

# Limehurst Academy PE Curriculum Road Map

KS5/Post 16/Future Study

GCSE PE – Paper 1 & Paper 2 Examinations! (60%)

GCSE PE Revision & Exam Technique

GCSE PE Practical Moderation (30%)

GCSE PE Topic 3: Socio-Cultural Influences

Core PE Team Games, Racket Sports, Fitness, Dance

GCSE Component 2 Health & Performance (24%)

GCSE PE Topic 1: Health, Fitness & Well-Being

Camb Nat Topic 3 Sports Leadership

GCSE PE Topic 2: Sport Psychology

Camb Nat Topic 4: Sport & The Media

Y11

GCSE PE- Personal Exercise Programme (PEP) 10%

GCSE PE Topic 3: Physical Training

Camb Nat Topic 2: Practical - Developing Sport Skills

GCSE PE Topic 3: Physical Training

**EXAMINATION!**  
RO51 Contemporary Issues in Sport

GCSE PE Paper 1 Fitness & Body Systems. (36%)

GCSE PE Topic 1: Applied Anatomy & Physiology

Camb Nat Topic 1: Contemporary Issues in Sport. Exam 25%

Core PE Team Games, Racket Sports, Fitness, Dance

GCSE PE Topic 2: Movement Analysis

Y10

KS4 Options evening & presentation

April-July Athletics, Rounders, Cricket, Softball

Feb – April Table Tennis, Court Games, Dance

Jan-Feb Fitness, Gymnastics, Dance, Table Tennis

Nov-Dec Football (G), Rugby, Basketball

Aug-Oct Football (B), Netball, Badminton

Y9

**KS3 Core x 3 hours**  
**KS4 Core x 1 hour**  
**GCSE PE x 3 hours**  
**Camb Nat x 3 hours**

Y8

April-July Athletics, Rounders, Cricket, Softball

Feb – April Table Tennis, Court Games, Dance

Jan-Feb Fitness, Gymnastics,

Nov-Dec Football (G), Rugby, Basketball

Aug-Oct Football (B), Netball, Badminton

Y7

