North Gosforth Academy

SUBJECT NAME: Physical Education Curriculum Plan Sep 2026 – 2027

	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Yr7	Ball skills Invasion games Fitness	Invasion games Net wall games Fitness Dance	Dance Outdoor and adventurous activities Net / Wall games Invasion games	Dance Outdoor and adventurous activities Net / Wall games	Athletic activities Striking and fielding games	Athletic activities Striking and fielding games
	1.1- Structure Skeletal System 1.2 muscular system 4.1 - Warm up / Cool down		1.1 Structure Skeletal System 1.2 muscular system cont. 2.1 – Healthy lifestyles / benefits of regular exercise		1.3 Structure Respiratory System 1.4 C V system Unit 2 LO1.1 – Diet	
Yr8	Invasion games Net wall games Gymnastics	Invasion games Net wall games Gymnastics	Fitness Invasion games Net wall games	Fitness Invasion games Net wall games	Athletic activities Striking and fielding games	Athletic activities Striking and fielding games
	Unit 2 LO 2.1 / 2.2 Components of fitness 1.1 Functions Skeletal System / muscular system		1.2 Functions Skeletal System / muscular system 1.4 Heart rate monitoring		Unit 1 LO 1.4 methods of training Healthy lifestyles / benefits of regular exercise	
Yr9	Invasion games Net / Wall games activities	Invasion games Net / Wall games Outdoor and adventurous activities	Invasion games Net / Wall games Outdoor and adventurous activities Fitness	Invasion games Net / Wall games Outdoor and adventurous activities Fitness	Athletic activities Striking and fielding games	Athletic activities Striking and fielding games
	1.1 Structure of Skeletal System – types of bones, function		1.2 Structure muscular System – muscle fibers , function		Introduction to ncfe Health and Fitness / Careers in sport	
Yr10	Invasion games Net / Wall games Trampolining Fitness Outdoor and adventurous activities	Invasion games Net / Wall games Trampolining Fitness Outdoor and adventurous activities	Invasion games Net / Wall games Trampolining Fitness Outdoor and adventurous activities	Invasion games Net / Wall games Trampolining Fitness Outdoor and adventurous activities	Athletic activities Striking and fielding games	Athletic activities Striking and fielding games
	2.1 – Healthy lifestyles / benefits of regular exercise		2.2 – Training Methods		4.1 – Principles of Training 3.1 – Health and fitness analysis and goal setting. Community opportunities.	
Yr11	Invasion games Net / Wall games Trampolining	Invasion games Net / Wall games Trampolining Fitness	Invasion games Net / Wall games Trampolining Fitness	Invasion games Net / Wall games Trampolining Fitness	Athletic activities Striking and fielding games Invasion games	
	2.1 – Healthy lifestyles / benefits of regular exercise		Post 16 participation in physical exercise and sport			

North Gosforth Academy

SUBJECT NAME: NCFE Health and Fitness Curriculum plan (Year 10 and 11)

	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Yr10	1.2- Skeletal System 1.2 - Muscular System	1.3 – Respiratory System 1.4 – Cardiovascular System	1.5 Energy Systems 2.1- Effects of Health and Fitness Activities on the Body 3.1 – Health and Fitness	3.2 – Components of Fitness 4.1 – Principles of Training Exam preparation	U2 1.1 – Lifestyle factors U2 2.1 – Fitness Testing U2 2.2 – Training Methods	U2 2.3 – Optimising a Health and Fitness Programme U2 3.1 – Health and fitness analysis and goal setting
	Summative assessments - End of topic tests				End of topic test / Mock synoptic / Year 10 mock exam	
Yr11	Recall Unit 1 content Interleaving – exam technique U2 4.1 – The structure of a Health and Fitness programme 4.2 – Health and Safety Start coursework / synoptic	Continue synoptic / coursework	Complete coursework Revise whole course content Exam technique	Revise whole course content Exam technique	External exam	
	1st October – Coursework release date				External exam May / June	