

## Physical Education - Key Stage 4 overview

<b>YEAR 9</b>	<p>Core P.E- Football, netball, fitness, Multi Gym, Gymnastics, Volleyball, Rounders, Rugby and badminton. All of these activities are dependent on the group that the students are in.</p> <p>GCSE P.E- Anatomy and physiology, components of fitness and methods of training.</p>
<b>YEAR 10</b>	<p>Core P.E- Football, netball, fitness, Multi Gym, Gymnastics, Volleyball, Rounders, Rugby and badminton. All of these activities are dependent on the group that the students are in.</p> <p>BTEC – Practical Sports Performance – Rules of the game, Observation and Analysis, umpiring and sports performance. Components of fitness for external exam.</p> <p>GCSE P.E- Practical performance, Personal Exercise Program, Healthy, active lifestyles.</p>
<b>YEAR 11</b>	<p>Core Football, netball, fitness, Multi Gym, Gymnastics, Volleyball, Rounders, Rugby and badminton. All of these activities are dependent on the group that the students are in.</p> <p>BTEC- Training program, Sports Psychology.</p> <p>GCSE - Healthy, active lifestyles, Your healthy, active body.</p>