

Year 7	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Unit & length	Gym, Badminton Length of Each Unit = 6 Lessons	Football, Netball Length of Each Unit = 6 Lessons	Swimming, Fitness Length of Each Unit = 6 Lessons	Rugby, Hockey Length of Each Unit = 6 Lessons	Trampoline, Dance Length of Each Unit = 6 Lessons	Athletics, Rounders Length of Each Unit = 6 Lessons
Curriculum outline	<p>At Year 7 Students are taught in mixed ability and mixed gender groups in their Form groups.. This allows the PE Department to complete baseline testing.</p> <p>Gymnastics Point and patch balances Travels –types of travels. Flight focus on leaps, jumps and twists. Students to practice stag leap, ½ and full twists, tuck and star jumps – More able pike and straddle. Performing Routines Rolls Routines to include linking moves.</p> <p>Badminton Understand both scoring and court markings. Learn to serve diagonally towards my opponents service box using a variety of serves. Be able to adopt the correct grip and suggest how incorrect grip would impact your performance Maintain a mid-court rally</p>	<p>Football Variety of passing the ball. Control the ball in isolation and within a game context. Move into space to receive the ball. Dribbling to beat the defender Apply principles of attack and defence Evaluate performance in a specific game context</p> <p>Netball Apply the rules of netball. Perform a chest pass, bounce pass and shoulder pass. Apply a range of passing techniques in different game contexts. Use dodging and feint effectively before receiving a ball Create space as an individual during a game?</p>	<p>Fitness Reasons and methods of warming up and cooling down How to measure Heart rate and effects of exercise on Heart rate. Recovery from Exercise. Location of muscles in the body. Short term effects of exercise on the body.</p> <p>Swimming Select and apply an efficient breathing pattern at speed, to suit the stroke selected Swim 25m using 3 strokes Attempt all four strokes. Tumble turns Performing racing starts in two strokes</p>	<p>Rugby Rucking Passing Receiving Running with the ball Tackling – Side, Front and Rear Running with the ball, break tackles, swerve, dummy Defensive play including tackling Conditioned small sided game practice.</p> <p>Hockey Understand and apply the majority of the rules in a game situation. Variety of passing technique to develop accuracy and control. Dribble the ball Movement into space whilst controlling the ball Support team mates with the ball in attack by creating space as an Individual. Make decisions during gameplay</p>	<p>Dance Theme of Year 7 Dance is the Olympic Games; Students select and apply a wide range of skills and compositional ideas. Perform movements for the dance theme and stimulus Develop work using simple choreographic devices (e.g. canon, unison, mirroring, direction and levels) I can explore simple movement ideas and link them to create a sequence</p> <p>Trampoline Pupils will focus on the basic safety issues around the trampoline. Spotting, Supporting Pupils perform basic skills. Bouncing, Stopping, Pike, Straddle, Tuck. Pupils will show creativity, control, fluency and aesthetics in developed 5 bounce sequences. Students will evaluate and assess movements to improve sequences.</p>	<p>Rounders Basic range of throwing and catching skills Perform a range of batting and bowling techniques Learn basic rules Apply tactics and skills effectively to be able to participate in a full game</p> <p>Athletics Track (sprinting/relay) Apply a technically correct racing start. Give and receive the baton.</p> <p>Track (middle/long distance) Judge my pace when running over 300/800m and 1500m</p> <p>Field (throwing) Develop throw effectively from a standing position applying the correct safety and rules for Shot put, Discus and Javelin.</p> <p>Field (jumping) Perform the run up and take off. Using the correct rules and safety guidelines for High Jump and Long Jump.</p>
