

Curriculum Overview - PE

Y7	
Autumn	Rugby, football, Cross country/ fitness and basketball Netball, invasion games, basketball and cross country/ fitness
Spring	Gym, table tennis, badminton, handball Dance/gym, badminton, table tennis handball, OAA
Summer	Athletics, striking and fielding and tennis

Y8	
Autumn	Rugby, football, Cross country/ fitness and basketball Netball, invasion games, basketball and cross country/ fitness
Spring	Gym, table tennis, badminton, handball Dance/gym, badminton, table tennis handball, OAA
Summer	Athletics, striking and fielding and tennis

Y9	
Autumn	Rugby, football, Cross country/ fitness and basketball Netball, invasion games, basketball and cross country/ fitness
Spring	Gym, table tennis, badminton, handball Dance/gym, badminton, table tennis handball, OAA
Summer	Athletics, striking and fielding and tennis

Y10	
Autumn	Rugby, football, Cross country/ fitness and basketball Netball, invasion games, basketball and cross country/ fitness BTEC sport Component 1 Preparing Participants to Take Part in Sport and Physical Activity
Spring	Gym, table tennis, badminton, handball Dance/gym, badminton, table tennis handball BTEC sport Component 1 Preparing Participants to Take Part in Sport and Physical Activity
Summer	Athletics, rounders, cricket and softball BTEC sport Component 2 Taking Part and Improving Other Participants Sporting Performance

Y11	
Autumn	Rugby, football, Cross country/ fitness and basketball Netball, invasion games, basketball and cross country/ fitness BTEC sport Component 2 Taking Part and Improving Other Participants Sporting Performance
Spring	Gym, table tennis, badminton, handball Dance/gym, badminton, table tennis handball BTEC sport Component 3 Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity
Summer	Athletics, rounders, cricket and softball BTEC sport Component 3 Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

Outwitting Opponents in Invasion Games* (Basketball, Netball, Football, Rugby) Passing and receiving, Basic dribbling, Shooting, Control, Defending.

Outwitting Opponents in Net Racket* (Badminton, Short Tennis) Ball familiarisation, Basic stages of a shot, Basic serve, Basic forehand, Sport specific shot

Individual Performances* (Gymnastics, Athletics, Dance) Managing performance, replication of skills/ technique

Striking & Fielding, Bowling, Batting, Catching, Fielding, Tactics (Rounders, Cricket, Softball)

Health & Fitness Components of Fitness, Exercise Intensity, Principles of Training, Fitness Testing, Training Methods

Outdoor & Adventurous* (Capture the flag, Orienteering)