

Key Stage 3 PE rotations

Students complete a sport from each component over the year, changed on a 8 weekly rotation.
Outdoor adventurous activities take place off site.

Invasion games



Football
Netball
Rugby
Hockey

Net and wall



Badminton
Volleyball
Tennis

Striking and fielding



Rounders
Cricket



Competition
Athletics



Performance
Gymnastics
(Dance via performing arts)

Outdoor adventurous activities

Off site activity
Duke of Edinburgh

Key Stage 4 PE rotations

Students complete a sport from each component over the year, changed on a 8 weekly rotation.
Outdoor adventurous activities take place off site.

Invasion games



Football
Netball
Rugby
Basketball
Hockey
Handball

Net and wall



Badminton
Volleyball
Tennis

Striking and fielding



Rounders
Cricket
Softball



Competition
Athletics



Performance
Gymnastics
Yoga and Pilates
(Dance via performing arts)
Aerobics

Outdoor adventurous activities

Off site 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 2: Taking part and improving other participants' sporting performance

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

