

Foundation	Curriculum Category	Primary Skill Focus (KS2)	National Curriculum Alignment KS2	Secondary (KS3/4) Curriculum Focus	Year 7	Year 8	Year 9	KS4
Football	Invasion Games	Attacking/Defending & Tactics	Use running/kicking in combination; apply basic principles of attacking and defending.	Advanced team tactics, formation strategies, and officiating.	Students can pass, receive, and dribble with control, demonstrating an awareness of basic positions. They understand the fundamental rules.	Students maintain possession under pressure, using "support play" to create passing options. They can apply basic defensive principles, such as "jockeying" and intercepting.	Students apply effective attacking and defensive principles within 1v1 and 2v2 scenarios. They successfully transfer these skills into small-sided games, demonstrating the ability to create scoring opportunities and regain possession under pressure.	Students compete effectively in full 7v7 matches, demonstrating a understanding of positional responsibilities, how to retain possession. They can apply offensive and defensive tactics.
Rugby (Tag)	Invasion Games	Attacking/Defending & Tactics	Develop spatial awareness; use evasion and tactical running to maintain possession.	Contact skills (if applicable), set-pieces (scrums/lineouts), and complex defensive lines.	Pupils to show they can evade defenders and apply simple passing within the rules of rugby. Pupils will know the basic rules.	Pupils can apply attacking strategies to improve their performance in games. They can show defensive positions.	Pupils can perform in 5v5 situations applying advanced attacking strategies. They are aware of the rules and how to apply them in games.	Pupils can play a game of 7v7 tag rugby applying rules and strategies both attacking and defensive to outwit opponents.
Netball	Invasion Games	Attacking/Defending & Tactics	Develop throwing and catching in isolation and combination; apply team tactics.	High-level tactical play, specialized positional roles, and advanced footwork rules.	Pupils will be able play a small game of netball using correct footwork and some rules.	Pupils will be able play a small game of netball using correct footwork and passing choices and demonstrating the ability to defend and attack.	Pupils will be able play 1/2 courts of netball using correct footwork and passing choices and demonstrating the ability to defend and attack.	Pupils will be able to play full court games with rules, demonstrating correct footwork and ability to pass and move as per their position.
Basketball	Invasion Games	Attacking/Defending & Tactics	Improve hand-eye coordination; use dribbling and passing to create scoring opportunities.	Complex screening, fast-break strategies, and technical shooting analysis.	To know Basic rules and apply them in games. Simple passing and attacking techniques applied.	Pupils can play a small sided game using shots, body positions and attacking principles.	Pupils can play a 5v5 game using strategies to improve performance.	Pupils can play in a 5v5 game within the rules and use defensive and offensive strategies.
Handball	Invasion Games	Attacking/Defending & Tactics	Develop power throwing and transition play; understand defensive positioning.	Tactical manipulation of the "6m zone" and sophisticated defensive blocking systems.	Students can accurately demonstrate the overarm pass and controlled dribble in isolated drills and conditioned games. They possess a clear understanding of the 3-step and 3-second rules and can apply basic defensive tactics, such as maintaining a goal-side position and staying outside the D.	Students can execute passing and dribbling with consistency under defensive pressure within small-sided games. They are beginning to implement offensive tactics, such as utilising the "Give and Go" and identifying open space to move the ball away from congested areas of the court.	Students demonstrate a tactical understanding of specialised roles, specifically the Pivot, Center Forward, and Wide players. They can explain and perform the unique responsibilities of these positions, using "wide play" to stretch the opposition and create scoring opportunities through structured teamwork.	Students can compete effectively in full 7v7 games, demonstrating a sophisticated grasp of both offensive and defensive systems (such as a 6-0 or 5-1 defense). They have developed a knowledge of contact rules, allowing them to defend physically yet legally.
Badminton	Net/Wall Games	Racket Skills & Coordination	Develop overhead striking and reaction speeds; understand court boundaries.	Shot selection (clears/drops/smashes), serving variety, and doubles positioning.	Pupils are aware of the basic rules of badminton. They are able to play a singles game using the correct service technique. They can officiate a game.	Pupils are to choose the serve that suits the game situation. They are able to move the opponent with clear shots.	Pupils can play a full game and officiate. They can perform a drop shot and overhead clear.	Pupils can play and officiate both singles and doubles games and try to outwit opponents with a variety of shots.
