set on teams every 3 weeks to cover most recent activity		
Y8	Trampolining, Tchoukball, Netball, Basketball, Hockey, Football,	Gymnastics, Handball, Dance, Table Tennis, Rugby,	Rounders, Athletics, Tennis, Cricket
Home Learning:	Home Learning Quiz set on teams every 3 weeks to cover most recent activity.		
Y9	Rugby, Volleyball, Trampolining, Netball, Rugby, Basketball, Football, Handball, Tchoukball	Badminton, Table Tennis, Hockey,	Softball, Athletics, Tennis, Rounders,
Home Learning:	Home Learning Quiz set on teams every 3 weeks to cover most recent activity.		
Y10	Physical education plays an important role in Penistone Grammar School achieving excellence through a value driven education. It is at the forefront in developing student well-being, life skills and preparing students to lead healthy, positive, and active lifestyles in the future. In KS4 PE is less about the of teaching independent skills but more how the sport and physical activity can be played in a social situation to increase the likelihood of a healthy active lifestyle. At KS4 our curriculum allows student choice and engagement to increase the engagement within physical education and activity.		
Y11			
Home Learning:			

GCSE PE (Y10)	Applied Anatomy and Physiology / Movement Analysis	Physical Training / Non-Exam Assessment – Analysis & Evaluation of Performance	Physical Training / Non-Exam Assessment – Analysis & Evaluation of Performance
GCSE PE (Y11)	Sports Psychology / Health Fitness and Well-being	Socio-Cultural Influences / Health Fitness and Well-being	Exam Preparation
Cambridge National Sport Studies (Y10)	Unit R187: Increasing awareness of Outdoor and Adventurous Activities	Unit R185: Performance and leadership in sports activities	Unit R185: Performance and leadership in sports activities
Cambridge National Sport Studies (Y11)	Unit R184: Contemporary issues in sport	Unit R184: Contemporary issues in sport	Unit R184: Contemporary issues in sport
Home Learning	Home Learning set on a two-weekly rotation. The content of this is left to teacher discretion but should be focused on either retrieval or solidification of knowledge through application		





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A Level PE Y12	Applied Anatomy and Physiology / Skill Acquisition / Sport and Society	Applied Anatomy and Physiology / Skill Acquisition / Sport and Society	The role of technology in physical activity and sport / Skill Acquisition / Sport and Society
Home Learning:			
A Level PE Y13	Exercise Physiology / Biomechanical Movement / Sport Psychology / Sport and Society and the role of technology in physical activity and sport	Biomechanical Movement / Sport Psychology / Sport and Society and the role of technology in physical activity and sport	Exam Preparation
Home Learning:			

