



# PE at Hutton

Handball, Rugby, Football, Table Tennis, Advancement of skills - Strategies and Decision Making, Swimming, Swimming Survival Skills, Weights, Athletics, Cricket, Softball, Volleyball

Socio-Cultural Issues:  
Ethics in Sport –  
Violence, Drugs



Sports Psychology:  
Characteristics of skill,  
Goal-setting,  
Mental Preparation

Health, fitness & well  
being:  
Benefits, consequences,  
diet & nutrition



GCSE  
Exams



Continue to  
key stage 5  
A Level PE

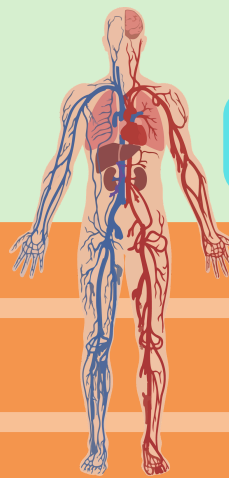
## Year 11



Socio-Cultural Issues:  
Commercialisation,  
sponsorship, media in  
Sport

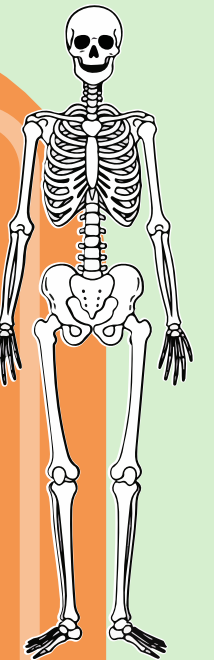


Physical Training:  
Components of fitness  
Principles of training



## GCSE PE

Applied Anatomy & Physiology:  
Skeletal, Joints, Muscles,  
Circulatory system, Respiratory  
system

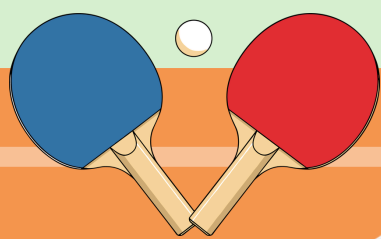


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## Core PE

## Year 9

Swimming Survival Skills  
treading water, underwater  
swimming, dives



Rugby  
Football



Body resistance exercises -  
circuit training, resistance  
bands, interval



Hurdles  
Relays  
Throws



Table Tennis  
Handball  
Badminton



HRF – tracking of  
endurance, speed  
& agility tests.



Athletics  
Cricket  
Softball



Tennis  
Cricket  
Softball



Athletics  
100m, 1500m,  
throws, jumps,  
hurdles



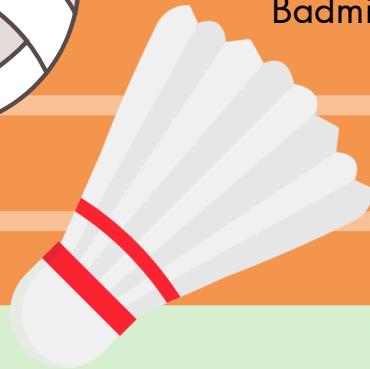
Gaelic Football



Volleyball  
Hockey



Cross Country  
Badminton



Swimming  
Basketball  
Muscular endurance



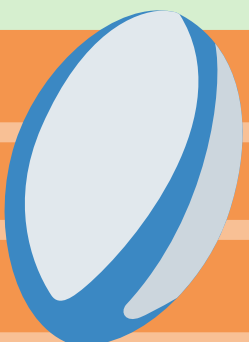
Handball  
Rugby



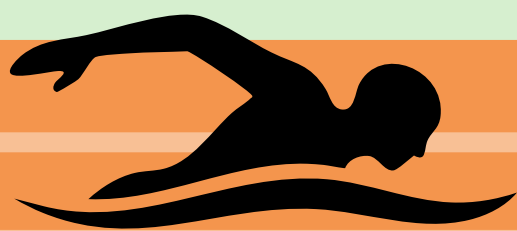
## Year 7



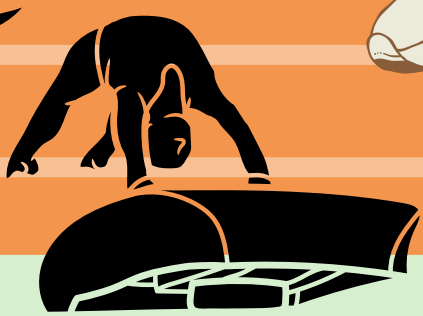
Understanding  
warmups



Rugby  
Basketball



Swimming  
Hockey



Badminton  
Gymnastics



Cross Country  
Gaelic Football

Cricket  
Softball



Athletics



Tennis  
Volleyball

START