

# Curriculum map: PE



TERM	YEAR 7	YEAR 8	YEAR 9
<b>AUTUMN 1</b>	<p><b>BASELINE TESTING</b></p> <ul style="list-style-type: none"> <li>▪ 50m sprint</li> <li>▪ 12 min run</li> <li>▪ 1v1/2v1/2v2 football</li> <li>▪ 1v1/2v1/2v2 netball</li> <li>▪ 1v1/2v1/2v2 basketball</li> <li>▪ Team building activities</li> </ul> <p><b>NETBALL</b></p> <ul style="list-style-type: none"> <li>▪ Different types of passing</li> <li>▪ Footwork</li> <li>▪ Marking</li> <li>▪ Dodging</li> <li>▪ Shooting</li> <li>▪ Adapted games (High 5s)</li> <li>▪ <b>Games assessment</b></li> </ul>	<p><b>NETBALL</b></p> <ul style="list-style-type: none"> <li>▪ Different types of passing &amp; recap rules</li> <li>▪ Footwork and advanced footwork</li> <li>▪ Marking</li> <li>▪ Dodging</li> <li>▪ Shooting</li> <li>▪ Adapted games (High 5s)/strategies</li> <li>▪ <b>Games assessment</b></li> </ul> <p><b>BADMINTON</b></p> <ul style="list-style-type: none"> <li>▪ Recap serves</li> <li>▪ Overhead clear</li> <li>▪ Drop shot</li> <li>▪ Smash</li> <li>▪ Net shots</li> <li>▪ Singles/doubles game play</li> <li>▪ Disguised shots and recovery</li> <li>▪ <b>Games assessment</b></li> </ul>	<p><b>FOOTBALL</b></p> <ul style="list-style-type: none"> <li>▪ Passing and outwitting opponents</li> <li>▪ Control and turning</li> <li>▪ Shooting</li> <li>▪ Attacking play</li> <li>▪ Defensive play</li> <li>▪ Set plays</li> <li>▪ <b>Games assessment</b></li> </ul> <p><b>BADMINTON</b></p> <ul style="list-style-type: none"> <li>▪ Recap serves</li> <li>▪ Overhead/underarm clear</li> <li>▪ Drop shot</li> <li>▪ Smash</li> <li>▪ Singles/doubles tactics</li> <li>▪ Disguised shots and recovery</li> </ul> <p><b>Games assessment</b></p>
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<b>AUTUMN 2</b>	<p><b>RUGBY</b></p> <ul style="list-style-type: none"> <li>▪ Ball familiarisation</li> <li>▪ Passing and receiving</li> <li>▪ Passing and moving forward</li> <li>▪ Tag rugby</li> <li>▪ Tackling</li> <li>▪ Tackling and rucking</li> <li>▪ Outwitting an opponent – attacking</li> <li>▪ <b>Games assessment</b></li> </ul> <p><b>GYMNASTICS</b></p> <ul style="list-style-type: none"> <li>▪ Forward rolls and backward rolls</li> <li>▪ Step patterns</li> <li>▪ Individual balances</li> <li>▪ Partner balances</li> <li>▪ Mirroring and matching</li> <li>▪ Development of sequences</li> <li>▪ <b>Assessment</b></li> </ul> <p><b>THEORY TERM 1:</b></p> <ul style="list-style-type: none"> <li>▪ HW1</li> <li>▪ HW2</li> <li>▪ Classroom test</li> </ul>	<p><b>RUGBY</b></p> <ul style="list-style-type: none"> <li>▪ Passing</li> <li>▪ Develop passing and moving forward</li> <li>▪ Develop tackling technique</li> <li>▪ Tackling and rucking</li> <li>▪ Outwitting an opponent – attacking</li> <li>▪ Mauling</li> <li>▪ <b>Games assessment</b></li> </ul> <p><b>FOOTBALL</b></p> <ul style="list-style-type: none"> <li>▪ Develop passing</li> <li>▪ Dribbling</li> <li>▪ Pass and move</li> <li>▪ Shooting</li> <li>▪ Heading</li> <li>▪ Attacking play</li> <li>▪ Defensive