

STUDIO WEST SCHOOL LEARNING JOURNEY – Physical Education



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	INVASION Football boys Netball Girls	INVASION Football girls Dance Handball boys	HRF Hockey Boys Dodgeball Girls FITNESS	HRF Hockey Girls Dodgeball Boys FITNESS	NETWALL Tennis Girls Cricket Boys	NETWALL Cricket Boys Tennis Girls
Year 8	INVASION Football boys Netball Girls	INVASION Football girls Dance Handball boys	HRF Hockey Boys Dodgeball Girls FITNESS	HRF Hockey Girls Dodgeball Boys FITNESS	NETWALL Tennis Girls Cricket Boys	NETWALL Cricket Boys Tennis Girls
Year 9	INVASION Football boys Netball Girls	INVASION Football girls Handball boys	HRF Hockey Boys Dodgeball Girls FITNESS	HRF Hockey Girls Dodgeball Boys FITNESS	NETWALL Tennis Girls Cricket Boys	NETWALL Cricket Boys Tennis Girls
Year 10 Core PE	INVASION Football boys Netball Girls	INVASION Football girls Dance Handball boys	HRF American Football Boys Fitness Girls	HRF Hockey Girls Dodgeball Boys FITNESS	NETWALL Tennis Girls Cricket Boys	NETWALL Cricket Boys Tennis Girls
Year 11 Core PE	INVASION Football boys Netball Girls	INVASION Football girls Handball boys	HRF American Football Boys Fitness Girls	HRF Hockey Girls Dodgeball Boys	NETWALL Tennis Girls Cricket Boys	NETWALL Cricket Boys Tennis Girls
Year 10 NCFE Health and Fitness	The skeletal system Functions of the system Types of bone Joint actions Synovial joint Spine Posture Principles of training	The muscular system Structure of muscles Contractions Muscle fibre types The musculoskeletal system	The respiratory system Structure Function Respiratory measures Diffusion and gaseous exchange Respiratory changes	The blood vessels and the cardiac cycle Structure of blood vessels Functions of the vessels Blood redistribution Structure of heart Cardiac cycle Blood pressure	The energy systems Anaerobic and Aerobic The effects of health and fitness activities Short & long-term effects of fitness on body The components of fitness	Revision Recap and exam

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<p>Year 11 BTEC Sport</p>	<p>Mock Exam Component 3 Developing fitness to improve other participants performance in sport and other physical activity Exam content Resubmit CWK Comp 1</p>	<p>Component 3 Developing fitness to improve other participants performance in sport and other physical activity Exam content Resubmit CWK comp 1</p>	<p>Component 3 Developing fitness to improve other participants performance in sport and other physical activity Exam content Practice questions Scenarios</p>	<p>Component 3 Exam technique Developing fitness to improve other participants performance in sport and other physical activity Exam content</p>	<p>Exam Mock questions Use of exam technique Breaking down mark scheme.</p>	
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