



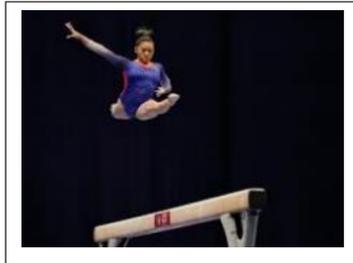
# Gordon's School P.E Department

## KS5- Curriculum Map



### Key Words / Skills:

- Performance
- Technical and composition concepts
- Observation and Analysis
- Fitness
- Physical Development
- Decision Making
- Active Learner
- Problem Solving
- Develop competence
- Physically Active
- Engagement
- Healthy Active Lifestyle



### Core PE Summer

- Circuits
- Interval Training
- Zumba
- Volley Ball
- Athletics

### Core PE Autumn

- HIIT
- Body Pump
- Boxercise
- Basket Ball
- Yoga
- Badminton

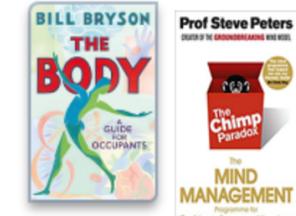
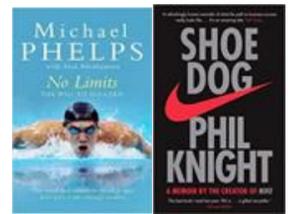
### Core PE Spring

- Fitness Centre
- Disability Sport
- Table Tennis
- Short Tennis
- Indoor Rowing

Year 13



### Recommended Reading



### Core PE Summer

- Circuits
- Interval Training
- Zumba
- Volley Ball
- Athletics



### Core PE Spring

- Fitness Centre
- Disability Sport
- Table Tennis
- Short Tennis
- Indoor Rowing



Year 12

### Core PE Autumn

- HIIT
- Body Pump
- Boxercise
- Basket Ball
- Yoga
- Badminton