play</li> <li>▪ <b>Games assessment</b></li> </ul> <p><b>THEORY TERM 1:</b></p> <ul style="list-style-type: none"> <li>▪ HW1</li> <li>▪ HW2</li> <li>▪ Classroom test</li> </ul>	<p><b>HANDBALL</b></p> <ul style="list-style-type: none"> <li>▪ Passing</li> <li>▪ Dribbling</li> <li>▪ Shooting</li> <li>▪ Attacking play</li> <li>▪ Defensive play</li> <li>▪ Adapted games</li> <li>▪ <b>Games assessment</b></li> </ul> <p><b>BASKETBALL</b></p> <ul style="list-style-type: none"> <li>▪ Outwitting an opponent</li> <li>▪ Develop shooting – lay up</li> <li>▪ Defending - zone</li> <li>▪ Attacking strategies</li> <li>▪ Tactics</li> <li>▪ <b>Games assessment</b></li> </ul> <p><b>THEORY TERM 1:</b></p> <ul style="list-style-type: none"> <li>▪ HW1</li> <li>▪ HW2</li> <li>▪ Classroom test</li> </ul>
	<b>TERM</b>	<b>YEAR 7</b>	<b>YEAR 8</b>
<b>SPRING 1</b>	<p><b>FOOTBALL</b></p> <ul style="list-style-type: none"> <li>▪ Passing</li> <li>▪ Dribbling</li> <li>▪ Pass and move</li> <li>▪ Shooting</li> <li>▪ Attacking play</li> <li>▪ Defensive play</li> <li>▪ <b>Games assessment</b></li> </ul> <p><b>BASKETBALL</b></p>	<p><b>BASKETBALL</b></p> <ul style="list-style-type: none"> <li>▪ Passing and triple threat</li> <li>▪ Dribbling and outwitting an opponent</li> <li>▪ Defending</li> <li>▪ Shooting – set shot</li> <li>▪ Shooting – lay up</li> <li>▪ Man marking</li> <li>▪ <b>Games assessment</b></li> </ul>	<p><b>FITNESS</b></p> <ul style="list-style-type: none"> <li>▪ Methods of interval training</li> <li>▪ Methods of Fartlek training</li> <li>▪ Components of fitness testing</li> <li>▪ Components of fitness testing</li> <li>▪ Fitness circuit</li> <li>▪ Sports specific circuit</li> <li>▪ <b>Assessment</b></li> </ul>

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	<ul style="list-style-type: none"> <li>▪ Ball familiarisation</li> <li>▪ Passing</li> <li>▪ Dribbling and pivoting</li> <li>▪ Shooting – set shot</li> <li>▪ Shooting – lay up</li> <li>▪ Games and rules</li> <li>▪ <b>Games assessment</b></li> </ul>		
TERM	YEAR 7	YEAR 8	YEAR 9
SPRING 2	<p><b>BADMINTON</b></p> <ul style="list-style-type: none"> <li>▪ Grip and short serve</li> <li>▪ Long serve</li> <li>▪ Overhead clear</li> <li>▪ Underarm clear</li> <li>▪ Drop shot</li> <li>▪ Footwork</li> <li>▪ Singles/doubles game play</li> <li>▪ <b>Games assessment</b></li> </ul> <p><b>THEORY TERM 2:</b></p> <ul style="list-style-type: none"> <li>▪ HW1</li> <li>▪ HW2</li> <li>▪ Classroom test</li> </ul>	<p><b>VOLLEYBALL</b></p> <ul style="list-style-type: none"> <li>▪ Set</li> <li>▪ Dig</li> <li>▪ Serve</li> <li>▪ Smash and block</li> <li>▪ Tactics/outwitting opponents</li> <li>▪ <b>Games assessment</b></li> </ul> <p><b>THEORY TERM 2:</b></p> <ul style="list-style-type: none"> <li>▪ HW1</li> <li>▪ HW2</li> <li>▪ Classroom test</li> </ul>	<p><b>VOLLEYBALL</b></p> <ul style="list-style-type: none"> <li>▪ Set</li> <li>▪ Dig</li> <li>▪ Serve/overhead serves</li> <li>▪ Smash and block</li> <li>▪ Tactics/outwitting opponents</li> <li>▪ <b>Games assessment</b></li> </ul> <p><b>CRICKET</b></p> <ul style="list-style-type: none"> <li>▪ Fielding fundamentals</li> <li>▪ Bowling development</li> <li>▪ Batting development</li> <li>▪ Wicket keeping</li> <li>▪ Game strategies</li> <li>▪ <b>Games assessment</b></li> </ul> <p><b>THEORY TERM 2:</b></p> <ul style="list-style-type: none"> <li>▪ HW1</li> <li>▪ HW2</li> <li>▪ Classroom test</li> </ul>

