

Sport & Nutrition

Curriculum Sequence

KS3

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Invasion games	Invasion games/Net and wall games/aesthetics	Invasion games/Net and wall games/aesthetics	Invasion games/Net and wall games/aesthetics	Striking & Fielding/Individual pursuits	Striking & Fielding/Individual pursuits
8	Invasion games	Invasion games/Net and wall games/aesthetics	Invasion games/Net and wall games/aesthetics	Invasion games/Net and wall games/aesthetics	Striking & Fielding/Individual pursuits	Striking & Fielding/Individual pursuits

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OCR GCSE PE

Year	Practical/theory	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
9	Theory	Anatomy & Physiology	Anatomy & Physiology	Anatomy & Physiology	Anatomy & Physiology	Anatomy & Physiology	Physical training
	Practical	Invasion games	Invasion games	Invasion games	Invasion games	Striking & Fielding/Individual pursuits	Striking & Fielding/Individual pursuits
10	Theory	Socio-cultural influences	Socio-cultural influences	Sports Psychology	Sports Psychology	Health, Fitness & Wellbeing	Analysing & evaluating performance
11	Practical	Invasion games	Invasion games	Invasion games /Net & wall games	Invasion games /Net & wall games	Net & wall games/individual pursuits	Net & wall games/individual pursuits
11	Theory	AEP – Analysing & evaluating performance	Revision/Exam Practice & technique	Revision/Exam Practice & technique	Revision/Exam Practice & technique	Revision/Exam Practice & technique	Revision/Exam Practice & technique
	Practical	Aesthetics/Invasion games	Aesthetics/Invasion games	Moderation Practice	Moderation Practice	Revision/Exam Practice	Revision/Exam Practice

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NCFE Health & Fitness

Year	Practical/theory	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
9	Theory	Introduction to body systems	Introduction to body systems	Introduction to body systems	Introduction to body systems	Health & fitness and the components of fitness	Principles of training
	Practical	Invasion games/Aesthetics	Invasion games/Aesthetics	Invasion games/Net & Wall games/individual pursuits	Invasion games/Net & Wall games/individual pursuits	Striking & Fielding/Individual pursuits/Net & wall games	Striking & Fielding/Individual pursuits/Net & wall games
10	Theory	Revision of Unit 1	Revision of Unit 1	Planning & preparing for Health & fitness	Planning & preparing for Health & fitness	Planning & preparing for Health & fitness	Practice Synoptic assessment
	Practical	Invasion games/Individual Pursuits/Aesthetics	Invasion games/Individual Pursuits/Aesthetics	Invasion games	Invasion games	Striking & Fielding/Invasion games	Striking & Fielding/Invasion games
11	Theory	Revision	Revision	Synoptic Assessment	Synoptic Assessment	Synoptic Assessment	
	Practical	Individual Pursuits	Individual Pursuits	Synoptic Assessment	Synoptic Assessment	Invasion games	

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Food Preparation & Nutrition

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
9	Food Commodities	Food Commodities	Food Commodities	Science of Food	Food Spoilage	Preparation and cooking techniques
10	Principles of Nutrition	Diet & Good Health	Where Food Comes from	Where Food Comes from	Faults and Remedies	NEA 1 Practice
11	NEA 1	NEA 1/NEA 2	NEA 2	NEA 2	Exam Revision & Preparation	Exam Revision & Preparation