Assessment/s	Students are assessed in 6 areas per unit. 5 of these areas focus on core skills. One area focuses on performance during a Game/Competition. Each student is given a mark per skill and overall average mark per unit. The marks at Year 7 is between 1 to 11+	Students are assessed in 6 areas per unit. 5 of these areas focus on core skills. One area focuses on performance during a Game/Competition. Each student is given a mark per skill and overall average mark per unit. The marks at Year 7 is between 1 to 11+	Students are assessed in 6 areas per unit. 5 of these areas focus on core skills. One area focuses on performance during a Game/Competition. Each student is given a mark per skill and overall average mark per unit. The marks at Year 7 is between 1 to 11+	Students are assessed in 6 areas per unit. 5 of these areas focus on core skills. One area focuses on performance during a Game/Competition. Each student is given a mark per skill and overall average mark per unit. The marks at Year 7 is between 1 to 11+	Students are assessed in 6 areas per unit. 5 of these areas focus on core skills. One area focuses on performance during a Game/Competition. Each student is given a mark per skill and overall average mark per unit. The marks at Year 7 is between 1 to 11+	Students are assessed in 6 areas per unit. 5 of these areas focus on core skills. One area focuses on performance during a Game/Competition. Each student is given a mark per skill and overall average mark per unit. The marks at Year 7 is between 1 to 11+

Year 8	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Unit & length	Gymnastics, Badminton Length of Each Unit = 6 Lessons	Football, Netball Length of Each Unit = 6 Lessons	Dance, Swimming Length of Each Unit = 6 Lessons	Rugby, Basketball, Hockey Length of Each Unit = 6 Lessons	Swimming, Fitness, Trampolineing Length of Each Unit = 6 Lessons	Athletics, Rounders Length of Each Unit = 6 Lessons
Curriculum outline	<p>At Year 8 students are grouped in single sex groups. The groups consist of students with similar practical assessment scores from Year 7. This allows students to experience a level of challenge which will test them and enable them to progress in a safe and engaging classroom environment.</p> <p>Gymnastics Advanced balances such as a headstand, shoulder stand or handstand Advanced travel such as a forward roll or cartwheel A variety of balances with a partner or a group Combine and link gymnastic skills to small apparatus Question: Suggest how a coach helps a person learn a difficult move on apparatus – Breaking down the skill into easier sections, standing there to support Create and perform imaginative sequence that is fluent and controlled</p> <p>Badminton Apply the rules to a game situation Vary serve with speed, height or spin</p>	<p>Football Turning and shielding. Select the best pass and execute it with precision Tackling and applying pressure to the ball carrier in order to delay Demonstrate the principles of attack (width, depth penetration and pace) Control the ball with various body parts to keep possession and create time and space Pass, shooting in Isolation Understand the rules and apply them in modified game situations</p> <p>Netball Combine a variety of passes in a game situation Control the ball and pass it effectively in a game situation Understand how to mark a player effectively and gain control of the ball Show positional awareness during a game Understand the rules in a game situation Apply knowledge of space and timing in a game situation.</p>	<p>Swimming Change my pattern of breathing during my swim Display basic technique for a minimum of two lengths of the pool Swim 25m attempting 3 strokes Perform tumble turns Perform basic racing starts.</p> <p>Dance Year 8 Dance focuses on features from Musical Theatre Students work closely with a team and contribute a range of ideas Perform a range of action, space, dynamics and relationships to show a dance theme of stimulus Develop work using simple choreographic devices (e.g. canon, unison, mirroring, direction and levels) Demonstrate choreographic methods in a structured form Integrate developed motifs together to create smooth links and transitions.</p>	<p>Rugby Rucking Passing Receiving Running with the ball Tackling – Side, Front and Rear Running with the ball, break tackles, swerve, dummy Mobility and anticipation Defensive play including tackling Quality and variation of pass Conditioned game practice.</p> <p>Basketball Dribble the ball in isolation and within a game context with control Perform the Set Shot in Isolation Perform a Lay-up in isolation and within a game context Use positional awareness during a game Exert an influence on the game in both attack and defence Apply the rules of double dribble, travelling and contact.</p> <p>Hockey Understand the rules of the game Pass the ball with variation, correct weight and accuracy</p> <p>Dribble the ball to avoid a defender</p>	<p>Trampolineing Pupils will focus on the basic safety issues around the trampoline. Pupils will accurately replicate skills and movements individually and in combination focusing on the correct techniques. Pupils will show creativity, control, fluency and aesthetics in developed sequences. Students will evaluate and assess movements to improve sequences.