

Curriculum: PE

Year 7 Curriculum

In all activities, students develop their physical, social and emotional ability.

Physical Me

Developing basic skills and techniques in each sport, with a focus on the fundamentals needed to be successful, including spatial awareness, movement, communication and sport specific skills. More lesson time is given to isolated and conditioned drills to promote consolidation of skills techniques.

Social Me

Developing students' confidence in unfamiliar situations, encouraging them to work effectively with others and how they do this. Time in lessons is given to developing leadership skills, with an initial focus on students leading themselves before then working in small groups.

Emotional Me

Development of resilience in sport and physical activity by promoting positive attitudes, accepting that mistakes are part of learning and knowing how to react to winning and losing.

Term 1	Term 2	Term 3
Hockey Fitness Dodgeball Football Rugby Gymnastics	Gymnastics Dance Rugby Netball Basketball Table Tennis Football	Inter-house activities Athletics Rounders Cricket Short tennis Orienteering

Year 8 Curriculum

In all activities, students develop their physical, social and emotional ability.

Physical Me

The fundamental skills learned in Year 7 are developed and refined, with more of a focus on students applying skills in a variety of situations. More time is given to conditioned practices with some element of pressure before then moving into small-sided games.

Social Me

Students start to lead others in warm-up tasks, planning appropriate activities and taking charge of their group. Time is given to assessing some of the key parts of good leadership and students plan activities in advance of the lesson as part of this. They continue to develop their ability to work effectively with others and apply rules fairly in small-sided games.

Emotional Me

Students start to assess performances, picking out key strengths and areas for development for themselves and others. They also start to think about the impact of strengths and areas for development on theirs and their team's performances.

Term 1	Term 2	Term 3
Hockey Fitness Volleyball Football Rugby Gymnastics	Trampolining Dance Rugby Netball Basketball Table Tennis Football	Inter-house activities Athletics Rounders Cricket Short tennis Orienteering

Year 9 Curriculum

In all activities, students develop their physical, social and emotional ability.

Physical Me

Student development is focussed on them becoming more selective in the skills they perform, applying them in competitive situations and developing their ability to perform under pressure. More time is given to performing in game situations and playing with increased numbers on each team.

Social Me

Students continue to lead themselves and others for warm-up tasks and start to plan and deliver skills drills. They are encouraged to become more confident in their performances as they have a greater understanding of the rules. Students will take on officiating roles in lessons.

Emotional Me

Students build on their peer assessment skills, picking out strengths and areas to develop in performances. They also suggest improvements for themselves and others in order to reduce the impact of any areas to develop on the overall performance.

Term 1	Term 2	Term 3
Hockey Fitness Volleyball Football Rugby Trampolining	Trampolining Rugby Netball Basketball Table Tennis Football	Inter-house activities Athletics Rounders Cricket Orienteering

Year 10 Curriculum

In all activities, students continue to develop their physical, social and emotional ability.

Physical Me

Students are encouraged to get involved in a range of activities at a challenge level to suit individual needs.

Social Me

Being confident in a range of situations and helping others to succeed.

Emotional Me

Maintaining performance in competitive tasks.

Term 1	Term 2	Term 3
Mixed games Volleyball Hockey Table Tennis Trampolining Football Fitness Suite	Volleyball Trampolining Table Tennis Fitness Suite Football Netball Hockey	Sports Leaders Striking & Fielding Rugby

Year 11 Curriculum

In all activities, students continue to develop their physical, social and emotional ability.

Physical Me

Seek opportunities to take part in and lead a variety of activities.

Social Me

Remain positive with peers and play an active role in team activities.

Emotional Me

Offer critical evaluation of performances, giving detailed and accurate feedback for self and peer assessment.

Term 1	Term 2	Term 3
Mixed games Volleyball Football Dodgeball Fitness Suite	Trampolining Table Tennis Hockey Football Boxercise	Striking & Fielding – Rounders Softball Cricket

Year 10 GCSE Curriculum

Term 1	Term 2	Term 3
Skeletal system Muscular system	Cardiovascular system Respiratory system	Effects of exercise Physical Training PEP
Practical Work		
Rugby Hockey Volleyball Football Netball	Trampolining Table Tennis Badminton Football Hockey	PEP Athletics

Year 11 GCSE Curriculum

Term 1	Term 2	Term 3
Health, Fitness and Well-being Paper 1 revision	Sport Psychology Socio-cultural Influences	Revision
Practical Work		
Hockey Volleyball Football Netball	Trampolining Table Tennis Badminton Moderation practices	