

KEY STAGE 3 Year 7 Physical Education Curriculum Map 2023-2024

TERM/DATE Wk. Beg		YEAR 7X WEEK 1		YEAR 7X WEEK 2		YEAR 7Y WEEK 1		Year 7Y WEEK 2	
		BOYS Friday P3	GIRLS Friday P3	BOYS Friday P3	GIRLS Friday P3	BOYS Thursday P1	GIRLS Thursday P1	BOYS Monday P3	GIRLS Monday P3
4 Weeks (11 th Sep) Baseline Asst.	1	Introduction to Know, Show, Grow							
	2	Baseline Assessment Follow Baseline Plan							
9 th Oct 2023 5wks.	1	POL Rugby FIELD	UNS Netball COURTS	POL Rugby FIELD	UNS Netball COURTS	ASH Rugby FIELD	SLA Netball COURTS	ASH Rugby FIELD	SLA Netball COURTS
	2	SED Trampoline GYM	SLA Fitness SH	SED Trampoline GYM	SLA Fitness SH	SED Trampoline GYM	UNS Fitness SH	SED Trampoline GYM	UNS Fitness SH
20 th Oct 2023 5wks	1	POL Badminton SH	UNS Gymnastics Activities GYM	POL Badminton SH	UNS Gymnastics Activities GYM	ASH Badminton SH	SLA Gymnastics Activities GYM	ASH Badminton SH	SLA Gymnastic Activities
	2	SED Rugby FIELD	SLA Football AT	SED Rugby FIELD	SLA Football AT	SED Rugby FIELD	UNS Football AT	SED Rugby FIELD	UNS Football AT
8 th Jan 2024 5wks	1	POL Trampoline GYM	UNS Football AT	POL Trampoline GYM	UNS Football AT	ASH Trampoline GYM	SLA Football AT	ASH Trampoline GYM	SLA Football AT
	2	SED Football AT	SLA Netball COURTS	SED Football AT	SLA Netball COURTS	SED Football AT	UNS Netball COURTS	SED Football AT	UNS Netball GYM
12 th Feb 2024 5wks	1	POL AT Football	UNS Fitness OUT	POL Football AT	UNS Fitness OUT	ASH Football AT	SLA Fitness OUT	ASH Football AT	SLA Fitness OUT
	2	SED Badminton SH	SLA Gymnastic Activities GYM	SED Badminton SH	SLA Gymnastic Activities GYM	SED Badminton SH	UNS Gymnastic Activities GYM	SED Badminton SH	UNS Gymnastic Activities GYM
15 th April 2024 6wks	1	POL Basketball SH	UNS Rugby/Orienteering/Team Building OUT	POL Basketball SH	UNS Rugby/Orienteering/Team Building OUT	ASH Basketball SH	SLA Rugby/Orienteering/ Team Building OUT	ASH Basketball SH	SLA Rugby/Orienteering/Team Building OUT
	2	SED Fitness GYM	SLA Rugby/Orienteering/Team Building OUT	SED Fitness GYM	SLA Rugby/Orienteering/Team Building OUT	SED Fitness GYM	UNS Rugby/Orienteering/ Team Building OUT	SED Fitness GYM	UNS Rugby/Orienteering/Team Building OUT
13 th May 2024 6wks	1	POL-Field Athletic Activities	UNS-Astro Striking and Fielding	POL-Astro Striking and Fielding	UNS-Field Athletic Activities	ASH-Field Athletic Activities	SLA -Astro Striking and Fielding	ASH-Astro Striking and Fielding	SLA-Field Athletic Activities
	2	SED-Field Athletic Activities	SLA-Astro Striking and Fielding	SED-Astro Striking and Fielding	SLA-Field Athletic Activities	SED-Field Athletic Activities	UNS-Astro Striking and Fielding	SED-Astro Striking and Fielding	UNS-Field Athletic Activities
1st July 2024 3wks	1	POL-Field Athletic Activities	UNS-Astro Striking and Fielding	POL-Astro Striking and Fielding	UNS-Field Athletic Activities	ASH-Field Athletic Activities	SLA -Astro Striking and Fielding	ASH-Astro Striking and Fielding	SLA-Field Athletic Activities
	2	SED-Field Athletic Activities	SLA-Astro Striking and Fielding	SED-Astro Striking and Fielding	SLA-Field Athletic Activities	SED-Field Athletic Activities	UNS-Astro Striking and Fielding	SED-Astro Striking and Fielding	UNS-Field Athletic Activities

First 4 weeks will be baseline assessment – Please follow the timetable below.

Y7 Baseline Timetable 2023-2023

GROUP	YR 7X		YR 7Y	
STAFF	POL/SED	UNS/SLA	ASH/SED	SLA/UNS
WEEK 1	FOOTBALL Astro	NETBALL Courts	FOOTBALL Astro	NETBALL Courts
WEEK2	RUGBY Field	BADMINTON Sports Hall	RUGBY Fields	BADMINTON Sports Hall
WEEK3	BADMINTON Sports Hall	GYMNASTIC ACTIVITIES Gym	BADMINTON Sports Hall	GYMNASTIC ACTIVITIES Gym
WEEK 4	BASKETBALL/TABLE TENNIS Sports Hall/Gym	FOOTBALL Astro	BASKETBALL/TABLE TENNIS Sports Hall/Gym	FOOTBALL Astro