</p> <p>Fitness Understand about the following methods of training: Circuit, Continuous, Interval, Fartlek, Flexibility, SAQ Principles of Training – SPORT & FITT Diet & Nutrition Somatatypes</p>	<p>Rounders Demonstrate catching and throwing over longer distances. High and Low balls. Accurately return the ball at speed to base. Bowl consistently with a variety of deliveries. Range of Batting shots in multiple directions in a game Make tactical decisions when performing gameplay.</p> <p>Athletics Track (sprinting/relay and Hurdles) Apply a technically correct racing start, change over and baton exchange. Safely take off, clear and land using Hurdles.</p> <p>Track (middle/long distance) Judge my pace when running over 300/800m and 1500m</p> <p>Field (throwing) Develop throw effectively using a short run up applying the correct safety and rules required for Shot put, Discus and Javelin.</p> <p>Field (jumping) Perform the run up, take off, clearance and landing. Using the correct rules and safety guidelines for High Jump and Long Jump.</p>

	<p>Perform a variety of forehand and backhand shots with success</p> <p>Play shots with a good standard of technique and placement to outwit opponent.</p> <p>Position myself effectively on service to anticipate my opponents serve</p> <p>Outwit opponent in a pressurise situation, demonstrating a good level of skill.</p>			<p>Understand the positioning of attack and groups defence during a game</p> <p>Tackle effectively to gain control of the ball</p> <p>Tactical awareness on the game in both attack and defence</p>		
Assessment/s	<p>Students are assessed in 6 areas per unit. 5 of these areas focus on core skills. One area focuses on performance during a Game/Competition. Each student is given a mark per skill and overall average mark per unit. The marks at Year 8 are between 1 to 14+</p>	<p>Students are assessed in 6 areas per unit. 5 of these areas focus on core skills. One area focuses on performance during a Game/Competition. Each student is given a mark per skill and overall average mark per unit. The marks at Year 8 are between 1 to 14+</p>	<p>Students are assessed in 6 areas per unit. 5 of these areas focus on core skills. One area focuses on performance during a Game/Competition. Each student is given a mark per skill and overall average mark per unit. The marks at Year 8 are between 1 to 14+</p>	<p>Students are assessed in 6 areas per unit. 5 of these areas focus on core skills. One area focuses on performance during a Game/Competition. Each student is given a mark per skill and overall average mark per unit. The marks at Year 8 are between 1 to 14+</p>	<p>Students are assessed in 6 areas per unit. 5 of these areas focus on core skills. One area focuses on performance during a Game/Competition. Each student is given a mark per skill and overall average mark per unit. The marks at Year 8 are between 1 to 14+</p>	<p>Students are assessed in 6 areas per unit. 5 of these areas focus on core skills. One area focuses on performance during a Game/Competition. Each student is given a mark per skill and overall average mark per unit. The marks at Year 8 are between 1 to 14+</p>

Year 9	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Unit & length	Netball, Football Length of Each Unit = 6 Lessons	Dance, Personal Survival Length of Each Unit = 6 Lessons	Trampolining, Basketball, Rugby Length of Each Unit = 6 Lessons	Fitness, Hockey, Badminton Length of Each Unit = 6 Lessons	Gymnastics, Athletics, Rounders Length of Each Unit = 6 Lessons	IGCSE PE Course begins 1 Lesson of Theory and 2 Lessons of Practical Chapter 1 – Why is Physical Activity Important. (5 Weeks)
