

KEY STAGE 3 Year 7 Physical Education Curriculum Map 2025-2026

TERM/DATE Wk. Beg		YEAR 7X WEEK 1		YEAR 7X WEEK 2		YEAR 7Y WEEK 1		Year 7Y WEEK 2	
		BOYS Wednesday P1	GIRLS Wednesday P1	BOYS Wednesday P2	GIRLS Wednesday P2	BOYS Friday P2	GIRLS Friday P2	BOYS Tuesday P3	GIRLS Tuesday P3
4 Weeks (8 th Sep) Baseline Asst.	1	Introduction to Know, Show, Grow Baseline Assessment Follow Baseline Plan							
	2								
6 th Oct 2025 5wks	1	SED Rugby Field	SLA Netball Courts	SED Rugby Field	SLA Netball Courts	ASH Rugby Field	JAC Netball Courts	ASH Rugby Field	JAC Netball Courts
	2	SAN Tramp/Fitness Gym	JAC Badminton/Volleyball Sports Hall	SAN Tramp/Fitness Gym	JAC Badminton/Volleyball Sports Hall	SED Tramp/Fitness Gym	SLA Badminton/Volleyball Sports Hall	SED Tramp/Fitness Gym	SLA Badminton/Volleyball Sports Hall
17 th Nov 2025 5wks	1	SED Badminton SH	SLA Football OUT AT	SED Badminton SH	SLA Football OUT AT	ASH Badminton SH	JAC Football OUT AT	ASH Badminton SH	JAC Football OUT AT
	2	SAN Football AT	JAC Tramp/Gymnastics GYM	SAN Football AT	JAC Tramp/Gymnastics GYM	SED Football AT	SLA Tramp/Gymnastics GYM	SED Football AT	SLA Tramp/Gymnastics GYM
6 th Jan 2026 6wks	1	SED Football AT	SLA Tramp/Gymnastics GYM	SED Football AT	SLA Tramp/Gymnastics GYM	ASH Football AT	JAC Tramp/Gymnastics GYM	ASH Football AT	JAC Tramp/Gymnastics GYM
	2	SAN Badminton SH	JAC Netball COURTS	SAN Badminton SH	JAC Netball COURTS	SED Badminton SH	SLA Netball COURTS	SED Badminton SH	SLA Netball COURTS
9 th Feb 2026 5wks	1	SED Basketball SH	SLA Rugby/OAA AT	SED Basketball SH	SLA Rugby/OAA AT	ASH Basketball SH	JAC Rugby/OAA AT	ASH Basketball SH	JAC Rugby/OAA AT
	2	SAN Fitness GYM	JAC Rugby/OAA OUT	SAN Fitness GYM	JAC Rugby/OAA OUT	SED Fitness GYM	SLA Rugby/OAA OUT	SED Fitness GYM	SLA Rugby/OAA OUT
23 rd March 2026 5wks	1	SED Tramp/Fitness GYM	SLA Badminton SH	SED Tramp/Fitness GYM	SLA Badminton SH	ASH Tramp/Fitness GYM	JAC Badminton SH	ASH Tramp/Fitness GYM	JAC Badminton SH
	2	SAN Rugby OUT	JAC Football OUT	SAN Rugby OUT	JAC Football OUT	SED Rugby OUT	SLA Football OUT	SED Rugby OUT	SLA Football OUT
18 th May 2026 5wks	1	SED-Field Athletic Activities	SLA-Astro Athletic Activities	SED-Astro Athletic Activities	SLA-Field Athletic Activities	ASH-Field Athletic Activities	JAC-Astro Athletic Activities	ASH-Field Athletic Activities	JAC-Astro Athletic Activities
	2	SAN-Field Athletic Activities	JAC-Astro Athletic Activities	SAN-Astro Athletic Activities	JAC-Field Athletic Activities	SED-Field Athletic Activities	SLA-Astro Athletic Activities	SED-Field Athletic Activities	UNS-Astro Athletic Activities
29 th June 2026 3wks	1	SED-Field Striking and Fielding	SLA-Astro Striking and Fielding	SED-Astro Striking and Fielding	SLA-Field Striking and Fielding	ASH-Field Striking and Fielding	JAC-Astro Striking and Fielding	ASH-Field Striking and Fielding	JAC-Astro Striking and Fielding
	2	SAN-Field Striking and Fielding	JAC-Astro Striking and Fielding	SAN-Astro Striking and Fielding	JAC-Field Striking and Fielding	SED-Field Striking and Fielding	SLA-Astro Striking and Fielding	SED-Field Striking and Fielding	UNS-Astro Striking and Fielding

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

Y7 Baseline Timetable 2025-2026

GROUP	YR 7X		YR 7Y	
STAFF	SED/SAN	SLA/JAC	ASH/SED	JAC/SLA
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/RUGBY Astro	BASKETBALL/TABLE TENNIS Sports Hall/Gym	FOOTBALL/RUGBY Astro