

KS3 PE – Year 7/8/9 2023-2024

Term 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	
1	Rugby		Dance		Netball		Gymnastics		Badminton		Football			Mastery options decided. Mass participation in a range of activities. Students notified of their activity for HT3.		
2	Football		Rugby		Dance		Netball		Gymnastics		Badminton					
3	Badminton		Football		Rugby		Dance		Netball		Gymnastics					
4	Gymnastics		Badminton		Football		Rugby		Dance		Netball					
5	Netball		Gymnastics		Badminton		Football		Rugby		Dance					
6	Dance		Netball		Gymnastics		Badminton		Football		Rugby					

Term 2	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	Week 26	
1	Expertise in Rugby						Fitness		Athletics		OAA	
2	Expertise in Football						Tennis		Fitness		Athletics	
3	Expertise in Badminton						Rounders		Tennis		Fitness	
4	Expertise in Gymnastics						Basketball		Rounders		Tennis	
5	Expertise in Netball						OAA		Basketball		Rounders	
6	Expertise in Dance						Athletics		OAA		Basketball	

Term 3	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39
1	OAA	Basketball		Rounders		Tennis		Expertise in Fitness					
2	Athletics	OAA		Basketball		Rounders		Expertise in Tennis					
3	Fitness	Athletics		OAA		Basketball		Expertise in OAA					
4	Tennis	Fitness		Athletics		OAA		Expertise in Basketball					
5	Rounders	Tennis		Fitness		Athletics		Expertise in Rounders/Cricket					
6	Basketball	Rounders		Tennis		Fitness		Expertise Athletics					

GCSE PE – Year 10 2023-2024

Term 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15
	Health and Wellbeing						Nutrition					COFs and Testing			

Term 2	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	Week 26	
	COFs and Testing		Training Methods and Principles						Safety and Seasons			

Term 3	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39
	Effects of exercise including recovery							AOP – Preparation and Writing					

GCSE PE– Year 11 2023-2024

Term 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15
	Musculoskeletal System										Cardiorespiratory System				

Term 2	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	Week 26
	Cardiorespiratory System						Biomechanics				

Term 3	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39
	Exam preparation and revision												

BTEC Sport – Year 10 2023-2024

Term 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15
	C1: Types and provision of sport						C1: Equipment and technology					C1: Prepare participants for activity			

Term 2	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	Week 26
	C2: Components of fitness			C1: Assignment preparation. Class RTM adaptations.			C1: Formal assessment LA:A (Written)			C1: Formal assessment LA:B (Written)	

Term 3	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39
	C1: Formal assessment LA:C (Written x4 and filmed warm ups x4)			C2: Rules, regulations and officials in sport				C2: Improve participants sporting techniques					

BTEC Sport – Year 11 2023-2024

Term 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15
	C3: Fitness training principles and intensity							C2: Formal assessment LA:A (Written x2 and filmed drills x2)	C2: Formal assessment LA:B (Written x 2 and filmed full context x2)	C2: Formal assessment LA:C (Written x 2 and filmed coaching x2)	C2: Formal assessment LA:C (Written x 2 and filmed coaching x2)				

Term 2	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	Week 26
	C3: Fitness testing					C3: Training Methods					

Term 3	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39
	C3: Training programmes												

Dance – Year 10 2023-2024

Term 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15
	Mad Hatter's Tea Party				Rosas Danst Rosas			Revelations				Ghost Dances			

Term 2	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	Week 26
	Comp 1 PSA – Task 1 written portfolio					Comp 1 FA – Task 2 written portfolio				Comp 1 FA Task 2 written submit	

Term 3	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39
	Rosas Danst Rosas						Cry Me A River						

Dance – Year 11 2023-2024

Term 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15
	Cry Me A River/Rosas/Cry Me a River refresh			Comp 2 Formal Assessment					Comp 2 Formal assessment		Comp 3 Introduction				

Term 2	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	Week 26	
	Comp 3 FA – A1 Comp 3 FA – Ideas log			Comp 3 FA – B1					Comp 3 Formal assessment - <i>Activity log, Evaluation</i>			

Term 3	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39
	Comp 3 catch up												

H&S – Year 10 2023-2024

Term 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15
	Human growth and development across life stages				Factors affecting growth and development			Different types of life event		Coping with change caused by life events			Component 1: RTM class adaptations		

Term 2	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	Week 26
	Coursework preparation				C1: Formal assessment. LA:A			C1: Formal assessment. LA:B			Health and social care services

Term 3	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39
	Health and social care services	Barriers to accessing services			Skills, attributes and values in health and social care.		Obstacles individuals requiring care face.		Benefits to individuals receiving care.		Component 2: RTM class adaptations		

H&S– Year 11 2023-2024

Term 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15
	Factors affecting health and wellbeing				C2: Formal assessment. LA:A			C2: Formal assessment. LA:B			Interpreting health indicators				

Term 2	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	Week 26
	Person centred approach to health and wellbeing			Exam preparation							

Term 3	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39
	Exam preparation				Exam								