Curriculum outline	<p>At Year 9 students are grouped in single sex groups. The groups consist of students with similar practical assessment scores from Year 8. This allows students to experience a level of challenge which will test them and enable them to progress in a safe and engaging classroom environment.</p> <p>Football Modified competitive games to emphasise passing and close control from previous lesson. Modified competitive games to emphasis crossing and finishing. Crossing and Finishing exercises. Goalkeeping – Handling and Distribution</p> <p>Netball Apply the full rules well and know how to apply the rules in a game situation Select and apply a range of passing for the situation within a game Understand interceptions and attacking the ball at speed in a game context Exert an influence on the game in both attack and defence</p>	<p>Personal Survival Tread water safely for at least 5 minutes Perform the HELP position and explain why it is used. Perform a Head first surface dive Perform a tow rescue Apply a straddle entry effectively Attempt head up front crawl.</p> <p>Dance The theme of Year 9 Dance is Hip-Hop. Students learn about Formations (line, triangle, vertical line, square) Isolated movements (hips, chest, arms, head, shoulders) Unison Canon Solo movements</p>	<p>Trampolining In this unit pupils will focus on the basic safety issues around the trampoline. Pupils will accurately replicate skills and movements individually and in combination focusing on the correct techniques. Pupils will show creativity, control, fluency and aesthetics in developed sequences. Students will evaluate and assess movements to improve sequences.</p> <p>Rugby Rucking and mauling Passing Receiving Running with the ball Tackling Running with the ball, break tackles, swerve, dummy Defensive play including tackling Quality and variation of pass Apply skills to modified game.</p> <p>Basketball Skills and techniques to include; Dribbling Passing and receiving Shooting (lay ups) Shooting (set shots/jump shots) Game skills to include; Attacking play: 3-man weave Setting a screen Defending play: Man-to-man defence Zone defence</p>	<p>Badminton Apply the rules to a game situation Direct my serve and make it difficult to return Serve consistently serve in singles and doubles with power, direction and purpose Perform a full range of strokes, all played with correct technique, power and direction Exert an influence on the game, applying a good range of strokes and tactics Evaluate performance in a specific game context.</p> <p>Fitness Components of Fitness Reasons for Fitness Testing Knowledge and Understanding of how to test each component of Fitness. Application of each component of Fitness to practical activity.</p> <p>Hockey Passing: grip, push, hit, drive, slap, Receiving: grip, open and reverse stick, from the front/left/right, static or on the move Tackling: open and reverse stick, block Dribbling/moving with the ball: open and reverse stick,</p>	<p>Gymnastics – Vaulting Run-up, take off and land safely Basic vault such as a squat or straddle Advanced vault such as a handspring or round off Advanced vault involving rotation, with good speed on approach and a secure landing</p> <p>Rounders Variety of Fielding techniques. Long and short barrier and throw accurately Field from all positions and communicate effectively with team Adjust batting technique dependant on the bowled ball Place the ball when batting dependant on the field position Variation of height, speed and spin to outwit the batsman Perform in a game with tactical awareness,=.</p>	<p>THEORY 1. Introduction to the course. Health & Well-Being 2. Fitness 3. Relationship Health & Fitness</p> <p>PRACTICAL Rounders Batting/hitting, Bowling/pitching: Catching, Fielding, Backstop/catcher: Base play: Game skills Infield and outfield play:</p> <p>Athletics Track (sprinting/relay and Hurdles) Apply a technically correct racing start, change over and baton exchange. Safely take off, clear and land using Hurdles.</p> <p>Track (middle/long distance) Judge my pace when running over 300/800m and 1500m</p> <p>Field (throwing) Develop throw effectively using a short run up applying the correct safety and rules required for Shot put, Discus and Javelin.</p> <p>Field (jumping) Perform the run up, take off, clearance and landing. Using the correct rules and safety</p>

	Perform the footwork rule and pass on the move Understand basic principles and tactics of attack and defence.			Indian dribble, control, change of pace, beating an opponent of the reverse and open side Shooting: push, hit, drive, placement/accuracy, power Attacking and Defensive matchplay.		guidelines for High Jump and Long Jump.
