



The Rudheath Senior Academy

Year 7 Girls PE

Year 7

The aerobic fitness (bleep test) and core muscular endurance (one minute sit up test) of each pupil will be assessed in September, December, March and June.

Football



Dance-Fit



Netball



Badminton



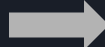
Hockey



Dodgeball



Outdoor Education @ PGL



Basketball



Cricket



Orienteering



Athletics (Track & Field)



Sports day - July

To Year 8 ...



Rounders





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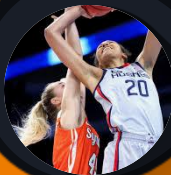
Badminton

Hockey



Dodgeball

Basketball



Cricket

Handball



Athletics (Track & Field)



Rounders

Sports day - July



To Year 9 ...



The Rudheath Senior Academy

Year 9 Girls PE

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To Year 10 ...



The Rudheath Senior Academy

Year 9

KS 4 Girls PE

Football



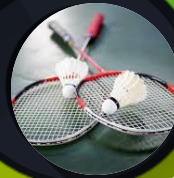
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Netball



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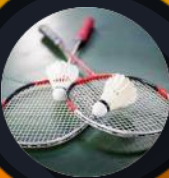
Fitness



Basketball



Badminton



Fitness



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The Rudheath Senior Academy

Year 7

Year 7 Boys PE

Football



Dance-Fit

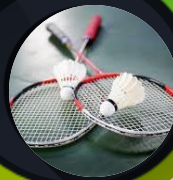
Basketball



Dance-Fit



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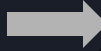
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To Year 8 ...





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Year 8

Year 8 Boys PE

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To Year 9 ...





The Rudheath Senior Academy

Year 9

Year 9 Boys PE

Football



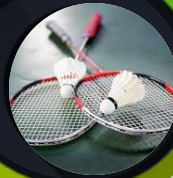
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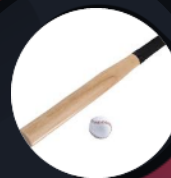
Handball



Athletics (Track & Field)



Rounders



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To Year 10 ...





The Rudheath Senior Academy

KS 4

KS4 Boys PE

Football



Dance-Fit

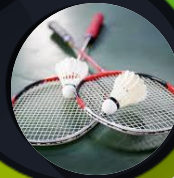
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College or career





The Rudheath Senior Academy

KS 4

Year 10 BTEC Sport

UNIT 6 - Leading Sports Activities

Sports Leader



6A- The attributes associated with successful sports leadership

6B- Planning & Leading sports activities



6C- Review the planning & leading of sports activities.

UNIT 2 - Practical Performance in Sport



2A- The Rules, Regulations and scoring systems for sport.

2B- Demonstration of the skills, techniques and tactics in sport A.



2B - Demonstration of the skills, techniques and tactics in sport B



3) Review of Sports Performance



4) Analysis



Year 11 BTEC Sport



The Rudheath Senior Academy

KS 4

Year 11 BTEC Sport

UNIT 1 - Fitness for Sport and Exercise



1A- The components of Fitness and the Principles of Training.

1B- Fitness Training Methods.



1C- Investigation into fitness testing to determine fitness levels.

UNIT 3 - Applying the Principles of Personal Training.



3A- Design a personal fitness training programme

3B- The musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training.



3C- Implement a self designed personal fitness training programme to achieve own goals and objectives.

3D- Review a personal fitness training programme



4) Revision

College or career