



Rugby Free Secondary School PE GCSE / A Level Curriculum Sequence Overview 2023-24.

Year 12 Link to Year 11:

1. Components of Fitness – strength, aerobic capacity and flexibility
2. Skill acquisition / continuum
3. Anatomy and Physiology – joints, bones, -----1--

Year 13 Link to Year 12:

1. Sports Psychology
2. EAPI – Sports Analysis – links to whole course content.
3. Biomechanics [joints]

Year 11 Link to Year 10:

1. PEP – types/effect of training.
2. Sports Psychology.
3. Biomechanics.

Year 9 Link to Year 8:

1. Anatomy and Physiology – bones, muscles and body systems.
2. Components of fitness.
3. Effects of exercise on the body systems.

Year 10 Link to Year 9:

1. Body systems – musculo skeletal and cardio respiratory.
2. Fitness training methods.
3. Short and long term effects of exercise.