



THE PRESCOT SCHOOL

PE Curriculum Journey

	HALF TERM 1 & 2	HALF TERM 3 & 4	HALF TERM 5 & 6
YEAR 7	Invasion Games, Football, Basketball	Invasion Games, Rugby, Cross Country, Table Tennis	Striking and Fielding Sport, Softball, Athletics, Invasion Games, Handball
YEAR 8	Athletics, Invasion Games, Fielding Sports, Softball, Netball	Rugby, Basketball, Cross Country, Fitness	Badminton, Hockey, Football, Invasion Games
YEAR 9	Badminton, Tennis, Invasion Games, Racquet Games	Cross Country, Fitness Module, Rugby, Basketball	Striking and Fielding Sports, Athletics, Softball, Cricket
YEAR 10	Health Training and Exercise Units, Nutrition, The Principles of Training. Badminton, Table Tennis	Exercise Physiology, Musculoskeletal and Cardiorespiratory Systems, Handball, Trampolining	Movement Analysis Lever Systems, Planes and Axis, Netball, Athletics
YEAR 11	Personal Analysis Evaluation, Fitness, Sport and Training programmes, Performance Checking	Sports Psychology, Psychological Characteristics Socio- Cultural issues in Sport	Components of fitness Fitness tests Methods of training Cardio-respiratory system Short- and long-term effects of exercise Planes and axes of movement Lever system