



| Year |                     |                | Q1                                     |                       |   |                       |   |                              |   |                                |                                         |                                                          |    |                                               |                 |                       |                                                   | Q2       |    |    |                |                                      |                                 |                                |    |                                |    | Q3                                                                                              |                                                                          |    |                                           |                   |                   |          |                                 |    |    |    |    |
|------|---------------------|----------------|----------------------------------------|-----------------------|---|-----------------------|---|------------------------------|---|--------------------------------|-----------------------------------------|----------------------------------------------------------|----|-----------------------------------------------|-----------------|-----------------------|---------------------------------------------------|----------|----|----|----------------|--------------------------------------|---------------------------------|--------------------------------|----|--------------------------------|----|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|----|-------------------------------------------|-------------------|-------------------|----------|---------------------------------|----|----|----|----|
|      |                     |                | Autumn 1                               |                       |   |                       |   |                              |   |                                | Autumn 2                                |                                                          |    |                                               |                 |                       |                                                   | Spring 1 |    |    |                |                                      |                                 | Spring 2                       |    |                                |    | Summer 1                                                                                        |                                                                          |    |                                           |                   |                   | Summer 2 |                                 |    |    |    |    |
|      |                     |                | 1                                      | 2                     | 3 | 4                     | 5 | 6                            | 7 | 8                              | 9                                       | 10                                                       | 11 | 12                                            | 13              | 14                    | 15                                                | 16       | 17 | 18 | 19             | 20                                   | 21                              | 22                             | 23 | 24                             | 25 | 26                                                                                              | 27                                                                       | 28 | 29                                        | 30                | 31                | 32       | 33                              | 34 | 35 | 36 | 37 |
|      |                     |                | Exam Hall Yr 11                        |                       |   |                       |   |                              |   |                                | Exam Hall Yr 10                         |                                                          |    |                                               |                 |                       |                                                   |          |    |    | Exam Hall Yr11 |                                      |                                 |                                |    |                                |    |                                                                                                 | Exam Hall GCSE                                                           |    |                                           |                   |                   |          |                                 |    |    |    |    |
| KS3  | Year 7              | Lesson 1       | Introduction to PE Badminton           |                       |   | X-Countr y            |   | Introduction to PE Badminton |   |                                | Football                                |                                                          |    |                                               |                 | Table Tennis/ Netball |                                                   |          |    |    |                | OAA- Orienteering                    |                                 |                                |    | Athletics                      |    |                                                                                                 |                                                                          |    |                                           | Rounders/Softball |                   |          |                                 |    |    |    |    |
|      | Year 8              | Lesson 1       | Gymnastics                             |                       |   |                       |   |                              |   |                                | Football                                |                                                          |    |                                               |                 | Trampolining          |                                                   |          |    |    |                | Dance                                |                                 |                                |    | Athletics                      |    |                                                                                                 |                                                                          |    |                                           | Rounders/Softball |                   |          |                                 |    |    |    |    |
|      |                     | Lesson 2       | Rugby                                  |                       |   | X-Countr y            |   | Rugby                        |   |                                | PE/PSHCE Theory 1- The Body & First Aid |                                                          |    |                                               |                 | Table Tennis          |                                                   |          |    |    |                | PE/PSHCE Theory 2- Diet & Drugs      |                                 |                                |    | PE/PSHCE Theory 3- Fitness     |    |                                                                                                 |                                                                          |    |                                           | Cricket           |                   |          |                                 |    |    |    |    |
|      | Year 9              | Lesson 1       | Badminton                              |                       |   | X-Countr y            |   | Badminton                    |   |                                | Theory- Advanced PE                     |                                                          |    |                                               |                 | Trampolining          |                                                   |          |    |    |                | Football                             |                                 |                                |    | Athletics                      |    |                                                                                                 |                                                                          |    |                                           | Rounders/Softball |                   |          |                                 |    |    |    |    |
