

**Physical Education** - The intent of this curriculum is to inspire students to be active and engaged in a range of sports/activities, contributing to an active healthy lifestyle. This is achieved by offering routeways enabling students to have personalised learning.

Post 16 destination  
Life long passion for sport, health and well-being

Finish – End of Key Stage 4 PE

**Unit 1**  
Fitness for Sport and Exercise

BTEC External Moderation

**Unit 1**  
Fitness for Sport and Exercise

**Unit 5**  
The Sports Performer in Action

Year 11

**Unit 3**  
Applying the Principles of Training

Year 10 Work Experience fortnight

**Unit 3**  
Applying the Principles of Personal Training

**Unit 2**  
Practical Sports Performer

Year 10 – Start of Key Stage 4 PE

Further Faster Stronger F.I.T.T.E.R

Key Stage 3 Curriculum Coverage

- Key-**
- Assessment and moderation
  - Football
  - Athletics
  - Rounders
  - Basketball
  - Fitness
  - Flag football/tag rugby
  - Lacrosse
  - Netball
  - Zumba
  - Yoga
  - Badminton
  - Bootcamp
  - Handball
  - Just Dance
  - Dodgeball
  - Finish
  - Start
  - Principles of training
  - Methods of training
  - Components of fitness
  - Testing
  - Rules & Regs
  - Performance
  - Review
  - Training plan
  - Body systems
  - Diaries
  - Review
  - Effects of exercise
  - Energy