

Physical Education at St. Monica's

	Year 7	Year 8	Year 9	Year 10	Year 11
Topics Covered	<p><u>Boys:</u> Fitness Dance Hockey Football Basketball Athletics Cricket Handball Rugby</p> <p><u>Girls:</u> Netball Hockey Gymnastics Dance Fitness Rounders Athletics</p> <p>(All teaching groups will complete one block of each activity area. This will be using a carousel format, to make best use of the 5 teaching areas.)</p>	<p><u>Boys:</u> Fitness Table Tennis Badminton Hockey Football Basketball Athletics Cricket Handball</p> <p><u>Girls:</u> Netball Hockey Trampoline Gymnastics Dance Fitness Rounders Athletics Badminton Football</p> <p>(All teaching groups will complete one block of each activity area. This will be using a carousel format, to make best use of the 5 teaching areas.)</p>	<p><u>Boys:</u> Fitness Football Basketball Badminton Athletics Cricket</p> <p><u>Girls:</u> Netball Hockey Trampoline Fitness Rounders Athletics Badminton Football</p> <p>(All teaching groups will complete one block of each activity area. This will be using a carousel format, to make best use of the 5 teaching areas.)</p>	<p><u>GCSE PE (exam board Edexcel):</u> Paper One is taught in year 10 comprising of: Term 1 & 2 - Applied anatomy and physiology Term 3 - Movement analysis Term 4 & 5 - Physical training Term 6 - Use of data</p> <p>The practical component runs alongside this with students opting for their specialised sports</p> <p><u>BTEC Level 2 First Award in Sport (exam board Edexcel):</u> Pupils can also opt to study the BTEC Level 2 Sport Award instead of GCSE PE. The units studied in year 10 are: Term 3,4,5 & 6 - Unit 2: Practical Performance in Sport (internally assessed) Term 1 & 2 - Unit 1: Fitness for Sport and Exercise (externally assessed)</p> <p><u>Core PE</u> <u>Boys:</u> Fitness Table Tennis Badminton Football Basketball Athletics Cricket</p> <p>(All teaching groups will complete one block of each activity area. This will be using a carousel format, to make best use of the 5 teaching areas.)</p>	<p><u>GCSE PE (exam board Edexcel):</u> Paper Two is taught in year 11 comprising of: Term 1 - Health, fitness and well-being Term 2 - Sport psychology Term 3 - Socio-cultural influences Term 4 - Use of data</p> <p>The practical component runs alongside this with students opting for their specialised sports</p> <p>Term 3 - Students also complete their coursework in the form of their Personal Exercise Programme which comprises 10% of their overall grade.</p> <p><u>BTEC Level 2 First Award in Sport (exam board Edexcel):</u> The units studied in year 11 are: Term 6 (Year 10) Term 1 & 2 - Unit 3: Applying the principles of personal training (internally assessed) Term 3 & 4 - Unit 4: The Mind and Sports Performance (internally assessed)</p> <p><u>Core PE</u> <u>Choose From:</u> Football Trampoline Table Tennis Badminton Fitness Suite Dance Basketball Yoga</p>