

**Year 10X Programme of Study 2021-22**

|           | LESSONS  | PE FOR PERFORMANCE, EXCELLENCE, HEALTH & FITNESS GIRLS | PE FOR PERFORMANCE, EXCELLENCE, HEALTH & FITNESS BOYS | PE FOR LEISURE, RECREATION, HEALTH & FITNESS |
|-----------|----------|--|---|--|
| <b>FT</b> | <b>3</b> | <b>Fitness Testing</b>                                 | <b>Fitness Testing</b>                                | <b>Fitness Testing</b>                       |
| 1         | 6        | Benchball/Dodgeball/Danish Longball                    | Dodgeball/Danish Longball/ Benchball                  | Danish Longball/Benchball/Dodgeball          |
| 2         | 8        | Netball  | Football  | Net/Wall Activities (Bad)                    |
| 3         | 8        | Volleyball   | Rugby Union (Contact)                                 | Healthy Active Lifestyles                    |
|           | <b>2</b> | Benchball/Dodgeball/Danish Longball                    | Dodgeball/Danish Longball/ Benchball                  | Danish Longball/Benchball/Dodgeball          |
| <b>HC</b> | <b>2</b> | <b>House Competitions</b>                              | <b>House Competitions</b>                             | <b>House Competitions</b>                    |
| 4         | 8        | Rugby Union (Contact)                                  | Basketball  | Cycling                                      |
| 5         | 6        | Healthy Active Lifestyles                              | Volleyball  | Walking                                      |
| 6         | 8        | Football   | Healthy Active Lifestyles                             | Trampoline & Rock Climbing                   |
| 7         | 6        | Badminton  | Handball  | Karate                                       |
| <b>HC</b> | <b>2</b> | <b>House Competitions</b>                              | <b>House Competitions</b>                             | <b>House Competitions</b>                    |
| 8         | 8        | Athletics  | Tennis  | Athletics                                    |
| 9         | 8        | Rounders/Cricket                                       | Athletics   | Tennis                                       |
| 10        | 8        | Tennis   | Rounders/Cricket                                      | Rounders/Cricket                             |

**Year 10Y Programme of Study 2021-22**

|           | LESSONS  | PE FOR LEISURE, RECREATION, HEALTH & FITNESS GIRLS | PE FOR LEISURE, RECREATION, HEALTH & FITNESS BOYS | PE FOR PERFORMANCE, EXCELLENCE, HEALTH & FITNESS |
|-----------|----------|--|---|--|
| <b>FT</b> | <b>3</b> | <b>Fitness Testing</b>                             | <b>Fitness Testing</b>                            | <b>Fitness Testing</b>                           |
| 1         | 6        | Benchball/Dodgeball/Danish Longball                | Danish Longball/Benchball/Dodgeball               | Dodgeball/Danish Longball/ Benchball             |
| 2         | 8        | Net/Wall Activities (Bad)                          | Cycling   | Football   |
| 3         | 8        | Healthy Active Lifestyles                          | Net/Wall Activities (Bad)                         | Rugby Union (Contact)                            |
|           | <b>2</b> | Benchball/Dodgeball/Danish Longball                | Danish Longball/Benchball/Dodgeball               | Dodgeball/Danish Longball/ Benchball             |
| <b>HC</b> | <b>2</b> | <b>House Competitions</b>                          | <b>House Competitions</b>                         | <b>House Competitions</b>                        |
| 4         | 8        | Cycling  | Walking   | Basketball                                       |
| 5         | 6        | Walking  | Healthy Active Lifestyles                         | Volleyball                                       |
| 6         | 8        | Trampoline & Rock Climbing                         | Karate  | Healthy Active Lifestyles                        |
| 7         | 6        | Karate   | Trampoline & Rock Climbing                        | Handball   |
| <b>HC</b> | <b>2</b> | <b>House Competitions</b>                          | <b>House Competitions</b>                         | <b>House Competitions</b>                        |
| 8         | 8        | Athletics  | Tennis  | Athletics  |
| 9         | 8        | Rounders/Cricket                                   | Athletics   | Tennis   |
| 10        | 8        | Tennis   | Rounders/Cricket                                  | Rounders/Cricket                                 |

