



Park Hall Academy

PE Department

Course Overview

KEY STAGE 3 (Years 7, 8 & 9)

Year 7

Autumn 1 (Sept- Oct)	Boys have blocks of Rugby, Football, Badminton, Basketball, Fitness Table Tennis, Hockey, Girls have blocks of Badminton, Football, Netball, Hockey, Gymnastics, Trampoline, Fitness
Autumn 2 (Nov-Dec)	Boys have blocks of Rugby, Football, Badminton, Basketball, Fitness Table Tennis, Hockey, Girls have blocks of Badminton, Netball, Hockey, Gymnastics, Trampoline, Fitness
Spring 1 (Jan- Feb)	Boys have blocks of Rugby, Football, Badminton, Basketball, Fitness Table Tennis, Hockey, Girls have blocks of Badminton, Netball, Hockey, Gymnastics, Trampoline, Fitness
Spring 2 (Mar- Apr)	Boys have blocks of Rugby, Football, Badminton, Basketball, Fitness Table Tennis, Hockey, Girls have blocks of Badminton, Netball, Hockey, Gymnastics, Trampoline, Fitness
Summer 1 (May-June)	Boys have blocks of Tennis, Cricket, Rounders and Athletics Girls have blocks have of Tennis, Cricket, Rounders and Athletics
Summer 2	Boys have blocks of Tennis, Cricket, Rounders and Athletics Girls have blocks have of Tennis, Cricket, Rounders and Athletics

Year 8

Autumn 1 (Sept- Oct)	Boys have blocks of Rugby, Football, Badminton, Basketball, Fitness Table Tennis, Hockey, Girls have blocks of Badminton, Netball, Hockey, Gymnastics, Trampoline, Fitness
Autumn 2 (Nov-Dec)	Boys have blocks of Rugby, Football, Badminton, Basketball, Fitness Table Tennis, Hockey, Girls have blocks of Badminton, Netball, Hockey, Gymnastics, Trampoline, Fitness
Spring 1	Boys have blocks of Rugby, Football, Badminton, Basketball,



Park Hall Academy

PE Department

Course Overview

(Jan- Feb)	Fitness Table Tennis, Hockey, Girls have blocks of Badminton, Netball, Hockey, Gymnastics, Trampoline, Fitness
Spring 2 (Mar- Apr)	Boys have blocks of Rugby, Football, Badminton, Basketball, Fitness Table Tennis, Hockey, Girls have blocks of Badminton, Netball, Hockey, Gymnastics, Trampoline, Fitness
Summer 1 (May-June)	Boys have blocks of Tennis, Cricket, Rounders and Athletics Girls have blocks have of Tennis, Cricket, Rounders and Athletics
Summer 2	Boys have blocks of Tennis, Cricket, Rounders and Athletics Girls have blocks have of Tennis, Cricket, Rounders and Athletics

Year 9

Autumn 1 (Sept- Oct)	Boys have blocks of Rugby, Football, Badminton, Basketball, Fitness Table Tennis, Hockey, Girls have blocks of Badminton, Netball, Hockey, Gymnastics, Trampoline, Fitness
Autumn 2 (Nov-Dec)	Boys have blocks of Rugby, Football, Badminton, Basketball, Fitness Table Tennis, Hockey, Girls have blocks of Badminton, Netball, Hockey, Gymnastics, Trampoline, Fitness
Spring 1 (Jan- Feb)	Boys have blocks of Rugby, Football, Badminton, Basketball, Fitness Table Tennis, Hockey, Girls have blocks of Badminton, Netball, Hockey, Gymnastics, Trampoline, Fitness
Spring 2 (Mar- Apr)	Boys have blocks of Rugby, Football, Badminton, Basketball, Fitness Table Tennis, Hockey, Girls have blocks of Badminton, Netball, Hockey, Gymnastics, Trampoline, Fitness
Summer 1 (May-June)	Boys have blocks of Tennis, Cricket, Rounders and Athletics Girls have blocks have of Tennis, Cricket, Rounders and Athletics
Summer 2	Boys have blocks of Tennis, Cricket, Rounders and Athletics Girls have blocks have of Tennis, Cricket, Rounders and Athletics



Park Hall Academy

PE Department

Course Overview

KEY STAGE 4 (Years 10 and 11)

PE / GCSE / AQA 4890

Year 10

Autumn 1 (Sept- Oct)

Boys have optional blocks of Rugby, Football, Badminton, Basketball, Fitness, Table Tennis, Hockey,
Girls have blocks of Badminton, Netball, Hockey, Gymnastics, Trampoline, Fitness.
BTEC students start
Unit 1 Fitness for Sport and Exercise
Unit 2 Practical Sports Performance
GCSE students cover Unit 3 (theory) Knowledge and Understanding for the Active Participant – diet and healthy lifestyles
Unit 4 The Active Participant (Practical)

Autumn 2 (Nov-Dec)

