

SHS Physical Education Department Curriculum Map 2026 - 2027

CORE PE	TERM1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
Y7	Baseline Assessment Football	Rhythmic Gym Netball	Dance (Charleston) Football	OAA Netball	Tennis Rounders	Athletics Cricket
	CAE1	CAE2	CAE3	CAE4	CAE5	CAE6
Y8	Sports Acro Gym Football	Dance (Bollywood) Netball	Fitness Football	OAA Netball	Tennis Rounders	Athletics Cricket
	CAE1	CAE2	CAE3	CAE4	CAE5	CAE6
Y9	Trampolining Sport Education Netball	Dance (Street/Jazz) Sport Education Football	Trampolining Fitness	Volleyball Tag Rugby	Tennis Rounders	Athletics Cricket
	CAE1	CAE2	CAE3	CAE4	CAE5	CAE6
Y10	Options programme of activities					
Y11	Options programme of activities					
SIXTH FORM	Options programme of activities					
Each activity per term to be done on a weekly basis. (6 lessons). Term blocks 1-4 completed in any order depending on availability of facilities. Term blocks 5-6 completed in any order depending on availability of facilities.						
CAE = COMMON ASSESSED ENDPOINT PAE = PRACTICAL ASSESSMENT ENDPOINT						

GCSE PE Y10	Anatomy & Physiology Sports Psychology		Physical Training Sports Psychology	Physical Training Coursework		Movement Analysis Socio-Cultural
		CAE/PAE1		CAE/PAE2		CAE/PAE3
GCSE PE Y11	Physical Training Socio-Cultural	Health, Fitness & Well- Being	Practical	Exam technique and revision		
		CAE/PAE4		MODERATION		
A Level Y12	<i>Foundation physiology:</i> Skeletal & muscular systems Cardiovascular system Respiratory system Dietary manipulation Energy Systems/Recovery Periodisation		<i>Anaerobic physiology:</i> Muscle fibre types (FG & FOG) Ergogenic aids (HGH, anabolic steroids, bicarbonate, creatine, nutrition)		<i>Aerobic physiology:</i> Muscle fibre types (slow oxidative) Aerobic energy system Aerobic capacity/adaptations Ergogenic aids (EPO, blood doping, IHT, glycogen loading, nitrates, caffeine, hydration)	
	Skills, practices and guidance (including stages of learning)	Learning theories	Individual Differences	Individual Differences	Group and Team Dynamics	Memory Models
	Global sporting events	Emergence and evolution of modern sport	Commercialisation & media	Ethics and deviance in sport	Modern Technology	Routes to sporting excellence
		CAE/PAE1		CAE/PAE2		CAE/PAE3
A Level Y13	Flexibility, injuries and basic biomechanics: Flexibility, injury prevention, responding to injuries, Rehabilitation, Newton's Law's, Levers, Forces, Centre of mass, Technology		<i>Biomechanics:</i> Linear motion, angular motion, fluid mechanics and projectile motion	<i>Exam technique & revision</i>		
	Attribution and Confidence in Sport	Leadership	Stress management	Exam technique and revision		
	Y1 Revision	EAPI	EAPI/CAE & PAE 4	EAPI/MODERATION		

PE LEARNING JOURNEY: Y10 & 11 CORE PE OPTIONS

Term	Team	Individual	Fitness
1	Touch Rugby	Badminton	Fitness Suite
	Netball	Trampolining	Aerobics
	Ultimate Frisbee or Pop Lacrosse	Boccia	Well-Being Walk
2	Dodgeball	Table Tennis	Fitness Suite
	Benchball	Just Dance	Yoga/Body Toning
	Kinball	Boccia	Well-Being Walk
3 & 4	Handball	Table Tennis	Fitness Suite
	Volleyball	Just Dance	Yoga/Body Toning
	Danish Longball	Orienteering	Well-Being Walk
5 & 6	Rounders	Tennis	Athletics
	Cricket	Golf	Well-Being Walk
	Capture The Flag	Pickleball	