

KS3 Physical Education

GCSE PE

Sport Science

Year 9 Assessment

STOP

Exam
Coursework
Practical Assessment

End of Unit Test
Training

Short Term
Effects of
Exercise

Long Term
Effects of
Exercise

Components
of Fitness

The principles
of training

Injuries

The 'WOW' Factor!

Athletics

The 'WOW' Factor!

Cricket

End of Unit Test
Respiratory and
Cardiovascular
System

The 'WOW' Factor!

Fitness
Testing
Aerobic and
Anaerobic
Respiration

The 'WOW' Factor!

Practical
Hockey
Respiratory
System

Cardiovascular
System

End of Unit Test
Muscular and
Skeletal System

The 'WOW' Factor!

Practical
Badminton

The 'WOW' Factor!

Practical
Handball

The 'WOW' Factor!

Fitness
Testing

End of Unit Test
Movement Analysis

Practical
Rugby

The 'WOW' Factor!

Practical
Basketball

Movement
Analysis

The 'WOW' Factor!

Practical
Netball

Planes and
Axes

The 'WOW' Factor!

Practical
Football

Levers

Muscular
System



Skeletal
System



START