The Hurlingham Academy
The best in everyone™
Part of United Learning

The Hurlingham Academy PE & Sport Curriculum Map

Year 7

Baseline tests
Dance
Theory – diet and anatomy
Athletics
Table tennis
Rugby
Basketball
Rounders
Cricket

Year 8

Netball
Basketball
Athletics
Fitness
Football
Games from around the world
Theory – types of health and fitness components
Table tennis

Year 9

Netball
Fitness
Theory – nutrition and methods of training
Softball
Cricket
Football
Volleyball
Athletics
Football
Rounders

Year 10

GCSE PE:
Anatomy/physiology
Respiration
Nutrition
Impacts of exercise
Biomechanics
Fitness training
Performance enhancing drugs

Sport BTEC:
Component 1: Preparing participants in sport
Component 2: Taking part and improving others

Core PE: football, basketball, fitness, volleyball, dodgeball, ultimate frisbee, American football

Year 11

Core PE: football, basketball, fitness, volleyball, dodgeball, ultimate frisbee, American football

GCSE PE:
Fitness and wellbeing
Skill classification
Sport psychology
Lifestyle choices
Ethical and socio-cultural issues in sport
Commercialisation
Practical moderation

Sport BTEC:
Component 3: Developing fitness to improve other participants
Written exam