| KS4  | Year 10             | VCERT Lesson 1 | VCERT Unit 1.1 Skeletal System         |                       |   |                       |   |                              |   | VCERT Unit 1.2 Muscular System |                                         |                                                          |    |                                               | VCERT Mock Exam |                       | VCERT Unit 1.3 Respiratory System                 |          |    |    |                | VCERT Unit 1.4 Cardiovascular System |                                 |                                |    | VCERT Unit 1.5 Fitness Testing |    |                                                                                                 |                                                                          |    | VCERT Unit 2.1 Preparing Health & Fitness |                   | VCERT T Mock Exam |          | VCERT Unit 3.1 Synoptic Project |    |    |    |    |
|      |                     | VCERT Lesson 2 | VCERT Unit 2.3 Training Methods        |                       |   |                       |   |                              |   | VCERT Unit 2.4 Fitness Testing |                                         |                                                          |    |                                               |                 |                       | VCERT Unit 2.4 Heath & Fitness Programmes         |          |    |    |                |                                      |                                 |                                |    | VCERT Unit 2.4 Fitness Testing |    |                                                                                                 |                                                                          |    |                                           |                   |                   |          |                                 |    |    |    |    |
|      |                     | CORE           | Autumn Term Options                    |                       |   | Inter Form X-Countr y |   | Autumn Term Options          |   |                                |                                         |                                                          |    |                                               |                 | Spring Term Options   |                                                   |          |    |    |                |                                      |                                 |                                |    | Summer Term Options            |    |                                                                                                 |                                                                          |    |                                           |                   |                   |          |                                 |    |    |    |    |
|      | Year 11             | VCERT Lesson 1 | VCERT Exam Revision 1.1-1.5            |                       |   |                       |   |                              |   | VCERT Mock Exam                |                                         | VCERT 3.1 Synoptic Project- FINAL (External)<br>22 Hours |    |                                               |                 |                       |                                                   |          |    |    |                | VCERT Mock Exam                      |                                 | VCERT Exam Revision 1.1-1.5    |    |                                |    |                                                                                                 | VCERT PE Exam<br>Paper 1- Body Systems and Fitness Training<br>1hr 30min |    |                                           |                   |                   |          |                                 |    |    |    |    |
|      |                     | VCERT Lesson 2 | VCERT Synoptic Project Development 3.1 |                       |   |                       |   |                              |   |                                |                                         |                                                          |    |                                               |                 |                       |                                                   |          |    |    |                |                                      |                                 |                                |    |                                |    |                                                                                                 |                                                                          |    |                                           |                   |                   |          |                                 |    |    |    |    |
|      |                     | GCSE Lesson 1  | GCSE 2.1- Socio Cultural Influences    |                       |   |                       |   |                              |   | GCSE Mock Exam                 |                                         | GCSE NEA- Coursework                                     |    |                                               |                 |                       | GCSE Practical Moderation or GCSE NEA- Coursework |          |    |    | GCSE Mock Exam |                                      | GCSE 1.1/1.2/1.3- Revision Unit |                                |    |                                |    | GCSE PE Exam<br>Paper 1- Human Body<br>1hr 15mins<br><br>Paper 2- Socio Cultural<br>1hr 15 mins |                                                                          |    |                                           |                   |                   |          |                                 |    |    |    |    |
|      |                     | GCSE Lesson 2  | GCSE 2.2- Sports Psychology            |                       |   |                       |   |                              |   |                                |                                         |                                                          |    |                                               |                 |                       | GCSE 1.1/1.2/1.3- Revision Unit                   |          |    |    |                |                                      | GCSE 2.1/2.2- Revision Unit     |                                |    |                                |    |                                                                                                 |                                                                          |    |                                           |                   |                   |          |                                 |    |    |    |    |
| CORE | Autumn Term Options |                |                                        | Inter Form X-Countr y |   | Autumn Term Options   |   |                              |   |                                |                                         |                                                          |    | Spring Term Options/ Private Study for GCSE's |                 |                       |                                                   |          |    |    |                |                                      |                                 | Collapsed Timetable for GCSE's |    |                                |    |                                                                                                 |                                                                          |    |                                           |                   |                   |          |                                 |    |    |    |    |