



# St Benedict's Catholic School

The Catholic Secondary School for West Suffolk

## PE CURRICULUM GUIDE

Year 10		
	Theory	Practical
A U T U M N	Health, Exercise, Fitness & Performance	Fitness Testing
	Components of Health Related Fitness	Netball
	Components of Skill Related Fitness	Football
	Fitness Testing	
	The Principles of Training	
	Goal Setting	Basketball
	Methods of Training	
	The Exercise Session	Hockey
Comparing Two Types of Training Session		
S P R I N G	Healthy Active Lifestyles	Rugby
	Benefits of Taking Part in Physical Activity	Fitness
	Reasons for Taking Part in Physical Activity	
	Personal Exercise Programme (Controlled Assessment)	
S U M M E R	Influences on Taking Part	Rounders
	Opportunities for Getting Involved	
	Sports Participation Pyramid	Cricket
	Diet: Macronutrients	Athletics
	Diet: Micronutrients	Tennis
	Dietary Intake & Performance	
Year 11		
	Theory	Practical
A U T U M N	Somatotypes	Football
	Optimum Weight & Weight Related Conditions	Netball
		Fitness
	Performance Enhancing Drugs	Basketball
	Risk Assessment & Injury Prevention	Hockey
Rugby		
S P R I N G	Analysis of Performance (Controlled Assessment)	Fitness
		Rounders/Cricket
	The Cardiovascular System	Moderation Preparation
	The Respiratory System	
	The Skeletal System	
The Muscular System		