



**ST IVO
ACADEMY**

Astrea Academy Trust
INSPIRING BEYOND MEASURE

Curriculum Map: Physical Education

	Autumn 1	Autumn 2	Spring 1	Alt Curr*	Summer 1	Summer 2
Year 7	Mixed – Short Tennis Boys - Rugby Girls - Netball	Mixed – Table Tennis Boys - Football Girls - Swim	Mixed – Trampolineing Boys - Swim Girls - Hockey	Mixed – Cycling Boys - OAA Girls - Fitness	Mixed – Athletics Boys - Tennis Girls - Swim	Mixed – Rounders Boys - Basketball Girls - Tennis
Year 8	Mixed – Badminton Boys - Rugby Girls - Hockey	Mixed – Table Tennis Boys - Football Girls - Swim	Mixed – Trampolineing Boys - Swim Girls - Netball	Mixed – Dance Boys - Trampo Girls - OAA	Mixed – Cricket Boys - Tennis Girls - Athletics	Mixed – Rounders Boys - Athletics Girls - Tennis
Year 9	Mixed – Badminton Boys - Rugby Girls - Hockey	Mixed – Table Tennis Boys - Football Girls - Netball	Mixed – Trampolineing Boys - Swim Girls - Fitness	Mixed – Dance Boys - TabTen Girls - Zumba	Mixed – Cricket Boys - Tennis Girls - Athletics	Mixed – Rounders Boys - Athletics Girls - Tennis
Year 10 Core	Boys – Rugby Girls – Netball	Boys – Basketball Girls – Badminton	Boys – Table Tennis Girls – Trampolineing	Boys – Cycling Girls – Zumba/Pilates	Boys – Rounders Girls – Rounders	Boys – Cricket Girls – Football
Year 10 BTEC Tech	Component 1 & 2 Prep	Component 1 & 2 Prep	COMPONENT 1: Preparing Participants to Take Part in Sport and Physical Activity	COMPONENT 1: Preparing Participants to Take Part in Sport and Physical Activity	COMPONENT 1: Preparing Participants to Take Part in Sport and Physical Activity	COMPONENT 2: Taking Part and Improving Other Participants' Sporting Performance
Year 10 GCSE	Skeletal System	Muscular System Cardiovascular System	Respiratory System	Long and Short Term Effects of Exercise	Physical Training	Injury and Injury Prevention
Year 11 Core	Boys – Football Girls – Touch Rugby	Boys – Basketball Girls – Badminton	Boys – Table Tennis Girls – Trampolineing	Boys – Cycling Girls – Zumba/Pilates	Boys – Rounders Girls – Rounders	Boys – Cricket Girls – Basketball
Year 11 BTEC Tech	COMPONENT 2: Taking Part and Improving Other Participants' Sporting Performance	COMPONENT 2: Taking Part and Improving Other Participants' Sporting Performance	COMPONENT 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity	COMPONENT 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity	COMPONENT 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity	
Year 11 GCSE	Socio-cultural Influences	Sports Psychology	Health, Fitness and Wellbeing	Coursework – NEA Performance Analysis	Exam Preparation	
Year 12 Games	Wednesday P5 Recreational Football Basketball Badminton Trampolineing	6 th Form Sport	Interhouse Badminton Table Tennis	Faculty Cup Mixed football	12 v 13 Cup Football Netball Rugby Basketball	Fixtures Football Netball Golf
Year 12 VS	Body Systems	Sports Coaching	Sport Organisation	Performance Analysis	Practical Sport	Yr13 - Biomechanics
Year 12 A'Level I	Anatomy	Physiology	Skill Acquisition	Sport in Society	Performance Coursework	Written Coursework
Year 13 VS	Health and Safety	Fitness Testing	Sports Events	Sports Injuries	Exercise for Specific Groups	
Year 13 A'Level I	Biomechanics	Skill Acquisition	Sport In Society	Written and Practical Coursework Submission	Psychology	