

CORE PE

Year 7/8/9

	Module 1	Module 2	Module 3
Group 1	Football	Rugby/Table Tennis	Gymnastics/Basketball
Group 2	Netball	Football/Basketball	Fitness
Theory Component	Warm Up/Cool Down	Muscles in the body	Bones/CofF

Year 10

	Module 1	Module 2	Module 3
Group 1	Individual Sports	Alternative Sports	Fitness
Group 2	Team Sports	Individual Sports	Alternative Sports
Group 3	Fitness	Team Sports	Individual Sports
Group 4	Alternative Sports	Fitness	Team Sports

Year 11

	Module 1	Module 2	Module 3
Group 1	Team Sports	Individual Sports	Alternative Sports
Group 2	Fitness	Team Sports	Individual Sports
Group 3	Alternative Sports	Fitness	Team Sports



Module 4		
Module 4	Module 5	Module 6
Fitness	Athletics/Striking and Fielding	
Gymnastics/Table Tennis	Athletics/Striking and Fielding	
Coff/Bones	Role of an Umpire/Injuries	

Module 4		
Module 4	Module 5	Module 6
Team Sports	Athletics/Striking and Fielding	
Fitness	Athletics/Striking and Fielding	
Alternative Sports	Athletics/Striking and Fielding	
Individual Sports	Athletics/Striking and Fielding	

Module 4		
Module 4	Module 5	Module 6
Fitness	Athletics/Striking and Fielding	
Alternative Sports	Athletics/Striking and Fielding	
Individual Sports	Athletics/Striking and Fielding	