**Year 11X Programme of Study 2021-22**

|           | LESSONS  | PE FOR PERFORMANCE, EXCELLENCE, HEALTH & FITNESS GIRLS | PE FOR PERFORMANCE, EXCELLENCE, HEALTH & FITNESS BOYS | PE FOR LEISURE, RECREATION, HEALTH & FITNESS |
|-----------|----------|--|---|--|
| <b>FT</b> | <b>3</b> | <b>Fitness Testing</b>                                 | <b>Fitness Testing</b>                                | <b>Fitness Testing</b>                       |
| 1         | 6        | Benchball/Dodgeball/Danish Longball                    | Danish Longball/Benchball/Dodgeball                   | Dodgeball/Danish Longball/ Benchball         |
| 2         | 8        | Netball  | Football  | Net/Wall Activities (Bad)                    |
| 3         | 8        | Volleyball   | Rugby Union (Contact)                                 | Healthy Active Lifestyles                    |
|           | <b>2</b> | Benchball/Dodgeball/Danish Longball                    | Danish Longball/Benchball/Dodgeball                   | Dodgeball/Danish Longball/ Benchball         |
| <b>HC</b> | <b>2</b> | <b>House Competitions</b>                              | <b>House Competitions</b>                             | <b>House Competitions</b>                    |
| 4         | 8        | Rugby Union (Contact)                                  | Basketball  | Cycling                                      |
| 5         | 6        | Healthy Active Lifestyles                              | Volleyball  | Walking                                      |
| 6         | 8        | Options  | Handball  | Trampoline/Rock Climbing                     |
| 7         | 6        | Options  | Options   | Options                                      |
| <b>HC</b> | <b>2</b> | <b>House Competitions</b>                              | <b>House Competitions</b>                             | <b>House Competitions</b>                    |

**Year 11Y Programme of Study 2021-22**

|           | LESSONS  | PE FOR PERFORMANCE, EXCELLENCE, HEALTH & FITNESS | PE FOR LEISURE, RECREATION, HEALTH & FITNESS |
|-----------|----------|--|--|
| <b>FT</b> | <b>3</b> | <b>Fitness Testing</b>                           | <b>Fitness Testing</b>                       |
| 1         | 6        | Danish Longball/Benchball/Dodgeball              | Benchball/Dodgeball/Danish Longball          |
| 2         | 8        | Handball   | Cycling                                      |
| 3         | 8        | Rugby Union (Contact)                            | Net/Wall Activities (Bad)                    |
| 5         | <b>2</b> | Danish Longball/Benchball/Dodgeball              | Benchball/Dodgeball/Danish Longball          |
| <b>HC</b> | <b>2</b> | <b>House Competitions</b>                        | <b>House Competitions</b>                    |
| 4         | 8        | Basketball                                       | Walking                                      |
| 6         | 6        | Volleyball                                       | Healthy Active Lifestyles                    |
| 7         | 8        | Netball  | Trampoline/Rock Climbing                     |
| 8         | 6        | Options  | Options                                      |
| <b>HC</b> | <b>2</b> | <b>House Competitions</b>                        | <b>House Competitions</b>                    |

|           | LESSONS  | START DATE |           | LESSONS  | START DATE |
|-----------|----------|------------|-----------|----------|------------|
| <b>FT</b> | <b>3</b> | 09/09/21   | 5         | 6        | 31/01/22   |
| 1         | 6        | 13/09/21   | 6         | 8        | 28/02/22   |
| 2         | 8        | 04/10/21   | 7         | 6        | 28/03/22   |
| 3         | 8        | 08/11/21   | <b>HC</b> | <b>2</b> | 04/04/22   |
| <b>IA</b> | <b>2</b> | 06/12/21   | 8         | 8        | 16/05/22   |
| <b>HC</b> | <b>2</b> | 13/12/21   | 9         | 8        | 20/06/22   |
| 4         | 8        | 06/01/22   | 10        | 8        | 18/07/22   |

## Theory Topics

| UNIT    | CHAPTER NUMBER       | THEORY TOPIC   |
|---------|----------------------|--|
| Unit 1  | 3.3                  | Fitness testing  |
| Unit 2  | 6.1<br>6.2<br>6.3    | Physical, emotional and social health and well-being, and fitness<br>The consequences of a sedentary lifestyle<br>Somatotypes  |
| Unit 3  |                      |  |
| Unit 4  | 6.4<br>6.5<br>6.6    | Energy use<br>A balanced diet<br>Maintaining water balance   |
| Unit 5  | 1.1<br>1.2<br>1.3    | The structure and functions of the skeletal system<br>The structure and function of the muscular system<br>The structure and function of the cardio-respiratory system |
| Unit 6  |                      |  |
| Unit 7  | 2.1<br>2.2<br>2.3    | Types of levers<br>Basic movements<br>Planes of movement and axes of rotation  |
| Unit 8  | 1.4<br>1.5           | Aerobic and anaerobic exercise<br>The effects of exercise  |
| Unit 9  | 3.1<br>3.2<br>3.15   | Health and fitness<br>The components of fitness<br>The principles of training  |
| Unit 10 | 3.3                  | Fitness testing  |
| Unit 11 | 3.16<br>3.17<br>3.18 | Training thresholds<br>Types of training<br>Preventing injury  |
| Unit 12 | 3.19<br>3.20<br>4.1  | Training seasons<br>Warming up and cooling down<br>Skill and ability   |
| Unit 13 | 4.2<br>4.3<br>4.4    | Goals and targets<br>Information processing<br>Guidance and feedback on performance  |