

Subject:

Physical Education



HECKMONDWIKE
GRAMMAR SCHOOL

KS5 - Year 12 Curriculum Overview

	Topics being taught	What you will be assessed on	How you can support at home
Autumn Term	Anatomy – Skeletal, muscular systems. Biomechanics – Newtons laws. Skill acquisition – Classification of skills. Socio cultural Studies	Term 1 Application of anatomy to movement analysis. Classification of sports skills.	PE focus reading tasks
		Term 2 Application of Newtons laws to sports performance.	Modules workbooks Complete revision and extended learning tasks in preparation for assessments Keep up to date with current issues and sporting events via social media

CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS

	Topics being taught	What you will be assessed on	How you can support at home
Spring Term	Anatomy – Cardiovascular respiratory systems. Biomechanics – Application of forces. Skill acquisition Socio cultural studies	Term 3 Effects of exercise on body systems.	PE Focus reading tasks
		Term 4 The effects of forces on sports performance	Module workbooks Complete revision and extended learning tasks on preparation for assessment Keep up to date with current sporting issues and events via social media

EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS

	Topics being taught	What you will be assessed on	How you can support at home
Summer Term	Anatomy Biomechanics Skill acquisition Socio cultural studies	Term 5	PE focus reading tasks
		Term 6	Module work books Complete revision tasks in preparation for assessments