Assessment/s	Students are assessed in 6 areas per unit. 5 of these areas focus on core skills. One area focuses on performance during a Game/Competition. Each student is given a mark per skill and overall average mark per unit. The marks at Year 8 are between 1 to 15+	Students are assessed in 6 areas per unit. 5 of these areas focus on core skills. One area focuses on performance during a Game/Competition. Each student is given a mark per skill and overall average mark per unit. The marks at Year 8 are between 1 to 15+	Students are assessed in 6 areas per unit. 5 of these areas focus on core skills. One area focuses on performance during a Game/Competition. Each student is given a mark per skill and overall average mark per unit. The marks at Year 8 are between 1 to 15+	Students are assessed in 6 areas per unit. 5 of these areas focus on core skills. One area focuses on performance during a Game/Competition. Each student is given a mark per skill and overall average mark per unit. The marks at Year 8 are between 1 to 15+	Students are assessed in 6 areas per unit. 5 of these areas focus on core skills. One area focuses on performance during a Game/Competition. Each student is given a mark per skill and overall average mark per unit. The marks at Year 8 are between 1 to 15+	<p>THEORY</p> <p>Chapter 1 Topic Tests. Going Green Test on any areas and topics which need revisiting. Weekly 6 Questions from 6 Topic areas covered to check understanding.</p> <p>PRACTICAL</p> <p>Assessment mark from 1-25 awarded in Rounders</p>

Year 10	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Unit & length	Chapter 2 – Factors affecting participation in Physical Activity. (11 Weeks)	Chapter 3 – How do we learn a new Sport? (6 weeks)	Chapter 3 Continued - How do we learn a new sport? (5 weeks)	Chapter 4 – What is the Physiology of an Elite Performer? (6 weeks)	Chapter 4 – Continued – What is the Physiology of an Elite Performer (6 weeks)	Chapter 5 – How does the Human Body move? (6 weeks)
Curriculum outline	<p>THEORY</p> <p>4. Personality Types 5. Motivation in Sport 6. Anxiety 7. Sports Development 8. Leisure & Recreation 9. Growth in Leisure 10. Factors affecting access and Participation</p> <p>PRACTICAL</p> <p>Football Passing Receiving Tackling Dribbling Heading Shooting Goalkeeping (if required). Game Skills – Attacking and Defending.</p> <p>Netball Footwork Marking Passing Receiving Shooting Game Skills – Attacking and Defending.</p>	<p>THEORY</p> <p>11. Arousal 12. Skill and Ability 13. Skill Classification Continua</p> <p>PRACTICAL</p> <p>Trampolining Shapes: pike, straddle, tuck Drops: back, seat, front Twists: half, full Combined movements: swivel hips, half twist in/out of front and back landing Rotational movements Front and back somersault: tuck, pike, straight Barani: tuck, pike, straight Combined movements: full twist in/out of front and back landing</p> <p>Personal Survival Straddle entry. 50 m or 100 m swim wearing clothes Make a float from clothing and show the HELP position Tread water. Complete distance swim with surface dives.</p>	<p>THEORY</p> <p>14. The Stages of Learning 15. Simple Information Processing Model 16. Feedback 17. Guidance</p> <p>PRACTICAL</p> <p>Weight Training for Fitness Weight training exercises of the whole body. Exercises to develop legs, abdomen, shoulders and arms. Skills and techniques Correct body position/movements Full range of movement when completing exercise. Use of appropriate weights</p> <p>Badminton Forehand: grip, overhead clear, underarm clear (lift), smash, drop shot, drive Backhand: grip, drop shot, drive Serve: grip, long, short, flick (forehand and backhand) Game skills</p>	<p>THEORY</p> <p>18. Functions of the Skeleton 19. Bones of the Skeleton 20. Joint Structure and Function</p> <p>PRACTICAL</p> <p>Rugby Rucking and mauling Passing, Receiving Running with the ball Tackling, Running with the ball, break tackles, swerve, dummy Defensive play including tackling. Quality and variation of pass.</p> <p>Hockey Passing, Receiving: grip, open and reverse stick, from the front/left/right, static or on the move Tackling: open and reverse stick, block Dribbling open and reverse stick, Indian dribble, control, Shooting: Goalkeeping.</p>	<p>THEORY</p> <p>21. Joint Types 22. Muscles of the Body 23. Muscle Fibre Types 24 Antagonistic Muscle Action</p> <p>PRACTICAL</p> <p>Athletics</p> <p>Practical performance in</p> <p>100m, 200m, 300m (Girls Only), 400m (Boys Only), 800m, 1500m, 3000m, 100m Hurdles, Long Jump, High Jump, Triple Jump, Shot put, Discus, Javelin.</p>	<p>THEORY</p> <p>25. Movement at Joints 25. Movement at Joints -PT 2 26. Principles of Force 27. Applications of Force 28. Levers of the Body</p> <p>PRACTICAL</p> <p>Rounders/Softball Batting/hitting, Bowling/pitching: Catching, Fielding, Backstop/catcher: Base play: Game skills Infield and outfield play:</p> <p>Rock Climbing Skills and techniques Moving with agility and balance Weight transfer and control Maintaining correct contact with rock and body position to maximise control/grip/balance Traversing Jamming, Bridge laying</p>
