

PE 7 Year Journey

at
The Quest Academy

Study leave and examinations

BTEC Sport
Level 3

Various sporting
opportunities

Fitness

Practical and theory skills

A-Level PE

Football
academy

Sports
leadership

QUEST 6
Year 13

Various sporting
opportunities

Fitness

Practical skills

Football
academy

Sports
leadership

Trampolining

Dance

Badminton

Practical skills

Football

Handball

Netball

QUEST 6
Year 12

BTEC Sport
Level 3

Theory

A- Level PE

Commercialisation

Fitness testing
& training

Sports
Leadership

Theory skills

Principles of
training

Components of
fitness

GCSE PE
Coursework

YEAR 11

Fitness

Athletics

Badminton

Practical skills

Football

Rugby

Netball

Netball

Athletics

Rounders

Practical skills

Handball

Rugby

Football

YEAR 10

Nutrition

The body's
systems

Movement

Theory skills

GCSE PE

BTEC Sport
Level 2

Health and
Wellbeing

Leadership

Sportsmanship

Gamesmanship

Theory skills

Muscular
system

Muscles &
Movement

Participation

YEAR 9

Netball

Rugby

Athletics

Practical skills

Badminton

Handball

Football

Dance &
gymnastics

Athletics

Netball

Practical skills

Football

Rugby

Basketball

YEAR 8

Movement

SMART targets

Theory skills

The skeletal
system

Bones

Joints

Wellbeing

Components of
fitness

Theory skills

Health

Cool down

Warm up

YEAR 7

Induction, baseline testing, settling in and
expectations