

PE Curriculum Outline

Core PE - Concept Curriculum

	Year 7	Year 8	Year 9
Cycle 1	Exploring Physical Literacy 1. Movement Competence 2. Confidence 3. Knowledge and Understanding 4. Motivation	Exploring Personal Development 1. Communication 2. Resilience 3. Emotional Intelligence 4. Intra-Personal Skills	Exploring Character Development 1. Sporting Values 2. Redefining Competition 3. Problem Solving 4. Power of Positivity
Cycle 2			
Cycle 3			

	Year 10	Year 11
Cycle 1	Exploring Leadership Skills 1. Fulfilling Potential 2. Effective Teams 3. Self-Reflection 4. Attitudes and Behaviours	Being Active for Life 1. Health and Well-being 2. Engagement Post-16 3. Remaining Active
Cycle 2		
Cycle 3		

Key Stage 4 Examination

Cambridge National: Sports Studies

Exam Board: OCR

	Year 10	Year 11
Cycle 1	Unit R187: Increasing awareness of Outdoor Adventurous Activities	Unit R184: Contemporary Issues in sport
Cycle 2	Unit R185: Performance and leadership in sports activities	Unit R185: Performance and leadership in sports activities

		Unit R184: Contemporary Issues in sport
Cycle 3	Unit R185: Performance and leadership in sports activities	Unit R184: Contemporary Issues in sport

Key Stage 5 Examination

BTEC Level 3 National Diploma in Sport

Exam Board: Pearson

	Year 12	Year 13
Cycle 1	Unit 3: Professional development in the sports industry Unit 6: Sport Psychology	Unit 4: Sports Leadership Unit 23: Skill Acquisition in sport
Cycle 2	Unit 6: Sport Psychology Unit 1: Anatomy and Physiology Unit 17: Sports Injury Management Unit 5: Application of Fitness Testing	Unit 2: Fitness Training and Programming Unit 22: Investigating Business in Sport and the Active Leisure Industry
Cycle 3	Unit 1: Anatomy and Physiology Unit 17: Sports Injury Management Unit 5: Application of Fitness Testing	Unit 2: Fitness Training and Programming Unit 22: Investigating Business in Sport and the Active Leisure Industry