

Physical Education (Core) Curriculum Map

Year 7

Students will rotate through a range of sports;

Football
Badminton
Hockey
Rugby
Netball

Fitness Suite
Dance
Basketball
Climbing
Athletics

Rounders
Handball
Striking and Fielding
Cricket
Gymnastics

Knowledge of; basic skills, techniques and tactics used in sports and physical activities,
-fundamental rules and regulations for a range of sports and the need for officials,
-the components of a warm up and cool down,

-the immediate effects of exercise of body and basic training methods to improve cardiovascular fitness,
-safety factors during physical activity and sport and
-how to lead fit and healthy lifestyles including exploring extracurricular sports clubs.

Half Term 1

Half Term 2

Half Term 3

Half Term 4

Half Term 5

Half Term 6

Year 8

Students will rotate through a range of sports;

Football
Badminton
Hockey
Rugby
Netball

Fitness Suite
Dance
Basketball
Climbing
Athletics

Rounders
Athletics
Handball
Striking and Fielding
Cricket
Gymnastics

Knowledge of; more advanced skills, techniques and tactics used in sports and physical activities,
-the rules and regulations for a range of sports and the roles of different types of officials,
-the components of an activity session (warm up, main activity, conditioned practice, cool down),

-the immediate and some long term effects of exercise on the body and training methods to improve at least two components of fitness,
-more advanced compositional ideas to improve performance in dance/gymnastics,
-safety factors during physical activity and sport for more advanced activities (e.g. scrummaging in rugby),
-the benefits of leading fit and healthy lifestyles including extracurricular sports clubs.

Half Term 1

Half Term 2

Half Term 3

Half Term 4

Half Term 5

Half Term 6

Year 9

Students will rotate through a range of sports;

Football
Badminton
Hockey
Rugby
Netball

Fitness Suite
Dance
Basketball
Climbing
Athletics

Rounders
Athletics
Handball
Striking and Fielding
Cricket
Gymnastics

Students will develop their knowledge of; techniques required in a range of sports in increasingly complex drills under pressure
-overcoming challenging opponents in competitive situations in team and individual games (e.g. rugby/netball/badminton/tennis)
-being able to apply pressured decision making in competitive sports, including some analysis of opponents' strategies

-develop a knowledge and understanding of how to work with students of a variety of different skill levels and strengths
-leadership qualities when working as part of a team respond to the strengths and weakness of those they are with
-sportsmanship should be visible in all lessons with students abiding by rules being humble in victory and gracious in defeat.

Half Term 1

Half Term 2

Half Term 3

Half Term 4

Half Term 5

Half Term 6

Year 10

Students select from a variety of activities offered to them from the curriculum.

Football
Dance
Basketball
Dodgeball

Badminton
Rugby
Fitness Suite
Outdoor and Adventurous

Activities Athletics
Striking and Fielding

Students use and develop a variety of tactics and strategies to overcome opponents in team and individual games.

They will also develop their technique and improve their performance in other competitive sports, [for example, athletics and gymnastics], or other physical activities [for example, dance]

Half Term 1

Half Term 2

Half Term 3

Half Term 4

Half Term 5

Half Term 6

Year 11

Students select from a variety of activities offered to them from the curriculum.

Football
Dance
Basketball
Dodgeball

Badminton
Rugby
Fitness Suite
Outdoor and Adventurous

Activities Athletics
Striking and Fielding

Students use and develop a variety of tactics and strategies to overcome opponents in team and individual games.

They will also develop their technique and improve their performance in other competitive sports, [for example, athletics and gymnastics], or other physical activities [for example, dance]

Half Term 1

Half Term 2

Half Term 3

Half Term 4

Half Term 5

Half Term 6