

Key Stage 3 PE rotations

Students complete a sport from each component over the year, changed on a 9 weekly rotation.
Outdoor adventurous activities take place off site.

Invasion games



*football
*netball
*rugby



Net and wall

*badminton
*volleyball



Striking and fielding

Rounders
Cricket
softball



Competition

Athletics



Performance

Gymnastics
(Dance via performing arts)

Outdoor adventurous activities

Residential activity
Duke of Edinburgh

Key Stage 4 PE rotations

Students complete a sport from each component over the year, changed on a 9 weekly rotation.
Outdoor adventurous activities take place off site.

Invasion games



- *football
- *netball
- *rugby
- *basketball
- *hockey



Net and wall

- *badminton
- *volleyball



Striking and fielding

- Rounders
- Cricket
- softball



Competition

Athletics



Performance

Gymnastics
(Dance via performing arts)
Aerobics

Outdoor adventurous activities

Residential activity
Duke of Edinburgh



Component 1
Preparing participants

Half Term 1

Half Term 2

Half Term 3

Half Term 4

Half Term 5

Half Term 6

Component 2: Taking part and improving other participants' sporting performance





Component 1
Preparing participants

Half Term 1

Half Term 2

Half Term 3

Half Term 4

Half Term 5

Half Term 6

Component 3: Developing fitness participants' sporting performance

