

Physical Education - Key Stage 3 Topics

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Developing skills in physical activity	Making and applying decisions	Evaluating and improving	Healthy, active lifestyles	Developing Physical and Mental Capacity	What's your role?
Year 8	Developing skills in physical activity	Making and applying decisions	Evaluating and improving	Healthy, active lifestyles	Developing Physical and Mental Capacity	What's your role?
Year 9	Developing skills in physical activity	Making and applying decisions	Evaluating and improving	Healthy, active lifestyles	Developing Physical and Mental Capacity	What's your role?

Core Physical Education - Key Stage 4 Topics

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10	Developing skills in physical activity	Making and applying decisions	Evaluating and improving	Healthy, active lifestyles	Developing Physical and Mental Capacity	What's your role?
Year 11	Developing skills in physical activity	Making and applying decisions	Evaluating and improving	Healthy, active lifestyles	Developing Physical and Mental Capacity	What's your role?

GCSE PE Physical Education - Key Stage 4 Topics

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6	
Year 10	Unit 1.1 - Healthy, active lifestyles and how they could benefit you Unit 1.2 - Influences on your healthy, active lifestyle	Unit 1.3 - Exercise and fitness as part of your healthy, active lifestyle Unit 1.4 - Physical activity as part of your healthy, active lifestyle	Unit 1.5 - Your personal health and wellbeing Unit 2.1 - Physical activity and your healthy mind and body Unit 2.2 - A healthy, active lifestyle and your cardiovascular system	Unit 2.3 - A healthy, active lifestyle and your respiratory system Unit 2.4 - A healthy, active lifestyle and your muscular system	Unit 2.5 - A healthy, active lifestyle and your skeletal system		
Year 11							