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TERM	YEAR 7	YEAR 8	YEAR 9
SUMMER 1	<p><b>ROUNDERS</b></p> <ul style="list-style-type: none"> <li>▪ Ball familiarisation/catching</li> <li>▪ Fielding</li> <li>▪ Bowling</li> <li>▪ Batting</li> <li>▪ Basic strategies</li> <li>▪ <b>Games assessment</b></li> </ul> <p><b>CRICKET</b></p> <ul style="list-style-type: none"> <li>▪ Ball familiarisation/catching</li> <li>▪ Fielding</li> <li>▪ Bowling</li> <li>▪ Batting</li> <li>▪ Basic strategies</li> <li>▪ <b>Games assessment</b></li> </ul>	<p><b>ROUNDERS</b></p> <ul style="list-style-type: none"> <li>▪ Fielding practice</li> <li>▪ Bowling development</li> <li>▪ Batting development</li> <li>▪ Positional roles</li> <li>▪ Game strategies/outwitting opponents</li> <li>▪ <b>Games assessment</b></li> </ul> <p><b>CRICKET</b></p> <ul style="list-style-type: none"> <li>▪ Fielding practice</li> <li>▪ Bowling development</li> <li>▪ Batting development – drive shot</li> <li>▪ Game strategies</li> <li>▪ <b>Games assessment</b></li> </ul>	<p><b>ROUNDERS</b></p> <ul style="list-style-type: none"> <li>▪ Fielding practice</li> <li>▪ Bowling development</li> <li>▪ Batting development</li> <li>▪ Fielding roles</li> <li>▪ Game strategies</li> <li>▪ <b>Games assessment</b></li> </ul> <p><b>SOFTBALL</b></p> <ul style="list-style-type: none"> <li>▪ Fielding practice</li> <li>▪ Bowling development</li> <li>▪ Batting development</li> <li>▪ Fielding roles</li> <li>▪ Game strategies/tactics</li> <li>▪ <b>Games assessment</b></li> </ul>
	<p><b>ATHLETICS</b></p> <ul style="list-style-type: none"> <li>▪ Running – sprints</li> <li>▪ Running – long distance</li> <li>▪ Jumping</li> <li>▪ Throwing</li> <li>▪ Throwing</li> <li>▪ <b>Assessment</b></li> </ul> <p><b>THEORY TERM 3:</b></p> <ul style="list-style-type: none"> <li>▪ HW1</li> <li>▪ End of year exam</li> </ul>	<p><b>ATHLETICS</b></p> <ul style="list-style-type: none"> <li>▪ Running – sprints</li> <li>▪ Running – long distance</li> <li>▪ Jumping</li> <li>▪ Throwing</li> <li>▪ Throwing</li> <li>▪ Relay</li> <li>▪ <b>Assessment</b></li> </ul> <p><b>THEORY TERM 3:</b></p> <ul style="list-style-type: none"> <li>▪ HW1</li> <li>▪ End of year exam</li> </ul>	<p><b>ATHLETICS</b></p> <ul style="list-style-type: none"> <li>▪ Running – sprints</li> <li>▪ Running – middle distance</li> <li>▪ Running – long distance</li> <li>▪ Jumping</li> <li>▪ Throwing</li> <li>▪ Throwing</li> <li>▪ Relay</li> <li>▪ <b>Assessment</b></li> </ul> <p><b>THEORY TERM 3:</b></p> <ul style="list-style-type: none"> <li>▪ HW1</li> <li>▪ End of year exam</li> </ul>