Assessment/s	<p>THEORY</p> <p>2 x Topic Tests. 2 x Going Green Test on any areas and topics which need revisiting. Weekly 6 Questions from 6 Topic areas covered to check understanding.</p> <p>PRACTICAL</p>	<p>THEORY</p> <p>1 x Topic Tests. 1 x Going Green Test on any areas and topics which need revisiting. Weekly 6 Questions from 6 Topic areas covered to check understanding.</p> <p>PRACTICAL</p>	<p>THEORY</p> <p>1 x Topic Tests. 1 x Going Green Test on any areas and topics which need revisiting. Weekly 6 Questions from 6 Topic areas covered to check understanding.</p> <p>PRACTICAL</p>	<p>THEORY</p> <p>1 x Topic Tests. 1 x Going Green Test on any areas and topics which need revisiting. Weekly 6 Questions from 6 Topic areas covered to check understanding.</p> <p>PRACTICAL</p>	<p>THEORY</p> <p>1 x Topic Tests. 1 x Going Green Test on any areas and topics which need revisiting. Weekly 6 Questions from 6 Topic areas covered to check understanding.</p> <p>PRACTICAL</p>	<p>THEORY</p> <p>1 x Topic Tests. 1 x Going Green Test on any areas and topics which need revisiting. Weekly 6 Questions from 6 Topic areas covered to check understanding. Mock Exam – End of Year 10 on Chapters 1-5.</p> <p>PRACTICAL</p>

	Provisional assessment mark from 1-25 awarded in Football and Netball.	Provisional assessment mark from 1-25 in Trampolining and Personal Survival	Provisional assessment mark from 1-25 in Weight Training for Fitness and Badminton.	Provisional assessment mark from 1-25 in Rugby and Hockey	Assessed in two events from two of the three different groups: track, jump and throw. <ul style="list-style-type: none"> • For the 100 m, 200 m and hurdles track events, candidates are assessed on the total time of their two best times for the event. 	Provisional assessment mark from 1-25 in Softball and Rock Climbing. Rounders and Athletics Filming.
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Year 11	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Unit & length	3 Lessons a week of Theory Content. Chapter 6 – What Powers our body (7 weeks)	Chapter 7 - How should we train to build the Ultimate performer? (7 weeks)	Chapter 7 Continued (5 weeks)	Chapter 8 – What are the challenges for an Elite Performer and Chapter 9 (7 Weeks)	Chapter 10. Reaching Elite Performer Status Revision EXAM	N/A
Curriculum outline	THEORY 29. Diet and Energy Sources 30. Pathway of Air 31. Mechanics of Breathing 32. Gaseous Exchange at the Alveoli 33. Breathing Volumes and Minute Ventilation 34. Heart Structure/Function/ Pathway of Blood 35. Cardiac Output 36. VO2 Max (Oxygen Uptake) 37. Components of Blood (+ Haemoglobin) 38. Blood Vessels 39. Aerobic and Anaerobic Respiration	THEORY 40 Long Term Effects of Exercise 41. Short Term Effects of Exercise 42. Reasons for Fitness Testing 43. Test Protocols 44. Principles of Training and Overload 45. Goal-Setting 46. Reasons for Warming Up and Cooling Down	THEORY 47. Methods of Training 48. High-Altitude Training as a Specialist Training Method 49. How the Body recovers from Exercise. 50. Risk Assessment 51. Injuries and Treatment	THEORY Chapter8 53. Technology 54. Media 55. Performance-Enhancing Drugs (PEDs) 56. Blood Doping 57. Disadvantages of PEDs 58. Sportsmanship and Gamesmanship Chapter 9 59. Skilled Performance 60. Relaxation Techniques 61. Professional and Amateur Performers 62. Sponsorship	THEORY 63. Global Sporting Event Revision sessions; Mind Maps Past Paper Questions. Multiple Choice Tests.	N/A
Assessment/s	THEORY 2 x Topic Tests. 2 x Going Green Test on any areas and topics which need revisiting. Weekly 6 Questions from 6 Topic areas covered to check understanding. PRACTICAL Filming for students submitting Athletics, Football, Netball and Rounders.	THEORY 2 x Topic Tests. 2 x Going Green Test on any areas and topics which need revisiting. Weekly 6 Questions from 6 Topic areas covered to check understanding. Theory Mock Exam 1 PRACTICAL Filming for students submitting Personal Survival and Trampolining and Badminton.	THEORY 2 x Topic Tests. 2 x Going Green Test on any areas and topics which need revisiting. Weekly 6 Questions from 6 Topic areas covered to check understanding. Theory Mock Exam 2 PRACTICAL Filming for students submitting Personal Survival and Trampolining and Badminton.	THEORY 3 x Topic Tests. 3 x Going Green Test on any areas and topics which need revisiting. Weekly 6 Questions from 6 Topic areas covered to check understanding.	IGCSE PE REAL EXAM 1 Hour and 45 minutes.	N/A