



Love of Learning, Opportunity, Resilience, Respect

2024-2025 Boston High School Physical Education GCSE & A Level Curriculum Overview

Year	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
10	Musculo Skeletal Health and wellbeing Somatotypes Netball	Musculo Skeletal Health and wellbeing Somatotypes Netball	Musculo Skeletal Health and wellbeing Somatotypes Netball	Musculo Skeletal Health and wellbeing Somatotypes Netball	Musculo Skeletal Health and wellbeing Somatotypes Netball	Musculo Skeletal Health and wellbeing Somatotypes Netball
	Tuesday lunch time – Badminton club Friday evening - 3.35 – 4.45pm Netball Wednesday evening 3.35 – 4.45pm					
11	Principles and methods of training Safety in sport Information processing Netball	Aerobic and anaerobic exercise Feedback and Guidance Netball	Principles and methods of training Safety in sport Information processing Badminton	Aerobic and anaerobic exercise Feedback and Guidance Badminton	Principles and methods of training Safety in sport Information processing Badminton	
12	Musculo Skeletal Cardiovascular System Skill Principles & theories of learning Pre industrial	Cardiovascular system Respiratory System Principle theories of learning Guidance & Feedback Industrial and post industrial	Respiratory system Neuromuscular System Motivation Goal setting Anxiety Post WWII	Energy Systems Arousal Attitudes Post WII	Energy Systems Personality Sociological theory applied to equal opportunities	Coursework Social facilitation Groups Sociological theory applied to equal opportunities YEAR 12 EXAM
13	Biomechanics Terminology, linear and angular topics Information processing	Diet and Nutrition Principles and methods of training Achievement motivation Attribution theory	Coursework Self-efficacy Confidence Stress management	Injury prevention and rehab Leadership	Revision	



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	Concepts of physical activity and sport Development of elite performers	Ethics in sport Violence in sport MOCK	Drugs in sport Sport and the law	Impact of commercialisation The role of technology		
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NOTE: The timings may vary due to the needs of individual students and classes but it is envisaged that all classes will cover the curriculum above.