



PE CURRICULUM "At the same time as the spiral is going forward, it is also returning."

Topic	KNOWLEDGE ACQUISITION	DURATION (Approximate)	Term 1a		Term 1b		Term 2a		Term 2b		Term 3a		Term 3b	
Year 10														
1 Unit 1: Fitness for Sport and Exercise	Know about the components of fitness and the principles of training Explore different fitness training methods, Investigate fitness testing to determine fitness levels, Know about the components of fitness and the principles of training, Explore different fitness training methods, Investigate fitness testing to determine fitness levels	72												
2 Unit 2: Practical Performance in Sport	Understand the rules, regulations and scoring systems for selected sports, Practically demonstrate skills, techniques and tactics in selected sports, Be able to review sports performance	81												
Year 11														
1 Unit 3: Applying the Principles of Personal Training	Design a personal fitness training programme, Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training, Implement a self-designed personal fitness training programme to achieve own goals and objectives, Review a personal fitness training programme	87												
2 Unit 6: Leading Sports Activities	Know the attributes associated with successful sports leadership, Undertake the planning and leading of sports activities, Review the planning and leading of sports activities	42												Students have left