Table Tennis	Net/Wall Games	Racket Skills & Coordination	Focus on fine motor control and hand-eye coordination in high-speed exchanges.	Spin techniques (top/back), service variety, and high-speed tactical rallying.	Students can perform backhand and forehand push shots with consistency and execute a legal serve. They understand the basic rules of the game and can maintain a controlled rally with a partner.	Students control rallies effectively, introducing spin in isolated drills and serving accurately to specific areas of the table. They can confidently play and officiate matches using the standard rules of play.	Students actively implement spin shots into competitive play while maintaining a high-tempo, controlled rally. They possess a full understanding of the rules, including the ability to officiate and scorekeep accurately during a game.	Students apply consistent spin within varied gameplay, demonstrating a clear distinction between attacking and defensive shots. They can compete effectively in both singles and doubles formats, adhering to all professional rules and tactics.
Athletics	Athletics	Running, Jumping, Throwing	Master fundamental movements in isolation; strive for personal bests in speed and distance.	Specialized technique (e.g., Fosbury Flop, Glide), pacing strategies, and measurement.	- Pupils will know basic techniques for events. - Pupils will partake in running, jumping and throwing events.	- Pupils will know basic techniques for events. With more focus on tactics and pacing. - Pupils will partake in running, jumping and throwing events.	- Pupils will know basic techniques for events. With more focus on tactics and pacing. - Pupils will partake in running, jumping and throwing events.	- Pupils will know basic techniques for events. With more focus on tactics and pacing. - Pupils may show advanced skills in throwing and jumping. - Pupils will partake in running, jumping and throwing events.
Dance	Dance	Aesthetic Movement	Perform dances using a range of movement patterns; express ideas and emotions through motion.	Choreography, technical precision, and performing in a range of styles/genres.	To be able to learn and start to create a basic dance routine.	To be able to learn and create a dance routine utilising key choreographic devices. To be able to plan and carry out your own warm up.	To be able to learn and create a more complex piece utilising choreographic devices that you can confidently perform. Be able to accurately analyse the performance of yourself and others.	To be able to take full ownership of the creation of an entire dance piece.
Trampolining	Gymnastic Elements	Balance & Control	Develop flexibility, strength, technique, control, and balance; aerial orientation.	Complex combinations, somersaults, and the mechanics of flight/rotation.	Be able to perform a 5-7 bounce routine including the 5 basic shapes of trampolining.	Be able to perform a 10 bounce routine including the basic shapes, twists and seat landing progressions.	Be able to perform a 10 bounce routine including basic shapes, twists, seat landings and front landing progressions.	Be able to perform a 10 bounce routine with a range of core and advanced skills to understand the scoring in trampolining.
Orienteering	OAA	Problem Solving & Teamwork	Take part in outdoor challenges; develop map reading and collaborative communication.	Advanced navigation, route choice under fatigue, and leadership in remote environments.	To know how to orientate a map and find your way around various small orienteering courses, showing an understanding of the map symbols.	To be able to orientate a map of the school and locate the first 20 orienteering points accurately.	To be able to confidently orientate a map of the school and locate the 30 orienteering points accurately in competitive situations.	To be able to confidently orientate a map of the school and locate the 40 orienteering points accurately in competitive situations.
HRF	Physical Activity	Healthy, Active Lives	Be physically active for sustained periods; understand the effects of exercise on the body.	Training methods (interval/circuit), understanding anatomy, and personal fitness planning.	- Pupils will be shown how to use the Cardiovascular and Resistance machines. They will gain knowledge on how to train their Cardiovascular system, and muscular systems.	- Pupils need to learn the 11 muscles and how we can train these muscles with a range of different exercises. - Pupils will be reminded of how to train for strength and endurance.	In Year 9 pupils will be looking at trianing programmes and the SPOR principles, learning how to plan and complete trianing programmes for their specific goal.	Be able to use the fitness suite to create a personalised workout to suit their needs and wants. Pupils should be proficient in a range of machine and free weight exercises. Teachers may direct certain workouts for some classes.
Rounders	Striking & Fielding	Hand-eye coordination & Tracking	Use running, jumping, throwing, and catching in isolation and combination; play competitive games.	Tactical placement of hits, advanced backstop/fielding combinations, and officiating.	To know some of the keys skills and rules of rounders and play an adapted game.	To know more of the keys skills and rules of rounders and play a larger scale adapted game.	To know most of the keys skills and rules of rounders and begin play self managed games.	To know all of the keys skills and rules of rounders and play self regulated games.
Cricket	Striking & Fielding	Precision Striking & Throwing	Develop flexibility, strength, technique, control, and balance; apply basic principles of attacking/defending.	Specialized bowling techniques (spin/seam), complex field settings, and batting stroke selection.	To know some of the basic rules for how to get opponents out and be able to do the keys skills of batting and overarm bowling.	To know why we play different types of shots when batting and understand more complex bowling rules including no balls and wides.	To know a wider range of batting shots and when to play them and know and show why we would vary the length of our bowling.	Be able to use advanced rules in the games and select a range of bowling lengths. Pupils should be able to select the correct fielding method in a competitive situation.