

# STUDIO WEST SCHOOL LEARNING JOURNEY – Physical Education



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 7</b>	<b>INVASION</b> Football boys Netball Girls	<b>INVASION</b> Football girls Handball boys	<b>HRF</b> Hockey Boys Dodgeball Girls	<b>HRF</b> Hockey Girls Dodgeball Boys	<b>NETWALL</b> Tennis Girls Cricket Boys	<b>NETWALL</b> Cricket Boys Tennis Girls
<b>Year 8</b>	<b>INVASION</b> Football boys Netball Girls	<b>INVASION</b> Football girls Handball boys	<b>HRF</b> Hockey Boys Dodgeball Girls	<b>HRF</b> Hockey Girls Dodgeball Boys	<b>NETWALL</b> Tennis Girls Cricket Boys	<b>NETWALL</b> Tennis Boys Cricket Girls
<b>Year 9</b>	<b>INVASION</b> Football boys Netball Girls	<b>INVASION</b> Football girls Handball boys	<b>HRF</b> Hockey Boys Dodgeball Girls	<b>HRF</b> Hockey Girls Dodgeball Boys	<b>NETWALL</b> Tennis Girls Cricket Boys	<b>NETWALL</b> Cricket Boys Tennis Girls
<b>Year 10 Core PE</b>	<b>INVASION</b> Football boys Netball Girls	<b>INVASION</b> Football girls Handball boys	<b>HRF</b> American Football Boys Fitness Girls	<b>HRF</b> Hockey Girls Dodgeball Boys	<b>NETWALL</b> Tennis Girls Cricket Boys	<b>NETWALL</b> Cricket Boys Tennis Girls
<b>Year 11 Core PE</b>	<b>INVASION</b> Football boys Netball Girls	<b>INVASION</b> Football girls Handball boys	<b>HRF</b> American Football Boys Fitness Girls	<b>HRF</b> Hockey Girls Dodgeball Boys	<b>NETWALL</b> Tennis Girls Cricket Boys	<b>NETWALL</b> Cricket Boys Tennis Girls
<b>Year 10 NCFE Health and Fitness</b>	<b>The skeletal system</b> Functions of the system Types of bone Joint actions Synovial joint Spine Posture  <b>Principles of training</b>	<b>The muscular system</b> Structure of muscles Contractions Muscle fibre types  The musculoskeletal system	<b>The respiratory system</b> Structure Function Respiratory measures Diffusion and gaseous exchange Respiratory changes	<b>The blood vessels and the cardiac cycle</b>  Structure of blood vessels Functions of the vessels Blood redistribution Structure of heart Cardiac cycle Blood pressure	<b>The energy systems</b> Anaerobic and Aerobic The effects of health and fitness activities Short term and long-term effects of fitness on the body. <b>The components of fitness</b>	<b>Revision</b>  <b>Recap and exam</b>
<b>Year 11 BTEC Sport</b>	<b>Mock Exam Component 3</b> Developing fitness to improve other participants performance in sport and other physical activity Exam content <b>Resubmit CWK Comp 1</b>	<b>Component 3</b> Developing fitness to improve other participants performance in sport and other physical activity Exam content <b>Resubmit CWK comp 1</b>	<b>Component 3</b> Developing fitness to improve other participants performance in sport and other physical activity Exam content Practice questions Scenarios	<b>Component 3</b> Exam technique Developing fitness to improve other participants performance in sport and other physical activity Exam content	<b>Exam</b> Mock questions Use of exam technique Breaking down mark scheme.	