

YEAR 9-10

PHYSICAL EDUCATION (PE)

YEAR GROUP	CURRICULUM
7	Physical, Social, Mindset and Thinking ME through: <ul style="list-style-type: none"> • Invasion Games • Net/Wall Games • Dance • Gymnastics • Athletics and OAA • Striking and Fielding Games
8	Physical, Social, Mindset and Thinking ME through: <ul style="list-style-type: none"> • Invasion Games • Net/Wall Games • Dance • Gymnastics • Athletics and OAA • Striking and Fielding Games
9 CORE	Physical, Social, Mindset and Thinking ME through: <ul style="list-style-type: none"> • Invasion Games • Net/Wall Games • Dance • Gymnastics • Athletics and OAA • Striking and Fielding Games
9 OPTION	<ul style="list-style-type: none"> • Components of physical fitness • Fitness test methods for components of fitness • The basic principles of training (FITT) • The structure and functions of the musculoskeletal system • The structure and functions of the cardiorespiratory system • The short- and long-term effects of exercise
10 CORE	<ul style="list-style-type: none"> • Physical, Social, Mindset and Thinking ME
10 OPTION	<ul style="list-style-type: none"> • Unit 2: Practical Sport Performance • Unit 6: Leading Sports Activities



11 CORE	<ul style="list-style-type: none">• Physical, Social, Mindset and Thinking ME
11 OPTION	<ul style="list-style-type: none">• Unit 1: Fitness for Sport and Exercise• Unit 3: Applying the Principles of Personal Fitness