

Physical Education

Key Stage 3

Year 1- 2023-2024

Term 1: Football, Orienteering, Basketball, Badminton.

Term 2: Swimming, Rock Climbing, Table Tennis

Term 3: Athletics, Tennis, Cricket, Rounders

Year 2 - 2024-2025

Term 1: Football, Orienteering, Basketball, Badminton.

Term 2: Swimming, Rock Climbing, Table Tennis

Term 3: Athletics, Tennis, Cricket, Rounders

Year 3 2025-2026

Term 1: Football, Orienteering, Basketball, Badminton.

Term 2: Swimming, Rock Climbing, Table Tennis

Term 3: Athletics, Tennis, Cricket, Rounders



Key Stage 4

Level 1 and 2 Technical Award in Health and Fitness

Year 1

Term 1: Skeletal and musculoskeletal system. Impact of lifestyle of health.

Term 2: Respiratory and cardiovascular system

Term 3: Energy systems, health and fitness, principles of training

Year 2

Term 1: Inactivity and the impact on the body and health

Term 2: Improving lifestyle, recreational drugs, PED's, short and long term effects of exercise

Term 3: Exam revision and Unit 2 synoptic assessment



QUORN HALL
SCHOOL

