

Physical Education	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Year 7	<p>Practical: Netball/ Football/Basketball</p> <p>Theory (recall): Effects of a warm up and cool down</p>	<p>Practical: Rugby/ Basketball/Football</p> <p>Theory (recall): Effects of a warm up and cool down</p>	<p>Practical Gymnastics/ Dance / Fitness</p> <p>Theory (recall): Principles of Training & Skeletal Functions</p>	<p>Practical Gymnastics/ Dance / Fitness</p> <p>Theory (recall): Principles of Training & Skeletal Functions</p>	<p>Practical Striking and Fielding / Athletics</p> <p>Theory (recall): Role of an Umpire</p>	<p>Practical Striking and Fielding / Athletics</p> <p>Theory (recall): End of year test</p>
Year 8	<p>Practical: Netball/ Football/Basketball</p> <p>Theory (recall): Effects of a warm up and cool down</p>	<p>Practical: Rugby/ Basketball/Football</p> <p>Theory (recall): Effects of a warm up and cool down</p>	<p>Practical Gymnastics/ Dance / Fitness</p> <p>Theory (apply): Principles of Training & Skeletal Functions</p>	<p>Practical Gymnastics/ Dance / Fitness</p> <p>Theory (apply): Principles of Training & Skeletal Functions</p>	<p>Practical Striking and Fielding / Athletics</p> <p>Theory (apply): Role of an Umpire</p>	<p>Practical Striking and Fielding / Athletics</p> <p>Theory (apply): End of year test</p>
Year 9	<p>Practical: Netball/ Football/Basketball</p> <p>Theory (recall): Effects of a warm up and cool down</p>	<p>Practical: Rugby/ Basketball/Football</p> <p>Theory (recall): Effects of a warm up and cool down</p>	<p>Practical Team Building & Leadership/ Outdoor Adventure Activities</p> <p>Theory: Principles of</p>	<p>Practical Team Building & Leadership/ Outdoor Adventure Activities</p> <p>Theory: Team Building &</p>	<p>Practical Striking and Fielding / Athletics</p> <p>Theory: 5 mark sporing debates</p>	<p>Practical Striking and Fielding / Athletics</p> <p>Theory: 10 mark sporing debates</p>

			Training & Skeletal Functions	Leadership/ Outdoor Adventure Activities		
Year 10	Multisports/dance/ netball	Basketball/American Football/Multisports	Team Building & Leadership/ Outdoor Adventure Activities	Gymnastics/Dance/ Fitness	Striking and Fielding / Athletics	Striking and Fielding / Athletics
Year 11	Sport Option Blocks	Sport Option Blocks	Sport Option Blocks	Sport Option Blocks		