Boys have optional blocks of Rugby, Football, Badminton, Basketball, Fitness Table Tennis, Hockey,
Girls have blocks of Badminton, Netball, Hockey, Gymnastics, Trampoline, Fitness

BTEC students continue
Unit 1 Fitness for Sport and Exercise (online assessment)
Unit 2 Practical Sports Performance

GCSE students cover Unit 3 (theory) Knowledge and Understanding for the Active Participant – demands of performance
Unit 4 The Active Participant (Practical)

Spring 1 (Jan- Feb)

Boys have optional blocks of Rugby, Football, Badminton, Basketball, Fitness Table Tennis, Hockey,
Girls have optional blocks of Badminton, Netball, Hockey, Gymnastics, Trampoline, Fitness



Park Hall Academy

PE Department

Course Overview

Spring 2 (Mar- Apr)

BTEC students continue
Unit 4 The Sports Performer in Action and
Unit 5 Training for Personal Fitness

GCSE students cover Unit 3 (theory) Knowledge and Understanding for the Active Participant – benefits of leisure and recreation

Unit 4 The Active Participant (Practical)

Boys have optional blocks of Rugby, Football, Badminton, Basketball, Fitness Table Tennis, Hockey,

Girls have optional blocks of Badminton, Netball, Hockey, Gymnastics, Trampoline, Fitness

BTEC students complete
Unit 4 The Sports Performer in Action and
Unit 5 Training for Personal Fitness

GCSE students cover Unit 3 (theory) Knowledge and Understanding for the Active Participant – Fitness Training Methods.

Unit 4 The Active Participant (Practical)

Summer 1 (May-June)

Boys have optional blocks of Tennis, Cricket, Rounders and Athletics

Girls have optional blocks of Tennis, Cricket, Rounders and Athletics

BTEC Students start
Unit 4 The Sports Performer in Action and
Unit 5 Training for Personal Fitness

GCSE students cover Unit 3 (theory) Knowledge and Understanding for the Active Participant – School influences
Unit 4 The Active Participant (Practical)

Summer 2

Boys have optional blocks of Tennis, Cricket, Rounders and Athletics

Girls have optional blocks of Tennis, Cricket, Rounders and



Park Hall Academy

PE Department

Course Overview

Athletics

BTEC Students continue

Unit 1 Fitness for Sports and Exercise (external examination)
and

Unit 2 Practical Sports Performance

GCSE students cover Unit 3 (theory) Knowledge and
Understanding for the Active Participant – Media and
Sponsorship

Unit 4 The Active Participant (Practical)

Year 11

Autumn 1 (Sept- Oct)

Boys have optional blocks of Rugby, Football, Badminton,
Basketball, Fitness Table Tennis, Hockey,
Girls have blocks of Badminton, Netball, Hockey,
Gymnastics, Trampoline, Fitness

BTEC Students start

Unit 1 Fitness for Sports and Exercise (external examination)
and

Unit 2 Practical Sports Performance

GCSE students cover Unit 3 (theory) Knowledge and
Understanding for the Active Participant – demands of
performance

Unit 4 The Active Participant (Practical)

Autumn 2 (Nov-Dec)

Boys have optional blocks of Rugby, Football, Badminton,
Basketball, Fitness Table Tennis, Hockey,
Girls have blocks of Badminton, Netball, Hockey,
Gymnastics, Trampoline, Fitness

BTEC Students continue

Unit 1 Fitness for Sports and Exercise (external examination)
and

Unit 2 Practical Sports Performance

GCSE students cover Unit 3 (theory) Knowledge and



Park Hall Academy

PE Department

Course Overview

Understanding for the Active Participant – Emotional Health and Well Being

Unit 4 The Active Participant (Practical)

Spring 1 (Jan- Feb)

Boys have optional blocks of Rugby, Football, Badminton, Basketball, Fitness Table Tennis, Hockey,
Girls have blocks of Badminton, Netball, Hockey, Gymnastics, Trampoline, Fitness

BTEC Students continue

Unit 4 The Sports Performer in Action and

Unit 5 Training for Personal Fitness

GCSE students cover Unit 3 (theory) Knowledge and Understanding for the Active Participant – Cultural and Social Factors

Unit 4 The Active Participant (Practical)

Spring 2 (Mar- Apr)

Boys have optional blocks of Rugby, Football, Badminton, Basketball, Fitness Table Tennis, Hockey,
Girls have blocks of Badminton, Netball, Hockey, Gymnastics, Trampoline, Fitness

BTEC Students continue

Unit 4 The Sports Performer in Action and

Unit 5 Training for Personal Fitness

GCSE students cover Unit 3 (theory) Knowledge and Understanding for the Active Participant – Revision

Summer 1 (May-June)

Boys have optional blocks of Tennis, Cricket, Rounders and Athletics

Girls have optional blocks of Tennis, Cricket, Rounders and Athletics

BTEC Students complete



Park Hall Academy

PE Department

Course Overview

Unit 4 The Sports Performer in Action and
Unit 5 Training for Personal Fitness

GCSE students have practical moderation and written examination.

Summer 2