

PE Common Curriculum- Healthy Active Lifestyle

	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	Baseline assessments: Fitness, invasion games and engagement Quiz 1: Staying safe in physical activity	Quiz 1: Staying safe in physical activity	Quiz 1: Staying safe in physical activity	Quiz 1: Staying safe in physical activity	Quiz 1: Staying safe in physical activity
Autumn 2	Quiz 2: Muscles and movement	Quiz 2: Muscles and movement	Quiz 2: Muscles and movement	Quiz 2: Muscles and movement	Quiz 2: Muscles and movement CNAT R185 Unit to be externally submitted.
Spring 1	Quiz 3: Fitness	Quiz 3: Fitness	Quiz 3: Fitness	Quiz 3: Fitness	Quiz 3: Fitness
Spring 2	Quiz 4: Leadership	Quiz 4: Leadership	Quiz 4: Leadership	Quiz 4: Leadership	Quiz 4: Leadership CNAT R184 Exam to be sat.
Summer 1	Quiz 5: Short and long term effects of exercise	Quiz 5: Short and long term effects of exercise	Quiz 5: Short and long term effects of exercise	Quiz 5: Short and long term effects of exercise CNAT R186 Unit to be externally submitted.	
Summer 2	Quiz 6: Nutrition and wellbeing	Quiz 6: Nutrition and wellbeing	Quiz 6: Nutrition and wellbeing	Quiz 6: Nutrition and wellbeing	