CSS Physical Education Journey

National Governing Body (NGB) Qualifications

A Levels/ BTEC

Apprenticeship or Scholarship

College

6th Form

Post-16

Movement Analysis Topic

Video footage of competitive performances

YEAR 11

Exercise Physiology Topic

Understanding the body's systems

Health, Training and Exercise Topics

How to optimise for performance

Identifying two competitive sports for assessment

One team game & one individual activity

YEAR 10

Dietary requirements throughout life.

AP Sports Federation Tournaments

Bronze D of E Award

Use of deception

How to transition between defensive and attacking situations

YEAR 9

Understanding the immediate effects of exercise

Outdoor Adventurous Activities

Tactical Application

Skills under pressure

Enrichment Opportunities

YEAR 8

Identifying large muscle groups

Introduction of new sports

Application of Basic Rules

Measuring and developing fitness

Fitness Testing Baseline

KS3

YEAR 7

Ks2 Physical Education

INTRODUCTION TO FUNDAMENTAL MOVEMENTS AND PHYSICAL ACTIVITY